

Congratulations on your pregnancy!

Please contact our office during normal business hours for questions and concerns. Our office hours are Monday-Friday 8-5, closed 12-1. After hours, for emergencies you may speak to someone from our answering service by calling our office.

Dr. Brown provides services at the following hospitals:

Methodist Midlothian Medical Center

1201 E, US-287
Midlothian, TX 76065
469-846-2000

Baylor Scott & White Medical Center at Waxahachie

2400 North IH 35 E
Waxahachie, Tx 75165
972-923-7000

Both hospitals require you to pre-register at 28 weeks gestation. You are encouraged to schedule a tour and inquire about classes that are available to you.

Please note that our physician charges include care for a normal, uncomplicated pregnancy and delivery. Any additional problems, testing, visits or hospital admissions will incur additional charges. The hospital, pediatrician, laboratory (hospital/office) and anesthesia costs will be billed to you separately.

Since it is impossible for one physician to be available 24 hours a day, 7 days a week, our physician participate in a rotating on-call schedule for deliveries. Rest assured, on your special day a highly trained obstetrician will be with you.

Emergencies to report immediately:

Constant severe headache
Constant blurred vision
Fever greater than 101 degrees
Persistent severe abdominal pain
Burning and/or pain with urination

When to go to the hospital or call our office:

Contractions: Every five minutes for at least one hour, each one lasting 30-60 seconds.

Water breaks: Signs are a sudden gush of clear, watery fluid from the vagina or constant leakage of fluid from the vagina area. In this case do NOT wait for contractions to start.

Bleeding from the vagina: Bleeding heavier than a period should be investigated by the physician.

During your pregnancy you should avoid:

Cigarettes, second-hand smoke or ANY other substances should be avoided.

Drinking any type of alcohol including liquor, beer or wine should be avoided.

Drugs-It is preferable that no medications be taken in the first 12 weeks of pregnancy other than Tylenol. Exposure to X-Ray, if possible. Microwaves and computer terminals have not been shown to have detrimental effects on the unborn fetus.

Medications for Pregnant Patients:

Allergies-Benadryl, Zyrtec, or Claritin

Aches and Pains-Tylenol (***Avoid Aspirin, Motrin, Advil - After 28 weeks***)

Cold Symptoms-Actifed, Sudafed, or Benadryl for congestion. Robitussin DM, throat lozenges for coughs.

Constipation-Mild of Magnesia, Metamucil, Colace

Diarrhea-Imodium AD, Kaopectate

Fever-Tylenol, Motrin (Prior to 28 weeks)

Heartburn-Mylanta or Maalox (liquid works best), Pepto Bismol, Pepcid AC or Zantac 75

Hemorrhoids-Anusol, Preparation H

Nausea and Vomiting-Vitamin B6, Ginger Capsules, Emetrol

****ALL MEDICATIONS LISTED ARE AVAILABLE AT YOUR DRUGSTORE WITHOUT A PRESCRIPTION****

Dental Care:

Prior to visiting the dentist, you must alert their staff and physician you are pregnant. Your teeth can be X-rayed however your abdomen **MUST** be shielded at all times. You can have local anesthesia, but *epinephrine injected into the blood vessel should be avoided*. Most dental pain medications prescribed by dentists for pregnant women are okay to take after the 12th week of pregnancy. Call our office if you have any questions.

Video Taping:

It is our policy that we do not allow video recorders in the delivery room at the time of delivery. You may record during the labor and afterwards during recovery. However, no videotaping is allowed during the actual delivery and the initial medical care of the baby.

General Care:

Avoid sudden changes in posture, especially after lying down. Rise slowly. Roll to one side, then push up to a sitting position using your arms.

Leg cramps may occur. Avoid jerky movements as a stretch should be gently and constant. Warm baths may help.

Avoid spicy food and overeating. Avoid lying down after eating.

Avoid milk if you have a cold or congestion.

Pay careful attention to correct posture. Sleep on a firm mattress if possible. Round ligament or groin pain is not typically dangerous. Application of a warm heating pad may help. Do not take hot soaking baths.