

MOUNT SINAI DOCTORS OBSTETRICS & GYNECOLOGY

155 West Merrick Road, Suite 204
Freeport, NY 11520
(516) 513-1439

After Hours Emergency Number (516) 632-3970
Tell the operator that you are pregnant and that you are a family practice patient.

BREASTFEEDING

If you require more information than is found in this book and the brochures in your OB packet call (516) 632-3466 regarding breastfeeding.

PARENT/CHILD EDUCATION CLASSES

- Prepared Childbirth Class
- Baby Care Class
- Sibling Class
- Breastfeeding Classes
- Infant Child CPR Course

Register by calling (516) 377-5310.

WHEN TO CALL CONCERNING LABOR

- Leaking fluid vaginally without control; even without contractions.
- Severe abdominal pain.
- Heavy bleeding; please note: spotting is normal after pelvic exams.
- Contractions 8 to 10 minutes apart; unless you have been instructed otherwise.

TELEPHONE CALLS / PRESCRIPTIONS

We encourage you to call if you have any questions between visits. The following suggestions are made to ensure accurate information is relayed between patient and physician:

- If you think this is an emergency tell us immediately when you call.
- If not an emergency, check to see if the answers to your questions are in this booklet.
- Take your temperature if you suspect a fever and have a pencil and paper ready to write down any instructions.
- Make the call yourself if it is possible.
- Unless it is an emergency, call the office between the hours of 9:00 a.m. and 5:00 p.m. If the nurse cannot talk to you at that minute the receptionist will take a message and either the nurse or the physician on call will return your call as soon as possible.
- Write down any instructions given.
- Any requests for prescription refills should be made during regular hours when your medical records are available. Routine prescriptions will not be called into your pharmacy after office hours.

PEDIATRICIAN

In order to provide better services for your newborn we ask that you select a pediatrician prior to your 7th Month. Our staff will be glad to assist you in selecting a family practitioner who will be able to check your baby at Mount Sinai South Nassau Family Medicine.

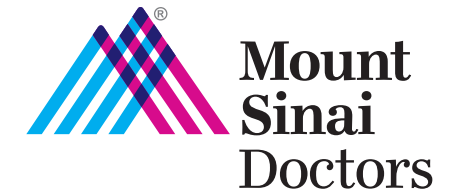
HOSPITAL

Mount Sinai South Nassau
One Healthy Way
Oceanside, NY 11572
1-877-SouthNassau (877-768-8462)



YOUR GUIDE TO

A Healthy Pregnancy



Welcome...

OBSTETRICIANS / GYNECOLOGISTS

Fredric R. Moon, DO, FACOG

The birth of a child is certainly a time of great expectations for you and every member of your family as well as close friends. At Mount Sinai Doctors Obstetrics & Gynecology, we want that time to remain as special and worry-free as possible. Our commitment is to provide you with excellent prenatal care and the best possible experience during your labor and delivery. We are pleased to be a part of your birth experience. Our team works closely to provide you with the very best of professional medical advice.

Whether this is your first baby or your fifth, having a child is a special experience. We look forward to helping you during this time of great expectation.

The staff of Mount Sinai Doctors Obstetrics & Gynecology

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Freeport, NY 11520



OVER-THE-COUNTER MEDICATIONS YOU CAN TAKE

All of these symptoms are more of a bother than they are medically worrisome. If simple measures like rest, increased fluid intake, a cold compress, humidifiers, etc, do not work, then using medications in moderation may help. Remember if you don't really need to take something...don't. If symptoms persist or worsen, call in to the office to report this.

Morning Sickness/Nausea

You may try Vitamin B6 (50 mg.) twice a day with half a Unisom
Morning Sickness Magic
Peppermint/Ginger Tea
Small, frequent meals
Eat before rising in the morning
Drink between (not with) meals
Emetrol as directed on bottle

Colds, Allergies or Flu Symptoms

Call for fever over 101°F
Vaporizer/humidifier may help
Robitussin, Triaminic, Chlor-Trimeton, Zyrtec, Claritin, Benadryl, Sudafed, Chloraseptic, Halls cough drops, Cepacol lozenges
For congestion, try Neti Pot from health food stores or in pharmacies available as SinuCleanse. Use this for congestion and/or seasonal allergies. Directions included.
Do not take NyQuil

Insomnia

Benadryl, Unisom, Sominex
Tylenol PM, Non-Caffeinated Tea

Constipation

Increase dietary fiber (fruits, vegetables, oatmeal, whole grain foods)
Increase fluids and exercise
Metamucil, Citrucel, Milk of Magnesia
Surfak, Peri-Colace, Colace
Natural Calm taken daily will help with regularity

Diarrhea

Add Metamucil for bulking/slowing stool
Imodium AD, Kaopectate
Call for severe cases or if symptoms persist beyond 2 days
Do not take Lomotil

Headache

Increase fluids
Address constipation
Tylenol or Extra-Strength Tylenol

Heartburn/Indigestion

Pepcid AC, Riopan, Roloids, Gas X, Mylecon, Tums
Papaya enzymes – chew after meals (250-500 mg.)
Do not recline after meals
Do not drink with meals
Chew thoroughly

Hemorrhoids

Tucks, Anusol, Preparation H
Sitz baths

Leg Cramps

Calcium (500 mg.) daily with Magnesium (250 mg.) at bedtime
Natural Calm (Magnesium supplement) at bedtime

Yeast Infection

Monistat, Gyne-Lotrimin
Use 7 day treatment
If this does not work, call the office

You may see your family doctor for routine illnesses. Dental care during pregnancy is recommended. It is not recommended that you have any change in glasses or contacts during your pregnancy.

PHONE CALLS/AFTER-HOURS ANSWERING SERVICE

Our full staff is here during office hours (9:00 am-5:00 pm) to assist you." as our hours vary by day.
Our office hours are Monday, Thursday, and Friday 9am - 5pm. Tuesdays 1pm - 8pm and Wednesdays 10am -5:30 pm
After hours, call (516) 632-3970.

Call our office in the event of:

- Vaginal bleeding or spotting
- Pain or contractions that occur 6 or more times in 1 hour if you are less than 36 weeks
- Temperature over 101°F
- Leaking of fluid from the vagina
- Decreased or absent fetal movement

Labor – When to call

If this is your first child:

- Contractions lasting 60 seconds, 5 minutes apart for 2 hours
- When your water breaks

If you have previously given birth:

- Strong, regular contractions
- When your water breaks

Our Hospital

We attend labor and birth at Mount Sinai South Nassau Communities Hospital. We handle most pregnancies but, if need be, transfer care to high risk setting.

Ask about opportunities for Childbirth education, Breastfeeding classes, and Infant CPR.

Activity

- Continue your normal routine. Most non-contact sports are permissible with moderation. Keep your heart rate below 140. Thirty minutes of exercise on most days is highly recommended.
- Avoid heavy lifting (over 30 lbs.).
- Intercourse is not restricted during a normal pregnancy unless you have bleeding, cramping, or are leaking amniotic fluid.
- Airplane travel is not recommended after 36 weeks and long road trips should include breaks for walking every 1 to 2 hours.