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Gynecology and Obstetrics

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ANSWERING SERVICE: (770) 429-2690

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 points 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 six 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 numbers 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 service knows which one of us is on call and where we are at all times. There should never be a problem with getting in touch with us. Our answering service number, should it be needed, is (770) 429-2690.

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 a vitamin to take 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 actually harm a growing fetus but there are a few. For this reason, if you become ill 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.

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Over-the-Counter Medications Allowed During Pregnancy and Lactation

Antihistamines:

- Actifed
- Benadryl
- Claritin
- Claritin-D
- Chlor-Trimeton-D
- Chlor-Trimeton-DM
- Sudafed*
- Zyrtec and Zyrtec-D

* Georgia law now requires that Sudafed be requested from the pharmacist, even though it is not a prescription medication.

Cough:

- Robitussin
- Robitussin DM
- Robitussin PE*
- All cough drops

* **DO NOT USE** if taking Sudafed or Berthine/Terbutaline.

Calcium Supplements:

- Tums EX – two tablets twice daily
- Viactiv

Constipation:

- Colace
- Fibercon
- Konsyl
- Matamucil
- Milk of Magnesia
- Perdiem

Increase dietary roughage, bran, dark green leafy vegetables, and fruits. Drink eight to ten glasses of water daily.

Decongestants:

- Sudafed
- Sudafed Sinus
- Sudafed Non-drying
- Actifed
- Tylenol Sinus
- Benadryl
- Doxylamine Succinate

Dry Skin:

- Cocoa Butter
- Eucerin Lotion
- Vitamin E Lotion

Fever:

- Tylenol
- Tylenol Extra Strength (Two tablets every four to six hours)

Do not take more than 12 tablets in 24 hours.

Gas:

- Mylicon
- Mylanta Gas
- Phazyme
- Mylanta Antacid/Anti-gas

Hemorrhoids:

- Preparation H
- Colace
- Anusol Suppository/Ointment (with or without Cortisone)

Add roughage and increase fluids.

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Heartburn:

- Gaviscon
- Maalox
- Mylanta
- Tums
- Pepcid Complete
- Rolaids
- Zantac

Iron Supplements:

- Ferro-Sequels
- Ferancee HP
- Slow Fe
- Slow-Fe with Folic Acid

Itch:

- Benadryl ointment
- Caladryl lotion
- Hydrocortisone anti-itch ointment
- Cortaid

Nasal Spray:

- Ocean and Nasal Mist – use as needed
- Afrin – **Do not use** for more than 3 days

Nausea:

- Emetrol
- Relief Band
- Sea Bands
- Vitamin B6 (25mg three times daily)
- Unisom (one 12.5mg tablet daily) together with Vitamin B6

Pain:

- Tylenol
- Tylenol Extra Strength

Poison Ivy:

- Nutech Wash
- Caladryl lotion *
- Ivy Dry *
- Benadryl lotion or cream for itching

* Clean affected area with soap and then apply medication to prevent the spread of poison ivy.

Diarrhea:

- Immodium AD

Sore throat:

- Chloraseptic oral strips
- Chloraseptic spray
- Sucrets or other lozenges

Expectorants:

- Mucinex

Sleep:

- Benadryl (25mg)
 - Tylenol PM – only occasionally *
- * **Do not use** on a daily basis

Yeast:

- Femstat 3
 - Gynelotrimin cream
 - Monistat 3 or 7 cream/suppository *
- * Insert applicator halfway only

Dental Procedures:

Your dentist may use Lidocaine injections, but you may not receive nitrous oxide gas. Tell your dentist that you are pregnant prior to any procedures. If you usually take antibiotics prior to any procedures continue to do so. You may take Amoxicillin or Clindamycin or call the office for other meds. You may have dental x-rays with abdominal lead shield if necessary.

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Sun Screen:

Use SPF 30 or higher.

Insect Repellant:

OK to use.

Travel

You may travel up to 34 weeks of pregnancy as long as your doctor has not put you on any restrictions. Check with your individual air carrier or cruise line regarding traveling during pregnancy. When traveling empty your bladder frequently and make frequent stops to stretch.

Miscellaneous:

No studies have been done indicating that the following procedures have an adverse effect on fetal development:

- Teeth whitening
- Artificial nails
- Hair color – after first trimester (12 weeks)

Attention:

If you are ill or have any questions regarding various medications please call the main office number, (404) 352-3565. Please have the following information available:

- Name
- Date of birth
- Physician's name
- Pharmacy phone number
- Name of medication (if requesting refills)