



Final Preparations for Delivery

Obstetrics & Gynecology

Pre-Admission to the Hospital: This should already be completed at your hospital of delivery! If you have not yet pre-admitted or made arrangements for your epidural, please contact the hospital **TODAY**.

Pediatrician: You **must** make arrangements for a doctor to care for your baby in the hospital and after you are discharged. Please let your physician know the name of the pediatrician you have chosen. Most pediatricians do not schedule prenatal appointments, but there are exceptions! Please check with your physician. Otherwise, your pediatrician will be notified by the newborn nursery at the hospital of your delivery. **Again, it is your responsibility to decide on a doctor to care for your baby that is a provider on your insurance plan!**

What To Do If You Think You Are In Labor: Late in pregnancy, irregular uterine contractions are common. Your uterus will be hard and tight all over. When your contractions become 5 minutes apart and stay that way for two hours, your water breaks, you have bleeding like a period, or serious pain you should **proceed directly to Labor & Delivery** at your designated hospital. If you think your water has broken and you are not experiencing contractions, you should still report to the hospital to be examined. Symptoms can be quite varied, but if you have a watery, vaginal discharge that is more than expected and it persists, or you are unsure of what is happening, you should call the office. It is better to be safe than sorry.

Leave of Absence: It is our current policy to approve medical leave for six weeks from your delivery date. This is for both vaginal and cesarean deliveries. Disability applications, paperwork and the prepaid \$25.00 should be taken care of at this point in your pregnancy. If you have not yet done so, please contact the front desk **TODAY!**

Car Seats: By law, you are required to have a newborn car seat to take your baby home from the hospital.

Post-Partum Birth Control: In the next few weeks you should consider the method of birth control you plan to utilize following the birth of your child. If you need information about methods approved while nursing, do not hesitate to ask your physician. If you desire permanent sterilization, please ask **NOW** about post-partum tubal ligation or vasectomy. If you are unsure of which method is best for you this will be determined at your post-partum appointment.

Once again, we are thrilled to be able to share in the birth of your child. It is such a special time for you and your family. We look forward to making it a positive experience while assuring your safety and the safety of your unborn child.

Things I Need To Complete Before Delivery
