



## **Southwest Ob / Gyn Associates, L.L.P**

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### **OBSTETRICAL GENERAL INFORMATION**

Pharmacy Phone# \_\_\_\_\_

24-Hr. Pharmacy Phone# \_\_\_\_\_

**Emergency only (5:00 pm to 8:30 am or weekends) 713-428-6179**

#### **EMERGENCIES - Call your physician if you have:**

- Bleeding more than spotting (report spotting during office hours if possible).
- Severe stomach pains or cramps, with or without nausea, vomiting or diarrhea.
- Sudden gush or constant leaking of fluid from your vagina.
- Regular contractions, getting stronger as time progresses.
- Marked decrease or stopping of fetal movements.
- Severe headaches, blurring of vision or spots before your eyes.
- Marked swelling of your upper body (hands, face).
- Sudden weight gain in a few days.
- Temperature recorded as 100.4 degrees or more.
- Pain with urination and/or bloody urine, especially with fever.

#### **IMPORTANT PRECAUTIONS - We strongly urge your compliance with the following:**

- Do not smoke during pregnancy.
- Do not drink alcoholic beverages during pregnancy.
- Drink extra fluid during pregnancy, at least 8-10 glasses of water daily (colas/sodas do not count as part of this amount). Also drink 3-4 glasses of milk or milk products (low fat milk preferred).
- Take the prenatal vitamins and any other medications prescribed to you by your physician.
- Reduce or eliminate caffeine use.
- Do not use recreational drugs (cocaine, heroin, marijuana, etc.).
- Do not take any medications without first checking with your physician (Safe medication list is in your OB packet).
- Never douche during pregnancy.
- Get regular exercise but limit yourself to low impact activities after the first three months of

pregnancy.

- Eat a well balanced diet combining poultry, fish, fruits and grains. Strictly limit sweets and salty foods.