

Obstetrical Instructions

141 Little East Neck Road
West Babylon, NY 11704
T: (631) 321-1045
F: (631) 321-1102



-
- No alcohol, drugs or smoking.
 - No medications unless you call. Tylenol, tums, pepcid and prenatal vitamins are ok.
 - No swimming, baths or intercourse in the last month of pregnancy or if any problems occur.
 - New obstetrical patients' blood work should be done as soon as possible, unless physician says otherwise.
 - Eat 3 meals a day and a snack at night.
 - Caffeine should be cut down to half of what you are consuming now.
 - Normal weight gain is 25 pounds. For twins, normal weight gain is 30 pounds.
 - Exercise 3 times a week for about a half hour. Do not over exert yourself or get overheated.
 - Sonograms are performed in early pregnancy transvaginally.
 - You should contact the hospital regarding Lamaze classes:
Good Samaritan Hospital, 1000 Montauk Hwy, West Islip, NY 11795
(631) 376-3190

If you have any problems or questions, please contact the office at **(631) 321-1043**.