



desert bloom  
*Obstetrics & Gynecology*

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## Welcome

Your first appointment is scheduled to obtain important information about your history. We will also be giving you some information about pregnancy, nutrition, insurance, etc. Please ask if there is something we don't cover.

**Appointments** During your pregnancy you will see both Dr. Andrea Mainman and Dr. David Mainman in our office. The doctors share call with Dr. Vicky Sherman, Dr. Walter Brewer and Dr. Barry Gershweir. You may be seen by these doctors in the hospital. If your pregnancy progresses normally, your visits will be scheduled every 4 weeks until your 7th month, then every two weeks until your last month then every week until you deliver.

**Calling the Office** Friends, family and strangers give advice freely to pregnant women. Some advice is good and some is not. We strongly advise that you write down your questions and bring them with you to your visits. If you have problems or questions that will not wait, please call us at 885-5300. Someone is here to answer the phones from 8:00 am to 5:00 pm Monday – Thursday and 8:00 am – 12:00 noon on Friday. Understand that we may be with patients, and if not available, will return your call as soon as possible. If you have an emergency let us know and be assured that we will take care of it right away. After hours, the answering service will answer and will contact the doctor “on call” until 9:00 pm so that he or she can return your call. After 9:00 pm the answering service will take a message or you can be seen at the hospital for emergencies. Please try to confine non-emergency calls to office hours where your records are available to us. Pain medication is never called in after hours. In this book there is a list of common problems and suggestions, which you may find very helpful.

**Family Visits** We feel that family-centered care is an important aspect of your care. You are encouraged to bring the father of the baby for your visits, as well as your children, to hear the baby's heartbeat. After all, they are expecting a baby, too.

**Due Date** We will usually give you an approximate due date on the first prenatal visit. This does not mean that you will deliver exactly on this date, but most people deliver within two weeks (one side or the other) of this date.

**Activity During Pregnancy** In general, pregnancy is not a disease or a disability, just an altered state of health. Therefore, whatever you are normally used to doing may be continued throughout your pregnancy. You may continue to exercise in moderation but do not start new strenuous activity during pregnancy. Remember that pregnant women tire easily and require more rest. Specifically, we do not advise douching, water skiing, roller-skating, scuba diving, sky diving, snow skiing, horseback or rough boat riding during pregnancy. You may have intercourse unless you have been advised against it or have spotting, bleeding, or pain, in which case, you need to let us know. We do not advise heavy lifting (over 30 pounds). Walking and swimming are very good exercise during pregnancy.

## Travel

Extensive travel is not advised during pregnancy. The best time is in the middle three months. If you are traveling by car, stop every hour to stretch, walk and empty your bladder. This will help your circulation and the baby's. Commercial air travel is fine during pregnancy. We would like you to stay within one hour of the hospital during the last month of your pregnancy.

**Dental Care** Please continue your dental cleanings and check-ups during your pregnancy. Do not have elective dental x-rays while pregnant. Always let your dentist know about your pregnancy. If your dentist discovers a problem that requires immediate treatment, have him or her call us with questions. In general, the penicillin family of antibiotics and local anesthetics are fine, intravenous injections or gas anesthesia should not be used.

**Medication** You will be given a prescription for prenatal vitamins. We do not advise taking any other medications during pregnancy with the exception of medications you have discussed with us and medications listed in this book for specific problems.

**Smoking** When you smoke, the nicotine causes the blood vessels in the placenta to spasm and the oxygen supply to the baby decreases. Babies of mothers who smoke do not grow well and babies exposed to secondhand smoke are sick more often. This is a good time to do yourself and those around you a favor and quit.

**Alcohol** Alcohol (including wine and beer) should not be consumed during pregnancy and has been associated with birth defects.

**Cats** We recommend that you avoid cat litter and eating raw meats during pregnancy, as a disease called toxoplasmosis can be transmitted to you and your baby. Do not empty the cat litter box while pregnant.

**Stretch Marks** Usually stretch marks are genetic....that is, if your mother had them you probably will too. There are some ways you can minimize stretch marks. Avoid sudden weight gain, take care of yourself nutritionally, and use lotion on your skin to keep it moist. (Cocoa butter is particularly helpful).

**Disability Due to Pregnancy** There are certain medical complications of pregnancy, such as hypertension or multiple gestation, for which we may recommend an early leave from work. Discomforts of pregnancy, such as fatigue, backache and swelling are not a medical disability. Remember, your employer and disability insurance carrier grant disability from work – not your physician. We will try to help you receive accommodations at work during your pregnancy, but can recommend disability only in cases where we can document a bonafide medical condition. It is a good idea to discuss disability with your employer before discussing it with your physician so you can know your employer's policies.

