



Congratulations,

We all would like to congratulate you on what we hope will be one of the greatest joys of your life. We feel fortunate that you have chosen us to share in this time with you and your partner.

We would like to let you know what to expect in the coming months from our office. Today you have picked up your OB kit which includes: a prenatal vitamin sample and prescription, a lab slip to take to the lab for your prenatal blood work and various other items that we hope you will find useful. Some of the blood results include hematocrit, hemoglobin, rubella titer (German measles), blood type, and Rh factor, RPR (syphilis titer) and hepatitis B surface antigen titer.

When you come in for your first OB visit, please plan to spend a little extra time so that we may ensure that your pregnancy is off to a good start. We will check your urine for protein and sugar, obtain your blood pressure, and perform a complete physical. The physical includes a pelvic exam to ensure the uterus is growing and that its size is consistent with the baby's gestational age. Also during the visit, we will provide you with literature on optional screening for birth defects.

Around 20 weeks Gestational Age (GA), we will perform an ultrasound to check the baby's growth and to see if it is consistent with your GA. You are welcome to bring someone with you. You may also bring a DVD+RW so you can enjoy these pictures of your baby at your home.

At 24 to 28 weeks GA, you will have a glucose test and iron level taken at our office. We give a prescription for iron regardless of your iron level, because the pregnancy can deplete your iron stores quickly. Also at 28 weeks, if you are RH negative, we will have you go to the lab and have an antibody screen done.

This information is intended to help you with questions or concerns you might have, but if at any time you need assistance, we are always here to help. Once again, we are excited about your journey into parenthood and feel fortunate that you chose us to share in your experience.

Sincerely,

**Tennessee Valley OB-Gyn Clinic, P.C.**

**256-265-6512**

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