



Congratulations On Your Pregnancy! Fremont Center

This letter contains important information we encourage you to review before your first clinical pregnancy visit to one of our obstetricians, nurse practitioners/midwives or family medicine doctors who see OB patients.

For those of you who are new to the Fremont Center, welcome! If you are a returning patient, welcome back! We look forward to working with you throughout your pregnancy and to providing you with excellent prenatal care.

For Palo Alto Medical Foundation (PAMF) Fremont Center patients, your first visit may be with our "OB orientation." At this short group orientation, we will review first trimester information, give an overview of our obstetrics department and discuss general care issues. You will also meet other expectant parents and can share tips and concerns.

Prenatal Office Visits

Your first clinical prenatal visit will be with a certified nurse midwife who is trained in obstetrics or a family medicine doctor who sees OB patients. The nurse midwife or doctor midwife will review your medical history, perform a physical exam and review many pregnancy issues. Of course, if you have any pressing concerns before your first scheduled prenatal visit, please feel free to call your chosen obstetrics department.

Between your first prenatal visit and your seventh month of pregnancy, you will be seen monthly by your chosen obstetrician alternating with a family medicine doctor or certified nurse midwife. During your eighth month of pregnancy, you will be seen every two weeks. Finally, during your ninth month of pregnancy, you will be seen weekly by your chosen obstetrician and certified nurse midwife.

A basic ultrasound will be performed at one of our PAMF facilities during your fourth or fifth month of pregnancy. This will evaluate the placenta, your baby's size and your baby's physical development. If a more detailed ultrasound or amniocentesis is required, you will be sent to an outside facility that can offer more advanced testing.

Your labor and delivery care will be provided by the PAMF Fremont Center obstetrician covering hospital care (the "hospitalist") at the time you deliver. Having the obstetricians in the group take turns caring for patients while they are in the hospital allows the doctors to provide the best possible care for all of their patients and ensures that the doctor treating you in the hospital will be able to focus more fully on your needs. You will have the opportunity to meet with some the obstetricians at the PAMF facility where you receive care during your pregnancy, and one of them may be the hospitalist at the time you deliver.

Other Medical Needs During Pregnancy

Other medical concerns unrelated to pregnancy will continue to be managed by your PAMF primary care doctor, who will communicate any relevant concerns to your obstetrician. Examples of non-pregnancy related symptoms and conditions include flu, the common cold, cough, sore throat, allergies and ear pain.