



EARLY OB INSTRUCTIONS

POPE PAUL VI INSTITUTE



Congratulations on your newly confirmed pregnancy! This form provides you with some information from your physician/nurse practitioner prior to your first OB visit.



Your doctor recommends that an early ultrasound be done at 4.5 weeks after conception or 6.5 weeks after your last menstrual period. Your first OB visit should be scheduled soon after the ultrasound. If you experience symptoms of bleeding/spotting or cramping please call the nurses (402-390-9175). Ultrasounds may also be ordered at 16 weeks and 24-26 weeks.



A nutritionally balanced diet that is high in complex carbohydrates, protein, vitamins and minerals, and low in sugar and fat is recommended. Vitamins with folic acid are recommended. These may be purchased over the counter. If you prefer a prescription for insurance purposes, ask one of the nurses.



Progesterone is used during pregnancy in women who have a history of infertility or previous miscarriage because they may not produce enough progesterone to support the pregnancy. At the time of your positive pregnancy test, progesterone support may be initiated if deemed necessary by your doctor. This is generally given in the form of intramuscular injections given two times per week (mon-thur or tue-fri). The office nurses may give these through our office or by another person after proper instruction and approval. (Call if you want to schedule an appointment to teach someone to give you the shots). The length of the support is individually determined and may continue throughout most of the pregnancy. Some bottles of Progesterone will have package inserts warning of the possibility of birth defects with this drug. This warning refers to an artificial progesterone substitute – not the pure progesterone that you are receiving. We have not seen any deformities related to pure progesterone over many years of prescribing it. There may be some soreness at the site of the injection. This may be soothed by warm tub soaks or a heating pad. Report any swelling, redness or itching to the nurses.



A progesterone level was drawn at the time of the pregnancy blood test. This test measures the amount of progesterone your body is producing. Results are generally available within 48 hours after the specimen is received in the lab. The level determines the frequency and dosage of supplemental progesterone that you will need. The doctor recommends that you have a level drawn every two weeks **RIGHT BEFORE** your injection. Do not use an old lab requisition given to you prior to the pregnancy as the wrong tests may be run.



If your doctor has ordered progesterone vaginal or oral capsules, you should not take the capsule the night before or in the morning when you get your progesterone level drawn. In this fashion, with the monitoring of the progesterone levels every two weeks, an accurate assessment of the dose of progesterone supplementation can be obtained. The nurse will call you with the results only if there is a dosage change. Feel free to call for your level.



You may expect to be seen by your doctor or nurse practitioner every 2-4 weeks during your pregnancy. You will also be seen 3 and 6 weeks after delivery. Make these appointments far in advance.



Our office hours are 9-5, Monday-Friday. The office phone number is 402-390-6600. After hours, call the answering service number—402-536-6000.

