Dubuque Ob/Gyn

Thank you for entrusting Dubuque Obstetrics and Gynecology, P.C. as your healthcare team during this exciting time. All the physicians, advanced practice providers, and staff want to ensure that your experience is one that is not only unforgettable but enjoyable. We are excited to be a part of this momentous time in your life as you bring your little one into this world.

This booklet provides information about our office, your care team, the prenatal care process, and other general but pertinent facts and resources for pregnant women. We encourage you to keep it within reach throughout your entire pregnancy journey and even a few months after delivery. If you are unable to find the answers to your pregnancy questions within this booklet, you are always welcome to call our office at 563-557-5959.

General Office Information

Office Hours

Our office is open Monday through Thursday 8 am -5 pm and Fridays 8 am - 4 pm.

Our office closes on the following days:
New Year's Day
Memorial Day
Independence Day
Labor Day
Thanksgiving
Day after Thanksgiving
Christmas Eve at 12 pm
Christmas

*While rare, we are sometimes closed due to adverse weather conditions.

How to Contact Us

Please call 563-557-5959 to reach our office.

For emergent issues outside of our normal business hours, our after-hours answering service will be able to connect you to our on-call provider.

About Us

Dubuque Obstetrics and Gynecology is a private, physician-owned, medical clinic serving Dubuque and surrounding communities since 1981. Our physicians are board certified by the American College of Obstetrics and Gynecology. Our physicians see a variety of conditions during pregnancy and are comfortable in caring for pregnant patients with diabetes, high blood pressure, history of cesarean sections, or chronic disease. Our advanced practice providers (nurse practitioners and midwives) are board certified in their respective specialties and provide routine and general gynecologic and obstetrical care for women.

Our Philosophy

Our team believes that pregnancy is a natural process, and our providers will accommodate your needs in any way if it is medically safe. Our providers regularly care for patients who request unmedicated births, epidurals, other pain medications, vaginal birth after cesarean sections (VBAC), and patients requesting repeat cesarean sections. To provide the best level of care regardless of type of delivery or pain management methods used, our providers only deliver in a hospital setting as this allows the best possible outcome for the mother and baby should a complication arise.

Our Care Team Approach

Dubuque Ob/Gyn practices a team approach to care for our pregnant patients. Our team is made up of physicians, midwives, and advanced nurse practitioners. Each physician or midwife equally shares 24-hour call. It is hard to anticipate which provider will be available on the day you deliver. With that in mind, throughout your entire pregnancy, you will be encouraged and required to see every provider at least once. We believe this is important because it allows you, the patient, the opportunity to meet the provider who will deliver your baby, and it gives you and the provider an opportunity to get to know each other. Some patients may be deemed high risk due to a wide array of factors. If you are considered high risk, you may be told that you can only see physicians for your entire pregnancy, but we ask that you still rotate through all the physicians.

Our Care Team



Laura R. Witthoeft, MD, FACOG



Curtis E. Page, MD, FACOG



Sarah A. Hirsch, DO, FACOG



Jenna C. Johnson, MD, FACOG



Emily L. Flahive, CNM



Amy M. Henry, ARNP



Alexa H. Weber, ARNP

PRENATAL APPOINTMENT SCHEDULE

Below is our schedule of appointments routine, uncomplicated pregnant patients. Patients who are high risk or have complications will be seen at the below schedule but will also have additional visits or testing.