## Decisions

There will be a lot of decisions that you will be asked to make during your pregnancy. We don't expect you to have all the answers for us today.

**1. Hospital Choice** – Would you like to deliver at Saint Joseph's Hospital or Tucson Medical Center? Please plan to preregister at the hospital of your choice. Please check to see if your insurance plan requires you to go to a specific hospital.

**2. Hospital Tours and Childbirth Preparation Classes** – Tours of labor and delivery and the postpartum floor are available at both hospitals. Childbirth classes and educational classes are available at both hospitals.

**3. Pediatrician/Family Practice Choice** – Dr. Andrea and Dr. David Mainman will take care of your baby during your pregnancy, labor and delivery. When the baby is born, the baby's doctor will check the baby and take over the baby's care. You may want to set up a time to meet your pediatrician/family practice doctor before the baby is born. This visit is a good time to discuss feedings, siblings, etc. If you have a preterm or complicated delivery, the neonatologist on duty at the hospital will be consulted for initial care of your baby.

## Common discomforts of pregnancy

### Problem

Nausea

### Causes

Hormones. Increased stomach acid.  
Stomach empties slowly. Low Blood Sugar.

### Treatments

Small frequent meals. Bland diet. Dramamine  
25mg every 8 hours as needed. Vitamin B6  
25mg 3 times a day. Ginger.

Heartburn

See above and reflux of stomach  
contents into esophagus.

Bland diet. Frequent small meals. Do not use  
Alka-Seltzer. Do use Tums/Roloids/  
Pepcid/Zantac.

Constipation

Hormones. Slow passage of food.  
Pressure from uterus on colon.

High fiber diet (bran, raw fruits and  
vegetables) Drink plenty of fluids. Chewable  
fiber pills (benefiber, fiber choice) Colace,  
Milk of Magnesia or Senekot may be used.

Hemorrhoids	Constipation or pressure from uterus on veins to rectum.	Avoid constipation. Drink plenty of fluids. Sitz baths (soaking in warm water) Tucks, Witch Hazel, Anusol or Preparation H are all fine. Call for prescription if the above is insufficient.
Varicose Veins	Pressure from the uterus on veins. Softening and enlargement of veins due to hormones. Tight knee socks or knee-hi's or prolonged sitting or standing.	Frequent rest periods with legs elevated. Full length maternity support pantyhose. Avoid crossing legs
Sinus Trouble	Allergies. Hormones can cause increased secretions and softening of mucous membranes.	Use a humidifier or vaporizer at night. Avoid smoking and smokers. Use Tylenol cold products as needed. Avoid Sudafed if you have high blood pressure.
Colds/Coughs/Sore Throat	Allergies, bacteria, virus or flu	Push fluids, bedrest and use humidifier or vaporizer. Tylenol cold products, Dimatapp, Chlortrimetron, Claritin or Robitussin-DM cough syrup. Any over the counter cough drops are fine. Call for temperature over 101.0 degrees
Leg or muscle cramps	Pressure of uterus on vessels. Slowed circulation. Low calcium levels.	Avoid high-heeled and pointed shoes. Change positions frequently. Try a calcium supplement. (Avoid bonemeal products as they may contain small amounts of lead).
Swelling ankles	Increased fluid due to pregnancy.	At least 3 hours of off your feet rest a day. Drink lots of water avoid salty foods. Use support pantyhose, especially if you are on your feet or have to sit for long periods.

Diarrhea, Nausea and Vomiting.

Virus, change in eating habits, or travel.

Pepto Bismol, Kaopectate, Lomotil, or Immodium are fine. Clear liquids, i.e. sips of Coke or Ginger Ale, crushed ice, weak tea, chicken noodle soup, plain crackers for 24 hours then small frequent meals. Drink lots of Gatorade. If these measures are not helpful or symptoms last longer than 24 hours call the office.

Nosebleeds

Increase in small blood vessels in the nose during pregnancy. Irritation or dry atmosphere.

Apply pressure to the affected side and hold pressure until the bleeding stops. Use a humidifier or vaporizer at night. Do not blow nose forcefully.

Frequency of Urination

Pressure of uterus on bladder.

Void every few hours. Drink early in the day and avoid drinking large amounts within 2 hours of bedtime. Call for any burning, blood in urine, Fever or back pain associated with urination.

Insomnia

Hormones, pressure and stress.

Change positions. Try sleeping with a pillow between your knees on your side.

**Note:**

1. If any of these discomforts occur, or any others, you should discuss them with us at your next visit and let us know what measures you have taken to relieve the discomforts.
2. Never exceed the recommended dosage on any medication, over the counter or prescription, without a physician's recommendation.

