Dear Mom,

Thank you for choosing the department of Obstetrics and Gynecology at Baylor College of Medicine. We would like to take this opportunity to welcome you to our practice, ensuring that you receive the quality service that you deserve. Our department is dedicated to serving the health needs of women, with an emphasis on providing comprehensive, compassionate, patient-oriented care. We have prepared an informative folder for you to use as a resource throughout your pregnancy.

Within this folder and book you’ll find information on the following:

- Safe Medication During Pregnancy
- Understanding Managed Care
- Maternity Programs and Resources
- Stages of Pregnancy
- Exercise During Pregnancy
- Additional brochures and pamphlets promoting a healthy pregnancy.

If you have any questions or require further discussion, please do not hesitate to ask. It is our pleasure to serve you and we are privileged to take this journey with you.

Sincerely,

Department of Obstetrics & Gynecology
Baylor College of Medicine
Obstetrics and Gynecology

Check List

1st Trimester
• Schedule first appointment with OB/GYN doctor
• OB education appointment
• First trimester screen with Genetic Counselor

2nd Trimester
• Enroll in pregnancy classes
  (Please call 832.825.3276)
• Pre-register with the Pavilion for Women Admitting
  (Please call 832.826.3300 or see our pre-registration form at
  http://women.texaschildrens.org/Prereg/)
• Meet with Anesthesiologist to discuss any concerns
• Tour Texas Children’s Pavilion for Women
• Register for maternity classes (Please call the LEARN line at
  832.82-LEARN (832.825.3276))
• Review your healthcare coverage. Anesthesia is billed
  separately. (To speak with our Obstetrical Financial Counselor
  please call 832.826.7531)

3rd Trimester
• Submit FMLA papers
• Select a Pediatrician
• Make childcare preparations
• Pack a suitcase
• Install care seat before your due date
  (Note: Mandatory prior to discharge)

Our physicians deliver at Texas Children’s Pavilion for Women
located at 6651 Main Street, Houston, Texas 77030.
Contact List

Dear Mom,

In an effort to provide you with the best care and service, we have created a contact list for you to use throughout your maternity care here in our clinic.

Please call our Call Center at 832.826.7500 for questions relating to:

- Appointment Scheduling
- Request to speak with your physician
- Medical Illness and/or Concerns
- Prescription Refills
- FMLA Paperwork

Please call the Obstetrical Financial Counselor at 832.826.7531 for questions relating to:

- Insurance Benefits
- Financial Obligation

Please call our LEARN line at 832.82-LEARN (832.825.3276) for questions relating to maternity tours and classes for:

- Lamaze Prepared Childbirth
- Infant Care
- Breastfeeding
- Siblings
- Cesarean Birth

Please call Texas Children’s Lactation Program at 832.824.6120 for questions relating to:

- Breast feeding support, advice and resources
- Breast pump rentals
- Breast feeding classes

Sincerely,

Department of Obstetrics & Gynecology
Baylor College of Medicine
Safe Medication during Pregnancy

We understand that pregnancy may sometimes become overwhelming, especially when you’re not feeling your best. Our group of physicians has created a guideline of approved over-the-counter medications that are safe to use during pregnancy. We recommend that you not consume any prescription medication unless advised by your obstetrician. Medication not listed should not be taken without first consulting with your obstetrician. We care about how you are feeling and ask that you please contact our office if your symptoms persist, worsen or if you have a temperature that exceeds 100.5°F.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Medication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colds, Flu &amp; Minor Aches &amp; Pains</td>
<td>Actifed, Sudafed, Tylenol products, Robitussin CF, Robitussin DM, Cepacol, Chloroseptic Lozenges, Benadryl, Tavist-D, Claritin (over the counter) - <strong>(Do not take Aspirin or Advil)</strong></td>
</tr>
<tr>
<td>Headache or Pain</td>
<td>Regular or Extra-Strength Tylenol</td>
</tr>
<tr>
<td>Indigestion &amp; Heartburn</td>
<td>Avoid spicy foods. Eat smaller, more frequent meals. Mylanta, Maalox, Riopan Plus, Rolaid, Tums, Pepcid, Zantac, Prevacid</td>
</tr>
<tr>
<td>Constipation</td>
<td>Dialose Plus, Milk of Magnesia, Surfax, Senokot, Metamucil, Fibercon, Colace, Surfak</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Kaopectate, Imodium A-D</td>
</tr>
<tr>
<td>Leg Cramps</td>
<td>Exercise leg and calf muscles by stretching three times daily. Increase milk and dairy intake to three or four portions per day. If you cannot take dairy products, take Calce or Fosfree according to the label.</td>
</tr>
<tr>
<td>Stretching Pains of the Uterus</td>
<td>Usually occurs between 12 and 20 weeks of pregnancy. Avoid sudden movements, bending over, heavy lifting, moving quickly in and out of a car, anything that can cause sudden stretching pain on uterine ligaments. Take Tylenol and rest with your feet up.</td>
</tr>
<tr>
<td>Nausea</td>
<td>Dramamine, Emetrol, Unisom – ½ tablet per day or Vitamin B6 – 50-100 mg per day. Try eating six small meals throughout the day. If you are unable to keep any food or liquids down, contact your doctor.</td>
</tr>
<tr>
<td>Dental</td>
<td>Dental care is encouraged. X-rays may be performed as necessary with proper shields.</td>
</tr>
<tr>
<td>Rash</td>
<td>Calamine or Caladryl lotion, Lanacort, Hydrocortisone 1% cream</td>
</tr>
<tr>
<td>Allergies</td>
<td>Benadryl, Claritin, Zyrtec</td>
</tr>
<tr>
<td>Congestion</td>
<td>Saline nasal spray, Mucinex</td>
</tr>
<tr>
<td>Fever</td>
<td>Tylenol</td>
</tr>
<tr>
<td>Hemorrhoids</td>
<td>Preparation H, Tucks, Anusol cream or suppositories</td>
</tr>
<tr>
<td>Yeast</td>
<td>Monistat</td>
</tr>
</tbody>
</table>
Traveling When You’re Expecting

Welcome to Baylor Obstetrics and Gynecology!

