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### **Instructions for Obstetrical Patients**

May we be the first to congratulate you! During the coming months we will be seeing you often and working closely together to ensure a successful outcome. In addition to the information we will give you on expectant motherhood, there are a few special options we would like to discuss.

#### **1. PRENATAL VISITS**

We want to see you often during your pregnancy. In the beginning, visits will be about every four weeks. At approximately seven and one-half months, we will start seeing you every two weeks and once a week during the last month. Ours is a four physician practice, and each of us will be seeing you part of the time. One of us is on call every weekend. Any time you need to reach us, simply call the office number above. If it is at night, on the weekend, or at a time when we are not in the office, call the office number and hang on. The answering service will pick up your call. The answering service knows which one of us is on call and where we are at all times. There should never be problem with getting in touch with us. Our answering service number is the same as our office number, (404) 352-3656.

#### **2. DIET**

Diet is an important part of successful pregnancy. Weight gain is to be expected in a normal pregnancy. The President's Council on Nutrition in Pregnancy recommends between 25 and 35 pounds of weight gain for optimal outcome. You will lose about 25 pounds in the first six or eight weeks after delivery. To accomplish this optimum weight gain, you should increase your caloric intake by approximately 300 calories per day, gaining an average of one-half pound to one pound a week. Weight gain will be a little slower at first and a bit faster toward the end of the pregnancy when the baby is gaining weight very rapidly. You will have no trouble gaining weight, as your appetite will increase, if it has not already. In addition to a good general diet, you will need to take a vitamin each day. The prescription we will give you will be a one to three month supply, with the provision to refill again as long as you need it. We recommend that you take the vitamins throughout your pregnancy, for six weeks after delivery, and if you decide to breast-feed, for as long as you are breast-feeding.

#### **3. MEDICATIONS**

We are very cautious about medications given during pregnancy especially during the first 3-4 months when all the fetal organs are forming. In general, we try not to give medications except iron, vitamins, and a few things that are medically indicated. There are not many medications that could harm a growing fetus but there are a few. For this reason, if you become ill at any time during at any time during your pregnancy, we prefer it if you call us before you take any medications. You may take Tylenol for a headache and Actifed, Sudafed, or Benadryl for congestion. You may also take Robitussin for a cough. Should constipation be a problem (and prunes have not helped), it is fine to take Metamucil or Colace. Beyond the above-named medications, refer to the approved list or call to check with the office.