## *To The Hospital*

At the onset of labor, go to the hospital and be checked (1) when labor contractions are 8 to 10 minutes apart for one hour and painful, (2) when membranes rupture, (3) with bleeding anything more than spotting. Call with any doubts or questions. When labor begins, do not eat a large meal and go directly to the hospital. You do not need to page the doctor on call first.

## *Our Routine Fee is \$3400*

### **The Fee Includes:**

1. Complete physical exam.
2. Routine office visits directly pertaining to your pregnancy.
3. Uncomplicated vaginal delivery.
4. Routine post partum care through six weeks after delivery.

### **This does not include:**

1. High risk fee.
2. Injections, such as hormones, antibiotics, or iron shots.
3. Surgery.
4. Cesarean section.
5. Circumcision of newborn male infant.
6. Any hospital charge.
7. Rh titer or other special blood tests, including quadruple screen.
8. Hospital care other than delivery.
9. Ultrasound.
10. Non-stress test
11. Lab work.

**Payments** This is best done on a pay as you go basis and will be discussed with you by our office staff. We will determine an estimate of how much your insurance will cover and make arrangements for the balance to be paid. This should be paid by the end of the sixth month of pregnancy. Insurance claims will be submitted after delivery for the remainder of the amount. If you should leave our care before delivery, you will be charged only for laboratory tests and office visits and any other services. Refunds will be made in the event of an overpayment.

## Miscellaneous Information Regarding Pregnancy

1. Your total weight gain should be 25 to 35 pounds. This may vary based upon your pre-pregnancy weight.
2. Please arrange care during office hours to avoid emergency fees, etc.
3. Labor and delivery room tours can be arranged when you pre-register at the hospital.
4. Take prenatal vitamins until your six week postpartum check and while breastfeeding.
5. Late pregnancy traveling should be limited to one hour from Tucson to insure adequate medical care is available in a reasonable time.
6. Your pediatrician will be notified by the hospital when your child is delivered.
7. Contraception will be discussed at your six week postpartum exam.
8. After delivery, you should not have sex until after your six week check-up.
9. Husbands are welcome in the labor and delivery room

*Our mutual goal is to deliver a healthy infant for a healthy mother.*

Your Doctors: Andrea Mainman, M.D. & David B. Mainman, M.D.

Desert bloom OB-GYN (all hours) .....	<input type="checkbox"/>	885-5300
Saint Joseph's Labor & Delivery .....	<input type="checkbox"/>	873-3903
Saint Joseph's Prenatal Classes.....	<input type="checkbox"/>	873-3887
Saint Joseph's Hospital Switchboard .....	<input type="checkbox"/>	873-3000
Tucson Medical Center Labor & Delivery .....	<input type="checkbox"/>	324-5600
Tucson Medical Center Prenatal Classes.....	<input type="checkbox"/>	324-BABY or 324-1817
Tucson Medical Center Switchboard .....	<input type="checkbox"/>	327-5461

Visit us on the Web at [www.desertbloomobgyn.com](http://www.desertbloomobgyn.com)

## Ob Check List

**First Prenatal Visit** This visit includes a complete history and physical, prenatal labs and an ultrasound to establish your due date.

**Nuchal Translucency/Quadruple Screen Test** These tests are offered to all patients early in pregnancy. These tests screen for Down's Syndrome, Spina Bifida and other chromosomal defects. It is your responsibility to let us know if you want these tests. We will discuss them at your visit. Some insurance companies do not cover these tests.

**Second Trimester Ultrasound** This ultrasound is performed between 18 and 22 weeks by the perinatologist at the hospital of your choice and is used as a screening tool for birth defects. Although a normal ultrasound is reassuring, there are still many birth defects and diseases that cannot be diagnosed with ultrasound. We recommend a second trimester ultrasound for all patients. This ultrasound will be billed separately to your insurance company. Unfortunately, not all insurance companies cover routine ultrasounds.

**Screening Test for Diabetes** This test is performed between 24 and 28 weeks. The test takes at least one hour. You should not eat for two hours prior to this test. If this test is abnormal, you may need a confirmatory test.

**Rh Negative Blood Type** If you are Rh negative you will need a Rhogam injection around 28 weeks. You may require a second injection after the baby is born. Please notify us of any vaginal bleeding during your pregnancy.

**Group B Strep Culture** This is a vaginal/rectal culture performed after 35 weeks that we recommend for all patients. If you are a carrier you will need antibiotics in labor. Please tell the nurses in L & D your culture results.

*Family and Friends to call on the big day*

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