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Dear Expectant Mother,

We are happy that you chose us to share in the joys and challenges of your pregnancy. You and your partner are about to experience the miracle of birth. Our goal is to help you make the weeks ahead as meaningful and as rewarding as possible. To accomplish this we need your participation, so feel free to ask questions, to give suggestions and to discuss whatever is on your mind with us.

Our physicians and nurse-midwives practice together to be able to meet all your needs. There is a provider on call 24 hours a day, 7 days a week. Your prenatal visits are scheduled according to each individual's needs. At each of these visits, in addition to checking your baby, your blood pressure and urine will be monitored. Your partner is welcome to come with you to your visits.

Having a baby is a normal healthy process for which you were uniquely designed. You will, however, notice some changes and discomfort as the months go by. Aside from avoiding alcohol, cigarettes, and unnecessary drugs, there are three things you can do to optimize your health and the health of your baby: (1) eat a nutritious diet; and (2) get regular exercise (walking, swimming, etc.). You can gain the optimum twenty-five to thirty pounds, while increasing your energy, flexibility and stamina. **Be sure to drink plenty of water.** Extremes of heat should be avoided including hot tubs and saunas. You may also continue your usual daily routines and recreational activities (including sex) throughout your pregnancy as long as there are no problems with bleeding, infections or ruptured membrane.

For your convenience, we have included a list of common medications which are not considered hazardous to use **AFTER THE THIRD MONTH**. Naturally, any medication has a potential for affecting the growing baby, so any use must be minimized. Please refer to the dark pink sheet for the list of approved medications.

In summary, our goal is to help you have a positive and rewarding experience throughout your pregnancy and delivery, while providing you and your baby with the best obstetrical care.

Please keep this packet as it will be valuable source of information for you in the months ahead.

Sincerely,

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