



*Fair Oaks
Women's Health*

Convenience • Caring • Cutting-Edge

Pregnancy Guidebook



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Welcome to the practice and congratulations on your pregnancy!

We would like to explain our philosophy and approach to your prenatal care here.



The philosophy of our practice is quite simple. It is our intention to maintain and maximize the health and safety of both you and your baby (or babies!) during the pregnancy, using current and up-to-date medical knowledge and technology along with your input and participation. If any concerns arise, we will discuss them thoroughly so that you understand as best as possible how the situation should be handled.

You should be informed of all your options so that you may actively and intelligently participate in the decisions made for the management of your pregnancy. We respect patients as individuals, and your feelings and opinions are important to us. Having a baby is something that happens only a few times in a woman's lifetime. It is an experience that should be cherished.

Having an open-minded approach to the events of the birth is well advised so that unexpected situations or arrangements do not interfere with your having a positive birth experience. Please discuss your desires with your doctor or any of our staff. Remember, as much as medical safety will allow, we will try to honor your birth preferences and expectations.

Most of our patients are low-risk but our practice is also comfortable with 'high-risk' pregnancy. Many different factors can make a pregnancy high-risk. These include history of previous problems (such as premature birth, diabetes, toxemia), history of infertility or of multiple miscarriages, multiple gestation and advanced maternal age to list a few. We would like you to know that if you become high-risk, we make every effort to provide the appropriate care that you need and deserve.

This book contains a great deal of useful information to help you manage your pregnancy. We discuss diet, vitamins and nutrition; activities that should be avoided while pregnant and others that we feel are safe; approaches to dealing with common symptoms, including some approved over-the-counter medicines; and advice on morning sickness. At the back we have a list of Pediatricians, a pregnancy "homework" checklist, an Index, and an excellent section on postpartum care and breast feeding. We are so glad you decided to let us take care of you for this pregnancy!





3D and 4D Ultrasound

Congratulations!

Did you know Fair Oaks Women's Health offers 3D and 4D ultrasounds



3D and 4D package includes:

- 15 minutes session
- CD of color pictures
- DVD of entire session
- 4 b/w & 2 color printed pictures

\$150 (for existing patients)

\$250 (for outside patients)

payable at time of service

Best timing is between

26 and 30 weeks