Pregnancy Week	Type of Appointment Needed
6-7	**Confirmation pregnancy test, ultrasound to confirm location of pregnancy and office visit with a provider. Your prenatal labs are ordered for you at this appointment.**
8-10	**Nurse Interview- An experienced obstetrics nurse will call you by phone to** go through your personal medical history, family medical history and social history. The nurse will also discuss the responses to your obstetrics questionnaire completed at your confirmation appointment.
12	**Obstetrics physical with provider.** The provider will review all your medical history, discuss your concerns about this current pregnancy, review your prenatal lab results, and answer any questions. If you are due, you may have a PAP smear done at this time. Each patient will have blood pressure, temperature, oxygen saturation, heart rate, weight, and fetal heart tone checked.
16	**Routine follow up.** Each patient will have a routine follow-up with an obstetrics provider to include blood pressure and weight check, and fetal heart tone monitoring.
20	**Routine follow-up anatomy scan.** In addition to blood pressure and weight check, vitals, and fetal heart tone monitoring, this routine obstetrics visit will be coupled with an anatomy scan (ultrasound).
24	**Routine follow-up.** Each patient will have a routine follow up with an obstetrics provider to include vitals, blood pressure, weight check, and fetal heart tone monitoring.
28	**Routine follow- up.** In addition to vitals, blood pressure and weight check, and fetal heart tone monitoring, during the routine obstetrics visit each patient will have diabetes and anemia screening. Patients will also be offered the Tdap vaccine, if they are eligible. Rhogam* will also be administered to those patients that require it.
30 and 32	**Routine follow-up.** Each patient will have a routine follow up with an obstetrics provider to include vitals, blood pressure, weight check, and fetal heart tone monitoring.
34	**Routine follow-up. R**outine follow-up with an obstetrics provider to include vitals, blood pressure, weight check, and fetal heart tone monitoring.
36	**Group B Strep, ultrasound and routine follow-up.** Group B Strep testing will be performed at the routine obstetrics visit along with a bedside ultrasound to check the baby's position, vitals, blood pressure, weight check, and fetal heart tone monitoring.
37 – 40 (Seen weekly)	**Routine follow-up.** Each patient will have a routine follow-up with an obstetrics provider to include blood pressure and weight check, and fetal heart tone monitoring.
2 weeks postpartum	**Nurse Call.** A nurse from our office will call each patient to make sure their recovery is going well and to make sure that the patient doesn't have any questions or concerns.
6 weeks postpartum	**Routine follow-up.** Each patient will have a routine follow-up with an obstetrics provider to include vitals, blood pressure, postpartum depression screening, and weight check. Patients can discuss their preferred method of contraception as well at this visit.

MEDICATIONS SAFE DURING PREGNANCY AND LACTATION

During your prenatal and lactating period, the best policy is to avoid all medications, (especially in the first 3 months!) except your prenatal vitamins. However, when you are troubled by common discomforts, there are over- the-counter medications we recommend that *are considered safe* during pregnancy and/or with breastfeeding. Please take the adult dose listed on the medication.

Allergies/Decongestants

Diphenhydramine [Benadryl]
Chlorpheniramine [Chlor-trimeton] Claritin
Zyrtec
Actifed [Pseudoephedrine plus Triprolidine]
Pseudoephedrine [Sudafed]
Saline nasal spray
Oxymetazoline [Afrin] nasal spray (has a rebound effect if used for more than 3 days).
Do not take drugs with phenylephrine HCl, i.e. Sudafed PE.

Constipation

Miralax
Metamucil
Milk of Magnesia
Docusate Sodium [Colace]
Fibercon
Fiber pills / supplement
Dulcolax suppository (limit to 1 time/week)
*Increase your fluid and fiber intake

Cough

Guaifenesin [Robitussin Plain or DM]
Mucinex Plain or DM

Diarrhea

Loperimide [Imodium A-D].
Do not take Pepto-Bismol or Kaopectate as it contains salicylates (aspirin).

Difficulty Sleeping

Benadryl Tylenol
PM Unisom

Rash

Aveeno Oatmeal Products Benadryl
1% hydrocortisone cream/ointment

Headaches

Acetaminophen [Tylenol]
Do not take Aspirin [acetylsalicylic acid] or aspirin-containing products unless prescribed

Do not take Ibuprofen [Motrin, Advil, Nuprin] during pregnancy, but can be taken while nursing, as little is excreted in the breast milk.

Heartburn

Maalox
Rolaids
Tums
Gelusil
Mylanta
Riopan
Prevacid
Pepcid AC- may increase to 20mg 2x daily

Hemorrhoids

Anusol
Preparation H
Tronolane
Tucks

Nausea/Vomitting

Unisom with Vitamin B6 Benadryl

Sore Throat

Chloraseptic lozenges or spray
(Sore throat with fever may require Strep testing)
**Do not use Chloraseptic liquid - contains high percentage of alcohol. **

Vitamins

Do not take mega doses of unprescribed vitamins.

Yeast

Monistat - Miconazole
Gyne-Lotrimin
Do not take Diflucan.

