

## **Obstetric Schedule**

Initial visit:

- Pregnancy Education
- Medical History of Parents
- Pelvic Exam & Pap Smear if indicated
- OB bloodwork

12 week Visit:

- Blood pressure & weight check
- Nuchal Fold ultrasound
- Urine Culture

16 week Visit:

- Maternal Serum Alpha Fetal Protein screening (optional)
- Blood pressure, urine & weight check
- Listen to fetal heart tones

18-20 week Visit:

- Anatomical Screen ultrasound
- Blood Pressure, urine & weight check
- Sign up for Childbirth Education Classes, Labor & Delivery Tours, etc

25 week Visit:

- Gestational Diabetes Screening (1 hour glucola)
- Blood Pressure, urine & weight check
- Listen to fetal heart tones
- Measure uterine size

35 week Visit:

- Group B Strep screening
- Cervical Exam and uterine size measurement
- Blood pressure, urine & weight check
- Fetal heart tones

36-40 week Visits:

- Cervical Exam, Fetal Heart tones, blood pressure, urine & weight check

**Over-The-Counter Medications:** Safe during pregnancy and breast feeding.

Please try these medications first. If your symptoms do not improve, please call us 843.571.3862. If you have an after-hours emergency situation, please call the office. At the end of our recording is Dr Dennis' pager number. Please dial it, enter your call back number and give him 15 minutes to respond. He may be able to help you over the phone, meet you at the office or at the emergency room depending on the situation.

<b>Indication</b>	<b>Medication</b>
Nausea	Dramamine, Emetrol, Unisom-take ½ tablet in the morning and ½ tablet at night with vitamin B6, 50mg)
Hemorrhoids	Hot tub soaks, Anusol, Preparation H, Tucks pads
Constipation	Metamucil & extra fluids, PeriColace, Perdiem, Surfak
Headaches	Tylenol, non aspirin pain reliever (NO ADVIL or IBUPROFEN)
Diarrhea	Kaopectate, Imodium
Upset Stomach	Pepto Bismol
Heartburn/Indigestion	Maalox, Mylanta, Tums, Roloids
Cold	Tylenol, Drixoral, Sudafed, Actifed
Cough	Robitussin
Sore Throat	Chloraseptic, Lozenges, spray
Nasal Congestion	Neo-Sunephine nose drops, Sudafed, saline nose spray
Allergies/Sinus	Zyrtec or Tylenol Cold