



Great Expectations

A GUIDE FOR YOUR PREGNANCY

 **Rosemark**
Womens Care Specialists

Congratulations!

We feel excited to participate with you in this pregnancy whether you're beginning your first or already have children at home. You and your family have great expectations and we sincerely desire to help you fulfill these hopes and dreams.

Our highest values center around providing you with the best professional medical care and advice. We hope to assist you in preparing for delivery, and achieving a safe and rewarding pregnancy. We ask that you read this booklet and follow the advice set forth in it. We feel it will answer many of your concerns and help in the important educational process of pregnancy.

We would like to add one word of caution. Everyone, in all good faith and with the best of intentions, has some words of advice for you. Be careful...what's good for one person may not be good for another. When you hear what seems to be a good idea, jot it down and discuss it with us on your next visit. We're not interested in putting down anyone's ideas. We're interested in doing what's best for you and your baby.

We do practice as a physician team. We share call nights and weekends and encourage you to meet with each of us over the course of your pregnancy. We look forward to meeting you and learning your desires and wishes. As a three person group we offer you more knowledge and experience than a single physician practice and yet still provide a personable touch, so often lacking in medical care these days. We each have unique personalities, opinions and experiences which, we believe, will benefit your overall care. We also share common goals of providing a pleasant experience; actively seeking your guidance in how you wish your labor experience to be fulfilled.

On occasion you may be given the opportunity to see one of our Mid-level Providers (Nurse Practitioners and Physician Assistants), particularly on some days when the physicians are out on emergencies. Our Mid-level Providers do not deliver but can help expedite your visits or see you for colds, illnesses, etc.

On the back cover of this booklet you will find some vital information and facts that pertain to our practice. Please refer to them now, throughout your pregnancy and during the postnatal period.

We look forward to getting to know you better and helping you maintain a healthy and happy pregnancy.

Sincerely,

Jeffrey B. Baker, MD
Ty B. Erickson, MD
Barbara J. Nelson, MD

Important Information

PHILOSOPHY OF CARE

We try to accommodate all patient requests during their labor and delivery as long as mother and child are doing well and such requests would not compromise the patients' health. We try to avoid episiotomies if possible. Cesarean sections are done only when deemed necessary for mothers or child's well-being. Our cesarean section rate is currently 10%. (Hospital average is 15%, national average is 22%) We encourage patients with previous cesarean sections to have a trial of labor but we will do scheduled repeat cesarean sections if desired.

OFFICE LOCATION

We have located our office next to labor and delivery on purpose. This enables us to be literally seconds away from labor rooms if any emergency arises. It also allows us the ease to visit our laboring patients during the day.

OFFICE HOURS

8:00-5:00 p.m. Monday-Friday

Dr. Baker, Dr. Erickson and Dr. Nelson alternate emergency coverage after 5:00 p.m., weekends and holidays. Please call during office hours, if your problem is not urgent. Non-urgent messages may be left on the office answering machine after hours. These messages will be returned the next working day.

If you need to talk to the physician on call after office hours please call 557-2900. The physician will be paged and they will return your call.

COMMONLY ASKED QUESTIONS

Those questions not addressed here are answered inside this booklet or you may ask them at any of your prenatal visits.

LABOR

During office hours, if you think you may be in labor, if your water breaks, or if the baby is not moving, please come by the office to be checked. After hours and on weekends go directly to labor and delivery and the nurses will reach the doctor on call for you.



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HOT TUBS/BATHS

Water temperature should not exceed 101 degrees.

PERMS

We generally discourage them during pregnancy especially during the first twelve weeks of pregnancy.

DENTAL WORK

Try to avoid during the first twelve weeks of pregnancy. Always use the lead apron during X-rays to cover the baby. Local anesthetics and narcotic pain pills are safe.

TRAVEL

You should limit travel as you approach your due date. If you must travel for extended periods of time, try to walk around for five to ten minutes every two hours of prolonged sitting. Avoid air travel after 36 weeks of pregnancy.

OUTDOOR RECREATION

Use common sense and avoid activities that could cause trauma to you and your baby. Excessive jarring type activities can injure the placenta as well. (i.e. horseback riding, jetskiing, waterskiing, snowskiing, dirt or mountain bikes, snowmobiling and carnival rides.)

MEDICATIONS

If possible, all medications should be avoided up to 12 weeks of pregnancy unless specified by one of the physicians. But if symptoms worsen you may use the following over the counter medications. Please call the office if symptoms still do not improve following treatment. Avoid all other medications.

Headache, Body Aches: acetaminophen (Tylenol)

Nausea, Vomiting: fluids, vitamin B6 25-75 mg/day, small frequent snacks (see handout)

Heartburn: calcium containing antacids (Tums, Rolaids, Mylanta), Zantac, Pepcid AC

Diarrhea: Kaopectate, Immodium A-D

Constipation: high fiber diet, fluids. Metamucil, Perdiem. Stool softeners (Colace, Surfak), milk of magnesia, dulcolax tablets, fruit and fruit preserves, Fibercon. Avoid laxatives such as Ex Lax

Hemorrhoids: Tucks, Annusol, Preparation H

Sore Throat: throat lozenges, Tylenol, Cepacol mouthwash, saline water gargles

Cough: cough drops, lozenges, Robitussin (CF, DM), Triaminic (Expectorant, DM)

Antibiotics: call physician

Congestion: allergic - Tylenol Cold, Sudafed Plus, Benadryl, ChlorTrimeton, Tavist-1
viral - Vicks, Sudafed, Tylenol Cold, Triaminic (syrup or cold tablets), saline nose drops

Yeast Infection: Monistat, Gyne-Lotrimin, Femstat