



Welcome to Trinity Womens Care

Congratulations on your pregnancy!! Our goal is to provide excellent obstetric care. I remember the joy and the fear, the emotional and physical changes during pregnancy. I want to reassure you, to challenge you to be your best and to ensure the health of our two patients — you and your baby.

One important point:

There are NO dumb questions.

Due Date and Timing in Pregnancy

Your due date is determined as 40 completed weeks from your last period. If you are unsure of your last period or have irregular intervals between menstrual cycles, let us know. Ultrasound is often used to confirm or change a due date. It is normal for your baby to arrive anywhere from 37 to 42 weeks.

We will talk about your pregnancy in weeks. Every 13 weeks marks a trimester. Routine visits are scheduled as follows:

- Every 4 weeks from 10 to 30 weeks
- Every 2 weeks from 30 to 36 weeks
- Every week from 36 weeks to delivery

Pre-Natal Care

We will discuss all of the following at your office visits; however, it is nice to have something to refer to when questions come up.

1. Nutrition/Health Habits

A good rule during pregnancy is to be yourself, but better. Substitute cottage cheese for that doughnut. Eat your greens. A low-fat, low-sugar diet is best. Stop smoking. We recommend gaining five to ten pounds in the first twenty weeks, then a pound per week for the next twenty weeks. Listen to your body. Eat when you are hungry. If you have a limited diet, for example, vegetarianism, make sure you get enough folic acid, protein and iron.

2. Medications

After the first trimester, you may take Tylenol or Sudafed (dose on package) if you have a cold (or you may choose to simply blow your nose). Call us regarding any other medications. In general, keep medications to a minimum.



3. Ultrasound

We generally do an ultrasound in the office in the first trimester to confirm your due date. Another ultrasound is optional; a screening ultrasound is often done at 18 weeks.

4. When to call the office: (Call 372-0006 day or night)

- Temperature greater than 101 degrees and/or chills
- Nausea and vomiting such that you haven't been able to keep down fluids for 24 hours or more
- Vaginal bleeding
- Marked decrease in the baby's movements (after 24 weeks)
- Severe abdominal pain
- Burning with urination
- Any time you are unsure or have questions

5. Insurance

As you may know, there are two types of insurance plans. PPO plans allow you to see a physician without a referral from a primary care physician. HMO's usually require a referral. You are responsible to know whether your plan requires that you see your primary care physician first and if you must pay a co-pay.

If we are a participating practice in your insurance plan (PPO or HMO), we will be happy to file insurance claims for you as a courtesy. The front office can tell you if we participate with your insurance plan.

If you have any billing questions, call Ann directly at 727-372-4566