



# The Center for Women

## Obstetrics & Gynecology

628 Hospital Drive #2A, Mountain Home, AR 72653

(870) 425-7300 / (870) 425-4431 (fax)

[www.TheCenterForWomen.net](http://www.TheCenterForWomen.net)

## Routine Prenatal Care

### Visit Schedule

Every 4 weeks up to 26 weeks

Every 2-3 weeks up to 36 weeks

After 36 weeks, every week until delivery

### Initial Visit

Interview – History

Physical Exam – Pap Smear

Listen to fetal heart tones

Urine specimen check

Brochure on Qual Screen (for incomplete development of fetal brain and/or spinal cord, Down's Syndrome)

Brochure for Cystic Fibrosis Screening

Blood draw for labs

- |  |   |
|--|---|
| ✓ Complete blood count   | ✓ HIV   |
| ✓ Bloodtype & RH Factor  | ✓ Creatinine  |
| ✓ RPR (syphilis screening)   | ✓ Urine drug screen   |
| ✓ Rubella antidotes (measles)  | ✓ Patient needs to contact insurance to begin precertification for admission when ready to delivery |
| ✓ Atypical antibody screen (indirect coombs)                         |   |
| ✓ HBsAG (Hepatitis B)  |   |
| ✓ Urine culture and colony count (screen for bacteria and pathogens) |   |

### Routine Visits

Each Routine visit includes:

- |                         |                                  |
|-------------------------|----------------------------------|
| ✓ Urine specimen check  | ✓ Measure fundus (baby's growth) |
| ✓ Weight blood pressure | ✓ Fetal heart tones              |

### 16<sup>th</sup>-18<sup>th</sup> week

- ✓ Routine visit
- ✓ Blood draw for lab (if patient wishes to have Quad Screen)

### 20<sup>th</sup> week

- ✓ Routine visit
- ✓ Ultrasound (for gestational age and fetal sex, if visualized – drink at least 32 ounces of water)

### 24<sup>th</sup>-28<sup>th</sup> week

- ✓ Routine visit
- ✓ Tdap Vaccine recommended
- ✓ One hour Glucose Tolerance Test (GTT – you drink Glucola at the office & then get blood draw exactly one hour later)
- ✓ Make appointment for BRMC Classes

### 30<sup>th</sup> week

- ✓ Routine visit
- ✓ Sign tubal ligation papers (if sterilization is desired)
- ✓ Pre-register at hospital

### 34<sup>th</sup>-36<sup>th</sup> weeks

- ✓ Routine visit
- ✓ Ultrasound in office (\$50 pre-pay required)
- ✓ Culture for Group Beta Strep

### 37<sup>th</sup>-40<sup>th</sup> weeks

- ✓ Routine visit
  - ✓ Check for dilation
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## BRMC CLASSES you can enroll in.

- Childbirth
- Review Childbirth
- Parenting
- Smoking Cessation
- Sibling
- Breast Feeding

Call the Women's Health Education Center at (870) 508-2349 for appointment at 27 weeks into your pregnancy.

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## PRENATAL MEDICATIONS

**Colds** – Sudafed, Cholor-Trimeton, Chloraseptic Spray, Robitussin, Benadryl, Claritin, Mucinex, Zyrtec.

**Headache** – Tylenol, Extra-Strength Tylenol, Tylenol Sinus, Tylenol PM, Benadryl.

**Constipation** – Take prenatal vitamin every other day until normal bowel function returns. Can take Milk of Magnesia if severe. Metamucil, Citrucel, Fibercon Daily, Colace.

**Diarrhea** – Kaopectate (one dose only), Immodium AD.

**Morning Sickness** – Soda crackers, Emetrol, Vitamin B6, Ginger.

**Heartburn or Indigestion** – Tums, Mylanta, Riopan Plus, Zantac, Prevacid.

**Yeast Infections** – Gyne-Lotrimin, Monistat (3-7 day treatment).

**Hemorrhoids** – Tucks, Preparation H.

**Head Lice** – Nix shampoo.