

Congratulations on your Pregnancy!

Thank you for entrusting us with this precious occasion.

Your first visit will take place very early into your pregnancy. This visit is considered an education session in introduce you to our Prenatal Care Program. Our nurse will take your history, answer your questions, arrange for the routine blood work and offer you the Genetic testing (IPS). We will also help you in choosing your pre-natal classes.

You will see Dr. Shabib after 12 weeks when he will evaluate your general health, elicit any Obstetrical risks and plan for your pregnancy and labor. You will also listen to your baby's heart sounds. Pelvic examination will be preformed if there is a medical reason.

Follow-up visits are usally every 4 weeks, until 28 weeks, then every 2 weeks, until 36 weeks, then weekly until delivery. Please provide a urine sample as soon as you arrive to the office and ensure that you book your follow-up appointment before leaving the office.

Your post-partum follow-up is 6 weeks after delivery. Please call the office to book this appointment shortly after your delivery.

The following are important tests and activites we will undertake during your pregnancy:

- If your last menstrual period is unkown, a dating ultrasound will be arranged during the first trimester.
- At 12 & 15 ½ weeks you will be offered Integrated Prenatal Screening (IPS) to screen for genetic disorders.
- At 18 ½ weeks a routine ultrasound will be ordered.
- At 24 ½ weeks we will test your glucose (sugar) tolerance (1-hour).
- At 28 weeks you will receive an injection (rhogam) if your blood group is negative.
- At 34 weeks an ultrasound may be done to check the baby's growth.
- At 35 weeks a swab is colled to test for Group B Streptococcus (GBS).
- At 40 weeks a pelvic exam is done to check the cervical dilatation.
- Induction of Labor will be offered at 41 weeks + 3 days.

If you decide to circumcise your baby boy, please note that "Pain free circumcision" is available at the office. This service is not covered by your OHIP and we can only accept a CASH payment

(\$ 300.00)

If you notice any of the following "Alarming Signs" PLEASE CONTACT:

Dr Shabib's office at (613) 721-2907 or the triage department at the Ottawa General Hospital at (613) 737-8012 (available after hours when you're over 20 weeks). If your under 20 weeks, present yourself to the emergency department.

- 1) Reduction of fetal movements (<10/day after 24 weeks).
- 2) Sudden gush of fluids.
- 3) Cramps, contractions, backache and pressure in the pelvis.
- 4) Bleeding and or sudden severe pain.
- 5) Severe headaches or flashes of light, nausea, and abdominal pain.
- 6) Fever and severe vomiting or any serious health concerns.

Please Note:

Dr. Shabib undertakes all his deliveries at The Ottawa Hospital (General Campus) where he shares his on call schedule with a Group of 12 Doctors. One of these specialist is available on site at all times.

The FOLLOWING DRUGS ARE CONSIDERED SAFE DURING PREGNANCY:

For headaches: Tylenol Pain.

For cough & cold: Robitussin DM.

For sore throat: Bradosol Lozenges.

For Constipation: Colace or Fiber Supplements.

For Hemorrhoids: Proctosedyl or Anusol.

For allergy: Benadryl 50mg.

For Heartburn: Tums or Gaviscon.

For Nausea & Vomiting: Diclectin.

For Smoking cessation: Zyban.

If you are in doubt please feel free to contact us before taking any medication. You can consult: MOTHERRISK: Tel: 1 (416) 813-6780 or visit their Web Site: <http://motherrisk.org>.

Nausea and Vomiting in Pregnancy (NVP) Help Line : 18004368477