

# APOGEE WOMENS HEALTH

## OBSTETRIC PATIENTS

### REPORT TO YOUR PHYSICIAN OR ER FOR THE FOLLOWING:

- ✓ Labor Pains (≤6mins apart)
- ✓ Broken Water Bag
- ✓ Mucous plug
- ✓ Vaginal Bleeding...
- ✓ Baby moving less than usual
- ✓ Weak or Dizzy
- ✓ Nothing improves 2-3 days



Pregnancy with and/or without meds

## OVER THE COUNTER MEDICINES

For common ailments while pregnant.....

### Cold or Flu

- I. Tylenol – Aches and Pains
- II. Sudafed - Congestion
- III. Robitussin – Coughing
- IV. Chloraseptic/Cepacol Lozenges – Sore Throat

### Allergies

- I. Benadryl

### Constipation

- I. Konsyl Easy Mix (natural laxative)
- II. Milk of Magnesia (to initiate BM)
- III. Colace – (if hard like little rocks-twice a day)

### Diarrhea

- I. Kaopectate
- II. BRAT diet- Bananas, rice, applesauce, tea or toast

### Nausea and Vomiting

- I. Vitamin B6
- II. Ginger (candies, snaps, Ales, Teas)
- III. Emetrol syrup
- IV. See doctor or ER if weak and dehydrated

### Heartburn/Gas

- I. Mylanta
- II. Maalox

### Headaches

- I. Tylenol/Extra Strength (2 tablets every 4 hours)

### Hemorrhoids

- I. Konsyl Easy Mix ( to keep stool soft)
- II. Preparation H
- III. Anusol



"Birth is a miracle in which we share" -Dr. Anthony B. Adams

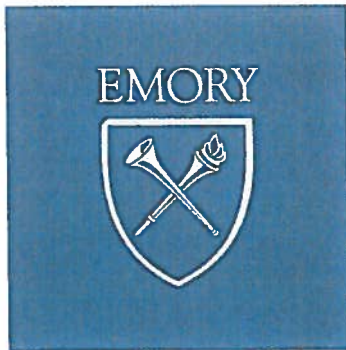
### HAVE GEORGIA MEDICAID?

Please be sure to choose a Medicaid group by your 10 week mark. Georgia Medicaid **DOES NOT** cover **ULTRASOUNDS** prior to 12-14 weeks gestational age.



### Contact Us

**Apogee Women's Health**  
2575 Jolly Road  
College Park, Ga 30349  
404-767-8886  
404-761-7565  
[www.apogeewomenshealth.com](http://www.apogeewomenshealth.com)



### Emory University Hospital Midtown located:

550 Peachtree Street NE  
Atlanta, Ga 30308

I-75/I-85 Southbound: Exit at North Ave (249D), right onto P'tree St, turn right into Tower entrance.

I-75/I-85 Northbound: Exit at Pine St (249B), Left onto P'Tree St, turn left at Tower entrance

\*Self-parking & Valet Available

Your OB/GYN provider Delivers at Emory University Hospital Midtown. He completed his obstetrical training at Emory affiliated Hospitals.

To contact EUHM Maternity/Labor and Delivery

Please call (404) 686-2312

Tours of our labor, delivery and recovery (LDR) unit, mother/baby unit and nursery provide new families the opportunity to see our facilities. Tours are offered at 6:30 p.m. and 7:30 p.m. on the first, second and third Thursday of each month, except on recognized legal holidays. Meet your guide in the Maternity Center waiting area. There is no charge, and registration is not necessary.