



Answers to Common Questions

Prescriptions and Refills

For current prescriptions and refills please call your pharmacy and they will fax our office the request. It is important that you plan ahead and allow 3 days for processing. If the prescription is to be changed, adjusted, moved to another pharmacy call your doctor's nurse and leave a message.

Preparation for Childbirth

All deliveries are at Round Rock Hospital. To be better prepared for labor and delivery, we recommend that you and your partner attend the Childbirth Education/ Breastfeeding/ Infant Care classes at Round Rock Hospital. An informational pamphlet and registration information will be given to you at your NOB appointment.

Travel

Unless you have complications in your pregnancy travel is permitted and considered safe up to your 34th week but you must observe some minor precautions. On long trips be sure to get up, move around, and go to the bathroom at regular intervals. If you are traveling by car, always wear your seat belt. Travel does not cause miscarriages or pre-term labor but there is a possibility that this may happen in different surroundings with an unfamiliar physician who does not know your medical history. Ask us for copies of your prenatal records if you are planning to travel. ACOG (American College of Obstetricians and Gynecologists) does not recommend travel after 34 weeks of pregnancy.

Dental Work

Do not neglect dental care, daily flossing or routine dental visits. X-Rays are permitted as your abdomen will be shielded completely by a lead apron. Regular cleaning, repair of cavities, root canals need to be addressed in pregnancy as in any other time of life. Abscess and infection must be treated ASAP. Antibiotics and pain meds as needed. Nitrous Oxide is not recommended. If your dentist is concerned about performing dental care while you are pregnant we have a informational letter for them.

Illness

During your pregnancy should you become ill and this is not caused by the pregnancy, such as the flu, bronchitis, sinus/ear infections or any fever you should call your Primary Care Physician (PCP) or a family doctor for treatment that day or the next. It is advisable to reschedule your appointment if you are contagious so as to respect the health

of other OB patients. A PCP practice plans for same day appointments and our schedule is set up for emergency OB and Gynecological appointments. If you are unable to keep down any fluids for more than eight hours we advise you to go to Round Rock Medical Center ER so they can quickly re-hydrate you with IV fluids and prescribe medications. If you are unsure what you should do please call your doctor's nurse.

Exercise/Activity

Exercise is an important key to your well-being and comfort during pregnancy. The general rule of thumb is to continue with what you are accustomed but to limit your heart rate to 140 beats per minute or below. (This may vary by provider) Brisk walking, jogging, swimming, dancing, racket sports are all fine as long as you do them for fun and do not push yourself to exhaustion. Remember the pregnancy hormones soften ligaments, tendons and cartilage and this tends to increase your risk for injury or aches and pains so please be prudent. Avoid sports which could involve serious falls. We do not recommend saunas or hot tubs as these increase your body temperature to unsafe levels. This is not the time to take up a vigorous new sport or exercise program but exercise classes which are specifically designed for pregnant and postpartum (after delivery) women are beneficial if you were not previously active. Prenatal Yoga classes are beneficial and Prenatal massage is beneficial if performed by a certified massage therapist. Exercise will enhance your feeling of well-being, combat fatigue and benefit your labor and postpartum period. If you are overweight at the beginning of your pregnancy please do not let this discourage you from exercise, it is highly beneficial and recommended and with a healthy diet could avert many common third trimester pregnancy complications.

Sexual Activity

Sexual activity is safe and can continue throughout pregnancy unless you are at risk for Pre-term (early) labor, or premature delivery, if you have a placenta "previa" or have ruptured amniotic membranes (leaking fluid). Please call your doctor's nurse if you are unsure.

Disability/FMLA Forms

This depends on the maternity leave policy of your employer/HR department. As long as you have no complications, you can continue to work up to your due date. Pregnancy has many discomforts however insurance will not cover discomfort as a disability unless it is a danger to the health of the pregnancy. Approved medical postpartum (after delivery) recovery periods are 6 weeks for a vaginal delivery and 8 weeks for a cesarean delivery. How much time you take is up to you and if you would like more time than the medical recovery time this will need to be arranged between you and your employer/HR department. If you have specific concerns about your work or work environment please share these with your employer and your doctor. If you leave a Disability and or FMLA form to be completed please allow 14 days for the forms to be completed and faxed. If your spouse has forms please communicate how much time they are requesting, for example 2 weeks from date of delivery. Please fill out whatever you can before giving your doctors nurse the forms. There is a 25\$ one time charge for all forms.

Alcoholic Beverages Strongly Discouraged

Alcohol in any form is harmful to a developing baby. Alcohol is associated with low birth weight, birth defects and possible mental retardation. Alcohol is present not only in wine, beer and liquor but also in some cough medicines and night time cold remedies.

Smoking Strongly Discouraged

Not smoking is one of the best gifts you can give your unborn baby. Tobacco smoke is a known major source of carbon monoxide poisoning which can interfere with the oxygen supply to your baby. This decrease in oxygen to the baby impairs growth and development. Studies show that smoking can result in miscarriage, smaller babies, (that is not a healthy thing) and prematurity. Birth defects are increased and the baby has a higher risk of crib death and in general, more health problems. Long term studies show these children have learning deficits in school. Ask your doctor about information and programs which help you to stop smoking.

Drugs

Drugs of any form should be taken in pregnancy only with your doctor's guidance. Particularly in the first 12 weeks of pregnancy, it is preferable that you not take any type of medication unless necessary. Always let your doctor know if you are planning to take any medications bought over the counter at the store unless they are on the safe medications during pregnancy list provided.

Caffeine

Caffeine is contained in coffee, tea, cocoa, chocolate and soft drinks. It is a drug and should be limited to one to two servings a day.

Cat Litterboxes

Litterboxes should be cleaned by someone else. The disease TOXOPLASMOSIS can be transmitted by cat feces and undercooked meats. Avoid both. If you garden, wear gloves and perhaps a mask and wash your hands well after as the soil may be contaminated as well.

Painting/Hot Tubs/Tanning/Hair Coloring

Paint fumes from water based paints are usually not toxic if the area is well ventilated. Avoid oil based paints. Hot tubs and tanning bed are not recommended due to the excess heat as is spray tanning due to the chemicals. Hair coloring is safe in a well ventilated area.

If you are not sure whether to participate in an activity not mentioned here, the rule of thumb is: "The least chemical exposure the better".