NAUSEA AND VOMITING IN PREGNANCY

Nausea and vomiting commonly occur during the first three months of pregnancy. However, the severity may vary with each pregnancy. The cause is believed to be related to the hormonal changes of pregnancy. Changes in diet may not fully eliminate the symptoms. However, some relief may be found by following these recommendations:

1. Before getting out of bed in the morning, eat a few crackers, a handful of dry bread or toast. It is best to place these items next to your bed the night before so that you do not have to move around to get them in the morning.

2. Get up slowly and avoid making sudden movements. Set your alarm clock earlier to cut down on rushing and stress in the morning.

3. Avoid long periods between meals – eat small, but frequent meals.

4. Drink fluids between meals rather than with your meals. Try to eat solid food every 2-3 hours and then wait 30-60 minutes to drink your liquids.

5. If nausea develops between meals, try small amounts of apple or grape juice or carbonated beverages. These juices are easier to tolerate than a juice with a pulp, such as orange or grapefruit juice. Small amounts of flat cola or soda may help.

6. Ginger products have also been shown to be helpful. Try ginger ale (such as Canada Dry), ginger tea, ginger snaps or ginger root. If you do not like the taste of ginger, you may try ginger capsule: 500 mg twice daily.
7. Avoid greasy or fried foods as well as extra margarine or butter, gravy or salad dressing.

8. Avoid excessive use of pepper, garlic, and chili. Eat lightly seasoned foods.

9. Allow plenty of fresh air in the kitchen when cooking and in your bedroom when sleeping.

10. If nausea and vomiting prevent you from keeping food down for 24 hours, call our office.

We may advise the use of Vitamin B_6 (50 mg) and /or UNISOM (an antihistamine) twice a day. Phenergan suppositories are occasionally prescribed on a short-term basis.

If all of the above measures do not help, hospitalization may be required for severe cases of dehydration.

Morning sickness generally subsides by the 12th to 14th week of pregnancy.

VAGINAL BLEEDING IN PREGNANCY

About 20% of all pregnant women experience vaginal bleeding during the first trimester of pregnancy. This usually occurs between the 6th and 12th week.

Bleeding about the time of an expected period (after conception) can occur. This is often around the time the egg implants in the uterine lining. At 8 weeks gestation, the hormonal support shifts from the luteal cyst of the ovary to the new placenta, and some bleeding may occur. If many instances, no reason for bleeding is ever found.

But **about 50% of the time**, a spontaneous **miscarriage** (abortion) **will occur** in those women who experience bleeding in early pregnancy. This can sometimes be incomplete and require a suction D & C. This is often an extremely stressful time for you. But there are some guidelines to help make the days of bleeding easier.

ACTIVITY

You should go on with your usual daily routine, but avoid strenuous activity and heavy lifting. You should **not** put anything into your vagina, **no** tampons, **no** douching, and **no** intercourse—until you are checked and told that intercourse can be safely resumed. (You should not douche or use tampons even during a normal pregnancy.)

CALL THE OFFICE (563) 557-5959

1. If bleeding soaks one or more pads/hour,
2. You have the sudden onset of severe pain or faintness,
3. You pass tissue. Please save the tissue in a clean plastic container or baggie and bring it with you when you are seen in the office or Emergency Room. Keep the container and specimen in the refrigerator if it will be more than a few hours.
4. You have a fever over 100.4º F.

If any of the above conditions occur during our office hours, call and speak with a nurse who will assist you to answer questions or arrange for care. Please call the same telephone number after office hours and the Answering Service will have the doctor on-call return your call.

Labor and Delivery

Birth Plan Basics

Included in this packet is a Birth Preference Sheet. If you want to relay any special requests for your delivery team, please fill out and return to our office and give a copy to the hospital upon admission. This is completely optional and not required.

Birthing Suite Tours and Classes

It is recommended that you sign up for birth classes and a tour of the Labor and Delivery Unit at your hospital. Information regarding tours and classes can be found on the hospital website- by searching birth classes or by using this QR Code to the left.

Registering for Hospital Stay

To make your arrival and stay at the hospital seamless, it is recommended to pre-register with the hospital around 28 weeks. Use the QR code to the right to register.

