

Congratulations! Let's start your journey.



Congratulations on your pregnancy and thank you for choosing Facey Medical Group's Women's Health team for your medical care. We look forward to working with you to ensure a safe, healthy, pregnancy and delivery for you and your baby. Along with this introduction we have included a form which requests information about you and your family. **We want you to be able to spend as much time with your provider as possible, so please take a few moments to fill out the form and bring it with you to your first appointment.**

Comprehensive prenatal care using a team approach

We feel truly privileged to have the opportunity to be with you during the delivery of your baby. The chance to share in this special experience is one of the best aspects of our work. Our medical group uses a team-based approach to provide you with complete medical coverage during your pregnancy and delivery, and we want to make sure you understand how our physician coverage at the hospital, known as "call," works.

Since each of us cannot be available always, we rotate call responsibility to provide a dedicated physician to the obstetric service every day and night. This ensures round-the-clock hospital coverage when you are in labor and minimizes the cancellation of scheduled appointments at Facey offices. It also means that a Facey ob-gyn physician other than the one you regularly see during your prenatal visits may deliver your baby.

General Information

We will provide you with a detailed packet of pregnancy information at your first office visit, but here are a few tips to follow until then.



Prenatal Vitamins: If you are not already taking prenatal vitamins, please start now. You will need folic acid, 0.8mg daily. We recommend over-the-counter vitamins. We also recommend DHA supplements (omega fatty acid), 200 mg daily. Do not take fish oil.

Medications and supplements: Many medications and supplements should be avoided in pregnancy, especially during the first 12 weeks. We will provide a list of safe medications and supplements at your first visit. You can also find this list at: facey.com/obgyn/faq.html.

Diet: We recommend a healthy, balanced diet. Most pregnant women need only an additional 300 calories a day. Minimize caffeine. Consume no more than one cup of coffee or 12 oz. of soda daily. Avoid any alcohol, smoking or illegal drug use, including marijuana. You can find more detailed nutrition information in our health library at: bit.ly/fmgobfood.

Exercise & Activities: Exercise is very beneficial for pregnant women. Remember, you should be able to carry on a conversation while exercising. Avoid overheating and stay well-hydrated. Do not use hot tubs or saunas while you are pregnant. Interior painting, hair coloring, perms and manicures are fine with proper ventilation.

Toxoplasmosis: Toxoplasmosis is an infection carried in cat feces, raw meat and unpasteurized milk. Because there is a risk of exposure to toxoplasmosis from cat litter, we recommend that you avoid cleaning the litter box. We also recommend that you avoid consuming raw meat or unpasteurized milk.

*We encourage members of your family to be involved in your pregnancy. **Please bring another adult to help supervise any young children who accompany you on your first visit, and to any scheduled ultrasound appointments.** We thank you for choosing our practice, and look forward to sharing in this exciting time of your life!*