



OBSTETRICS INFO CARD

CALL IN THE EVENT OF:

- ❖ Vaginal bleeding or spotting, fluid leaking from the vagina
- ❖ Pain or contractions that occur 6 or more times in one hour and you are less than 36 weeks
- ❖ Temperature over 101° F
- ❖ Decreased or absent fetal movement

LABOR:

Go to Labor and Delivery at Valley Hospital & Medical Center if:

1. Your membranes rupture;
2. You experience bleeding comparable to a menstrual flow or heavier;
3. Your contractions are 5-7 minutes apart or closer.

EMERGENCY:

If you have a life threatening emergency, call 911.

Otherwise call us during our office hours (see below). A Medical Assistant will arrange an appointment with one of the Providers as soon as possible. If the emergency occurs after hours, weekends, or holidays, call the after hours emergency number: (844) 941-8732.

CONTACT:

Appointments, Urgent Situations & Questions.... (509) 924-1990
After Hours (844) 941-8732
Valley Hospital & Medical Center OB Dept (509) 473-5475
Valley Hospital Emergency Room (509) 473-5000

OFFICE HOURS:

Spokane Valley
8 am - 5 pm Mon - Thurs
8 am - 4 pm Friday

1415 N Houk Rd, Ste A
Spokane Valley, WA 99216

Liberty Lake
8 am - 5 pm Mon - Thurs
8 am - Noon Friday

1334 N Whitman Ln, Ste 220
Liberty Lake, WA 99019



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MORNING SICKNESS

Vitamin B6 (50 mg.) twice a day with half a Unisom.
Morning Sickness Magic; Peppermint/ginger tea.
Small frequent meals; eat first thing in the morning.
Drink between (not with) meals; soda crackers; Emetrol.
Prescription medications can be prescribed by your physician.

COLDS, ALLERGIES OR FLU SYMPTOMS

DO NOT take NyQuil, Aspirin, Ibuprofen, or Naproxen.

Call for fever over 101° F.
Vaporizer/Humidifier may help.
Robitussin, Triaminic, Chlor-Trimeton, Zyrtec, Claritin, Benadryl, Sudafed, Chloraseptic, Halls cough drops, Cepacol lozenges.
For congestion try Neti Pot from health food stores, or in pharmacies available as SinuCleanse.

INSOMNIA

Benadryl, Unisom, Sominex, Tylenol PM, Non-caffeinated herbal tea.

CONSTIPATION

Increase dietary fiber; increase fluids and exercise.
Metamucil, Citrucel, Milk of Magnesia, Surfak, Peri-Colace, Colace, Natural Calm (Magnesium supplement) taken daily for regularity.
Yogurt daily with active cultures (Oikos, Activia, Brown Cow, etc.).

DIARRHEA

DO NOT take Lomotil.

Imodium AD; Kaopectate.
May add Metamucil for bulking/slowing stool.
Call for severe cases/symptoms persist beyond 2 days.

HEADACHE

DO NOT take NyQuil, Aspirin, Ibuprofen, or Naproxen.

Increase fluids; Tylenol or Extra Strength Tylenol.

HEARTBURN / INDIGESTION

Zantac (150 mg. twice daily).
Pepcid AC, Riopan, Rolaids, Gas X, Tums, Papaya Enzymes - Chew after meals (250-500 mg.).
Do not recline after meals; chew thoroughly; elevate head of bed.

HEMORRHOIDS

Tucks, Anusol, Preparation H, Sitz baths, Anecream, Xlocare gel.

LEG CRAMPS

Calcium (500 mg.) daily with Magnesium (250 mg.) at bedtime.
Natural Calm (Magnesium supplement) at bedtime.

YEAST INFECTION

Monistat, Gyne-Lotrimin (7 day treatment).
If this doesn't work, call our office.

You may see your family doctor for routine illness. Dental care during pregnancy is recommended. It is not recommended that you have any change in glasses or contacts during your pregnancy.

For more information visit: www.valobgyn.com