WHEN TO CALL THE DOCTOR

If you experience any of the following, please contact us immediately as these are considered emergencies:

- Continuous leaking of fluid
- Abdominal trauma or car accident
- Vaginal bleeding
- Fever greater than 101 degrees
- Decreased fetal movement
- Suspected urinary tract infection
- Headache with vision changes
- Painful contractions greater than 4 times an hour if less than 36 weeks

Symptoms You May Experience

Bleeding/Cramping

Some bleeding/spotting may occur after an internal exam and intercourse. This does commonly occur in the 1st trimester.

Call the Provider Immediately

- Bleeding is spotting with mild cramping
- Bleeding is heavy (using a pad every 2 hours)
- 2nd and 3rd trimester cramping or bleeding
- Cramping is equal or worse than menstrual cramps

Cold and Flu

Call the office during business hours

- Temperature of 101 or higher
- Green or yellow mucus develops
- Persistent cough for more than 7-10 days

Call the Provider Immediately

- Breathing is difficult or wheezing occurs

Decreased Fetal Movement after 28 weeks

Call Provider Immediately

- No fetal movement especially if accompanied by severe abdominal pain
- Baby moves less than 10 times in 2 hours

Rupture of membranes

Call the provider immediately

- Water breaks, small leak or gush

Labor

Call the office during business hours

- If less than 36 weeks, call if contractions are every 15 minutes (4 per hour)

Call the Provider Immediately

- If 37 weeks or more and contractions are every 5 minutes apart, lasting 1 minute, for 1 hour
- If water breaks, persistent leaks or gushes
- If bleeding more than a period

Swelling

Call the office during business hours

- Recent, noticeable increase in feet and ankles
- Swelling face and hands

Call the Provider Immediately

- Swelling accompanied by headache or upper abdominal pain
- Swelling decrease fetal movement
- Elevated blood pressure (greater than 140/90) if using home monitor

Urinary Urgency and or Pain with Urination

Frequency is common in early and late pregnancy

Call the office during business hours

- Pain with urination
- Feeling of urgency to void with little urine produced

Call the Provider Immediately

- Temperature over 101
- Pain in upper back
- Contractions occur
- Blood in urine

Vaginal Discharge

Common during pregnancy

Call the office during business hours

- Itching, burning, foul odor

Vomiting

Common in 1st trimester

Call the office during business hours

- Unable to keep down liquids and solids for more than a 24-hour period
- Weight loss of more than 3-5 pounds

Call the Provider Immediately

- Signs of dehydration occur (e.g., dry mouth, fatigue/lethargy, poor skin turgor)
- Abdominal pain accompanied with vomiting

Dubuque OB/GYN does not offer COVID, influenza, or respiratory testing in our office. If you are diagnosed with one of these conditions, please notify our office by phone during business hours.

MISCELLANOUS INFORMATION

Lactation Consultation

Amy Henry, ARNP is a Certified Lactation Consultant. She offers appointments during pregnancy and after delivery for those new to breastfeeding, or those who are needing extra support while breastfeeding. Amy schedules most lactation consultations at or after 32 weeks pregnant and anytime after delivery. Please call our office to schedule an appointment.

Breast Pump Orders

Breast pump orders can be requested after 36 weeks.

FMLA, Employment, or Short term disability forms

If you or your employer require forms to be completed for your pregnancy or your medical leave after delivery, we kindly request that you give us at least 5-7 business days to complete the form. Short term disability forms have a fee of $10.00 to complete. FMLA and other employment forms do not have a fee to complete.

Birth Preferences Sheet

At the back of this packet is a blank Birth Preference Sheet. If you want to relay any special requests for your delivery team, please fill out and return to our office and give a copy to the hospital upon admission.

RESOURCES

Dubuque Milk Depot

563-589-8553
MercyOne Birth Center
250 Mercy Drive
Dubuque, Iowa 52001

An approved human milk collection depot and dispensary through Mother's Milk Bank of Iowa.

HACAP- Hawkeye Areas Community Action Program

563-556-5130
1301 Central Ave Suite 100
Dubuque, Iowa 52001

Assists with pregnant, breastfeeding, and postpartum women and children under the age of 5 with health and community resources.

Women's Infant and Children (WIC)

563-556-6200
UnityPoint Finley Visiting Nurse Association
660 Iowa Street
Dubuque, IA 52001

The Women, Infants, and Children Program (WIC) offers nutrition support and food assistance to income-eligible pregnant and postpartum women and children under the age of five. WIC specializes in breastfeeding support, including classes and one-on-one appointments with lactation consultants. They can also help connect women with breast pumps as needed. In addition to breastfeeding help, WIC can provide families with nutrition education from qualified nutrition professionals, connections to other community resources, and monthly supplemental foods to support a healthy lifestyle.