Traveling is a topic we are often asked about. Assuming that there are no complicating factors in your pregnancy, airplane travel is allowed up to about 36 weeks gestation for domestic travel but may be earlier for international travel.

Pregnant women are more likely to develop blood clots in their legs, so we recommend wearing support hose for long flights and performing the leg and ankle exercises recommended by the airlines.

Both of these recommendations may prevent blood clots from forming in your legs due to prolonged inactivity.

Regardless of your mode of travel, we recommend getting up frequently to move around and stretch your legs to improve circulation.

Thank you for allowing us to be part of your birthing experience!

Department of Obstetrics & Gynecology
Baylor College of Medicine
Maternity Programs and Resources

Whether you are becoming a mother for the first time or adding to your existing family, having a baby is a very exciting experience. During pregnancy, our bodies experience countless wonderful, often unexpected, changes. Many women have questions about how these changes might affect their daily routines and relationships.

Many health care insurance companies offer maternity programs and other resources for their members. These programs offer a variety of tools such as newsletters, educational information, 24/7 emergency medical line that you can call if you have questions as well as coordination of care services for patients that have a need. While some of the insurance companies require that their members register, others do not. Registration is easy and at no cost to you. Please contact your healthcare insurance company to find out more. A few companies that offer maternity programs to its members include:

- **Humana**
  - 888.847.9960
  - [www.humana.com](http://www.humana.com)

- **United Healthcare**
  - 800.411.7984
  - [www.uhc.com](http://www.uhc.com)

- **Aetna (required)**
  - 800.272.3531
  - [www.aetna.com](http://www.aetna.com)

We suggest that you contact your insurance provider even if you do not see it listed above. Please let us know if they offer a program as we will gladly add it to our list.

Congratulations,

Department of Obstetrics & Gynecology
Baylor College of Medicine

Baylor College of Medicine
Obstetrics & Gynecology
Texas Children’s
Pavilion for Women
6651 Main Street
Suite F320 & F420
Houston, Texas 77030

**Clinical Appointments:**
**832.826.7500**
Understanding Managed Care

Understanding managed care is very important. Managed care is a healthcare system that regulates the cost of services. The two most common managed care plans are Health Maintenance Organizations (HMO) and Preferred Provider Organizations (PPO).

Health Maintenance Organization (HMO)
As a member of this plan you are required to select a Primary Care Physician (PCP) who manages your healthcare. When specialists are needed, your PCP will make a referral. A copayment is required upon receiving medical care.

Pre-Certification / Authorization is required for all services (Diagnostic Imaging, Nuclear Medicine, Surgery, etc.). Please contact your PCP for additional questions or if you need a referral.

Preferred Provider Organization (PPO)
As a member of this plan you are allowed access to a range of doctors, specialists and hospitals. Members are welcomed to visit specialists without a referral form from your PCP. Members who choose physicians out of network will be subjected to a higher deductible. Contact your healthcare provider to get more information.

Pre-Certification / Authorization is required for all services (Diagnostic Imaging, Nuclear Medicine, Surgery, etc.).

Referrals and Authorization

Referral
Health Maintenance Organization (HMO) plans are required to have a referral. A referral is consent from your PCP to see a specialist. If you don’t have a referral prior to services, you will be financially responsible. A referral is for consultations and for health care services.

Authorization
Authorization is a process in which the health care plan determines if the services requested are medically necessary before services or procedures. Most managed care plans require authorization.
Delivery Packing Suggestions

Plan to pack your suitcase a month or so before your due date so it will be ready when it’s time for you to go to the hospital.

For You
- A picture ID (driver’s license or other ID)
- Your insurance card
- Any hospital paperwork you need
- A list of people to call and their phone numbers
- Your cell phone and charger
- Pen and paper
- Back massage aids for labor
- Toiletries including toothbrush and toothpaste, deodorant, lotion, shampoo and conditioner, hairbrush, razor, makeup
- Lip balm
- Hair band, pony tail holder or barrettes
- Eyeglasses and contacts and solution
- Warm robe or sweater
- Nightgowns if you don’t want to wear the ones the hospital provides
- Slippers
- Warm non-skid socks
- Comfortable nursing bras or supportive regular bras
- Several pairs of maternity underpants
- A supply of ultrathin maxi sanitary pads
- A going-home outfit that is roomy and easy to put on
- Healthy snacks like granola bars and anything with fiber
- Whatever will help you relax and feel comfortable
  - Your own pillow
  - Music (iPod®, laptop, or CDs – there are iPod® docking stations in the patient rooms)
  - Light reading material
  - A sleep mask to help you nap during the day.

For Your Partner
- A camera, film, video camera, batteries, charger, and memory cards
- Toiletries
- Comfortable shoes and a change of comfortable clothes
- Snacks and something to read
- Money for parking and meals, change for vending machines

For Your Baby
- An installed carseat
- A going-home outfit including socks or booties (if the clothing doesn’t have feet) and a soft cap. Make sure the legs on your baby's clothes are separate so the car seat strap can fit between them.
- A blanket, especially if it is cold outside