



WOMEN'S HEALTH
of Central Virginia

WOMEN'S HEALTH SERVICES OF CENTRAL VIRGINIA

What to Expect PRENATAL CARE

Visits. Throughout your prenatal course and delivery experience, we are committed to providing the highest quality of care. We hope to guide you and your family through a healthy and safe birth! Feel free to bond with one physician during your prenatal course or rotate your visits to meet other members of our team.

Inclement Weather. If snow, ice or other unmanageable weather conditions occur and schools are closed in your area, please call to see if the office is closed or if your appointment needs to be rescheduled.

Ultrasound. You may receive a brief ultrasound at your first appointment with your physician depending on your gestational age. You will receive an ultrasound between 16-24 weeks. No photography or videotaping is allowed during the ultrasound, although we will provide you with a DVD on most ultrasound occasions. No videotaping is allowed during delivery.

Medications in Pregnancy.

- PAIN/HEADACHE/FEVER: Tylenol Plain or Extra Strength
- INDIGESTION: Tums, Roloids, Maalox, or Mylanta, Pepcid, Pepcid AC, Pepcid Complete, Zantac, Tagamet, Tagamet-HB.
- ALLERGY: Singulair, Zyrtec, Claritin, Benadryl, Mucinex – all.
- COUGH: Robitussin DM, Guaifenesin, Ricola, Halls.
- SORE THROAT: Sucrets, Chlor-Trimeton, Chloraseptic spray.
- IRON SUPPLEMENTS: Slow FE, Bitron C, Feosol, FES04
- FLU SYMPTOMS: Theraflu, Drixoral, Sudafed, Vick's Vapor Rub.
- STOOL SOFTENERS: Colace, Metamucil, Citrucel, Glycerin suppositories, Fleet enema, Fibercon, Milk of Magnesia.
- DIARRHEA: Imodium.
- EPISIOTOMY, HEMORRHOID PAIN: Americaine spray, Tucks, Prep H.
- NOSE DECONGESTANT: RhinoCort, Tavist, Saline nasal spray, Nasonex.
- CALCIUM: 1500mg daily, if no milk.