Visiting Nurses Association (VNA)

563-556-6200
UnityPoint Finley Visiting Nurse Association
660 Iowa Street
Dubuque, IA 52001

The Visiting Nurses Association offers help with under or uninsured families, pregnancy support, parenting support, car seat safety, lead screening, tobacco cessation, supplies for new families, immunizations, promotion of healthy lifestyles, contraception, family planning, mother and baby programs, and other community resources.

UnityPoint Finley's Breastfeeding Support Group

Delhi Medical Center
3rd Floor Conference Room

Meets each month on the 1st, 2nd, and 4th Tuesday at 1:30 pm. The 3rd Tuesday of the month is at 5:30 pm. For one-on-one breastfeeding consultation you can see Amy Henry at Dubuque Ob/Gyn or you can reach out to Finley's Labor and Delivery Unit to schedule a visit with one of their lactation consultants at 563-583-2229.

Opening Doors

563-582-7480
2100 Asbury Road Suite 8
Dubuque, Iowa 52001

Nonprofit organization that is dedicated to supporting women and children experiencing homelessness.

Multicultural Family Center

563-582-3681
1157 Central Ave
Dubuque, Iowa 52001

Offers family programming, youth activities, and community support networks.

Catholic Charities

563-588-0558
1229 Mt. Loretta Ave
Dubuque, Iowa 52003

Provides support for pregnant mothers, general family case management, rental/utility assistance, and connection to local resources.

Four Oaks Family and Children's Services

563-557-3100

Parents as Teachers (PAT) is a free, voluntary home-visiting and family support program for families with children from prenatal through age 5.

Resources Unite

563-231-6280
1900 John F. Kennedy Road
Dubuque, Iowa 52002

Connects individuals and families with essential community support, volunteer opportunities, and social services.

Anderson-Weber Toyota

563-556-3281

Car Seat Safety Checks are offered on the 3rd Saturday of every month from 10:00 am to 12:00 pm.

Riverview Center
563-557-0310

Support for sexual and domestic violence survivors such as crisis hotlines, advocacy, counseling, therapy, and essential needs assistance.

Mary's Inn Maternity Home
563-580-2278

Maternity home dedicated to the physical and emotional support for women pregnant or with small children.

Brain Health Resources

Nami
225 W 6th Street
Dubuque, Iowa 52001
563-557-6264

Crescent Community Health Center
563-690-2850

Hillcrest Mental Health Center
563-582-0145

Crossroads Counseling Center
563-564-4114

Harbour Wellness
563-587-9406

Your Life Iowa
Call or Text 1-855-800-1239
Online Chat: yourlifeiowa.org

Journeys Counseling
563-213-5050 Ext 3

Medical Associates Psychiatry
563-584-3500

MercyOne Dubuque Medical Center
563-587-9406
Dubuque.therapy@gmail.com

A Prenatal and Postpartum Emotions Group-
First Saturday of every month at 10:30 am.
Resources Unite
563-581-2850

Lutheran Social Services
563-582-0044

Catholic Charities
563-588-0558

PELVIC FLOOR PHYSICAL THERAPY

Postpartum pelvic floor therapy helps heal stretched or injured muscles from pregnancy and birth. Key benefits include stopping bladder leaks, easing pelvic and back pain, treating scar tissue from tears or C-sections, and safely rebuilding core strength so you can move without pain. Below are some options locally. If they have ** in front of their name, they do accept health insurance.

Dubuque:

Unified Physical Therapy
563-583-4003
Accepts some health insurance

Dubuque Physical Therapy
563-588-3891
Accepts some health insurance

Life in Motion Physical Therapy
563-845-2551

Prenatal and Postnatal Therapy
563-223-8323

Physical Therapy Solutions
563-231-9900
Accepts some health insurance

Galena:

Midwest Medical Center
815-777-8615
Accepts some health insurance

Lancaster:

Grant Regional Medical Center
608-723-3236
Accepts some health insurance

Platteville and Cuba City:

Southwest Health Center
608-342-4748
Accepts some health insurance

Cascade:

Prenatal Postnatal Therapy
563-223-8323

Dyersville:

Physical Therapy Solutions
563-875-8615
Accepts some health insurance

PEDIATRICIANS

UnityPoint Pediatrics' Clinic
563-557-3900

Medical Associates
563-584-3440

FAMILY MEDICINE

Advanced Wellness Center
563-556-6292

Burd's Family Practice
563-588-6659

Cornerstone Family Practice
563-252-2141

Cresent Community Health Center
563-690-2850

Historic Bluff's Family Practice
563-239-1175

Maquoketa Family Clinic
563-652-6711

Medical Associates
563-584-3226

Medical Associates of Maquoketa, PC
563-652-5145

Regional Medical Center
563-927-7777

Statera Integrated Health and Wellness Solutions
563-207-8932

Unity Point Family Practice Clinic
563-557-3960

BIRTH PREFERENCES

Your Name: _____ Date of Birth:_____

Support Person(s): _____

Estimated Due Date: _____

I/we are expecting a baby:

- ❑ Boy
- ❑ Girl
- ❑ It's a surprise

My Group B Strep was:

- ❑ positive
- ❑ negative

Labor (choose as many as you would like)

- ❑ I would like to labor at home as long as I can
- ❑ I would like to be able to move around as I wish during labor
- ❑ I would like to be able to drink fluids and eat small amounts during labor
- ❑ I would like to try the following if they are available
  - ❑ A birthing ball
  - ❑ A squat bar
  - ❑ A warm shower or bathtub (I understand that a bath is used only in early labor, not during delivery)
- ❑ I would like dim lights
- ❑ I would like to bring my own music to play

Pain Relief Options (choose as many as you would like)

- ❑ Heat/ice
- ❑ Water (shower or tub)
- ❑ Position changes
- ❑ Aromatherapy (bring your own, no peppermint at time of delivery)
- ❑ Nitrous Oxide
- ❑ IV pain medication
- ❑ Epidural

For a Vaginal Delivery (choose as many as you would like)

- ❑ I would like to try pushing in different positions
- ❑ I would like to have a mirror to see the baby's birth
- ❑ I prefer delayed cord clamping
- ❑ I would like one of my support people to cut the umbilical cord
- ❑ I would like to cut the umbilical cord
- ❑ I would prefer baby skin to skin with me right at time of delivery
- ❑ I would prefer baby dried off before being placed on me at delivery

- ❑ I would like pictures taken during delivery and cord being cut

For a Cesarean Delivery (choose as many as you would like):

- ❑ I would like this person with me: _____
- ❑ I would like to hold baby in the operating room if possible
- ❑ I would like my support person to hold baby in the operating room if possible

Other Preferences:

Baby's Care Plan

My baby's doctor will be: _____

Feeding- I would like to:

- ❑ Breastfeed exclusively
- ❑ Bottle/Formula feed
- ❑ Combination of breast and formula

I want my baby to have the following (check what you want baby to have):

- ❑ Hepatitis B vaccine
- ❑ Vitamin K shot
- ❑ Erythromycin eye ointment

*Discuss any questions with the pediatrician.

Circumcision

- ❑ If my baby is a boy, I would like him circumcised at the hospital

**Please remember these are preferences, and that sometimes when having a baby the plan can change! Feel free to ask any questions you may have. Our goal is to provide you with the best birthing experience we can offer, while keeping both you and you baby safe.

We also encourage birthing and breastfeeding classes (if you are planning to breastfeed), especially if this is your first baby. A list of class times can be found on Finley's website. Or schedule a lactation appointment with Amy- our lactation certified Nurse Practitioner!

PHOTO RELEASE FORM AND INSTRUCTIONS

With your permission, we would like to share the news of your baby's arrival with our Facebook and Instagram audience.

To submit your announcement, email your photo and information below to ohbaby@dbqobgyn.com. The information will appear on our Facebook and Instagram page exactly as it is submitted. For example, if you only want to use your baby's first name, then simple list your baby's first name. If you are comfortable using the full name or first and middle name, simply submit that.

Baby's Name: _____

Parent's Names: _____

Date of Birth: _____ **Delivered By:** _____

By submitting this information via e-mail, you are granting Dubuque Obstetrics & Gynecology, PC photographic rights / permission to post the photograph and information.