

Daniel Dwyer, MD, FACOG
Jonelle Haigh, DO, FACOOG
Hanna Molina, MD, FACOG
Anna Oprea, PA-C

Dear Patient,

Welcome to Outer Banks Women's Care, and congratulations on your pregnancy. We look forward to partnering with you to ensure a safe and healthy pregnancy and delivery for you and your baby. All of our team members are dedicated to a standard of excellence in women's health care and are here to answer questions at any time.

Our practice is comprised of three physicians who are board certified in the specialty of obstetrics and gynecology (OBGYN)—Dr. Dwyer, Dr. Haigh, Dr. Molina—and our Certified Physicians Assistant Anna Oprea. These four providers will be a part of your care team through rotating appointments so they can become familiar with you and your medical history in the event of an emergency.

In general, the on-call physician will attend to all patients in labor, as well as for emergencies. The physician on call is determined by a rotating schedule. There is a physician on call 24 hours a day for consultation and management of unanticipated complications during the course of your pregnancy. In some situations, if the providers are called out for surgery or delivery, we may have to reschedule your appointment.

APPOINTMENTS

During your pregnancy, appointments are in person at our office (virtual appointments are an option at times) and occur per the schedule below. Some patients may require more frequent appointments.

- 8 weeks – dating Ultrasound
- 12 weeks – new OB visit (includes a physical exam)
- 12–28 weeks – once a month
- 28–36 weeks – every two weeks
- 36 weeks to delivery – once a week

Please understand that it is your responsibility to make arrangements to get to your OB appointments on time.

If you are more than 15 minutes late for a routine prenatal appointment or 5 minutes late for an ultrasound appointment, we will need to reschedule your appointment.

ULTRASOUNDS

Insurance does not cover non-medically necessary ultrasounds. Payment is required for these procedures on the day of service.

- 8–10 weeks – dating scan to confirm pregnancy and establish due date
- 20 weeks – anatomical survey and gender reveal if desired
- 38 weeks – determination of the size and position of the baby

IMPORTANT PHONE NUMBERS

Our providers can be contacted at the following numbers:

- Regular business hours: **252-261-4885**
- Nights, weekends and holidays: **252-261-4885** (*calls will be handled by the answering service and routed to the on-call provider*)
- The Outer Banks Hospital Labor and Delivery (L&D): **252-449-5690** (*nurses on L&D can page the physician on call at night and on weekends and holidays*)
- Billing and insurance questions: Almisa at **252-261-4885**

REGISTRATION

PLEASE CALL THE OUTER BANKS HOSPITAL REGISTRATION AT 252-449-4536 TO PRE-REGISTER AS SOON AS POSSIBLE MONDAY-FRIDAY, FROM 8:00am–4:00pm. THIS IS VERY IMPORTANT!

CHILDBIRTH EDUCATION

Childbirth classes are offered online through YoMingo. To register, visit: vidanthealth.com/prenataleducation

For a personal tour of our L&D suite, call **252-449-5690**.

BEFORE YOUR NEXT VISIT

Before we see you at your next visit, you should eat healthily, exercise and take a prenatal vitamin.

Common discomforts in early pregnancy include:

- Tearfulness/changes in mood
- Headaches
- Stuffiness/nasal congestion
- Acne
- Nausea and vomiting
- Fatigue
- Breast tenderness
- Constipation
- Pulling/tugging sensation in your lower abdomen
- Menstrual-like cramping in the lower part of your pelvis

Symptoms to call about:

- Persistent vomiting
- Vaginal bleeding
- Pelvic pain localized to one side
- Change in vaginal discharge (itching, burning, odor)
- Inability to have a bowel movement
- Fever greater than 100.5 degrees Fahrenheit

We encourage you to call if you have any questions before your next visit.

We thank you for trusting us with the care of you and your baby.
The providers and team at Outer Banks Women's Care

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Over-The-Counter Medications Approved During Pregnancy

The following is a list of over-the-counter medications that your doctors have approved for use during pregnancy. If you have diabetes or hypertension, some choices may not be appropriate.

Common Cold/Allergies

Increase oral fluids/use cold mist humidifiers

- 4-Way Nasal Spray
- Actifed
- Benadryl (Diphenhydramine)
- Cepacol or Sucrets lozenges
- Chloraseptic Lozenges or Spray Chlor-Trimeton (Chlorpheniramine)
- Claritin (Loratadine) or Alavert
- Coricidin HBP Chest Congestion
- Delsym (Dextromethorphan Polistirex)
- Halls or Robitussin lozenges
- Mucinex (Guaifenesin)
- Ocean Mist Nasal Spray (saline nasal spray)
- Robitussin (Dextromethorphan, Guaifenesin)
- Sinex Decongestant Nasal Spray
- Sudafed
- Sugar-free throat lozenges
- Triaminic
- Triaminicol Decongestant Cough Syrup
- Tylenol Cold Formula or Sinus Formula
- Vicks Cough Silencers cough drops
- Vicks Cough Syrup (Dextromethorphan Hydrobromide)
- Vicks lozenges with honey
- Zyrtec (Cetirizine)

Nausea/Vomiting/Diarrhea

- Dramamine (Dimenhydrinate)
- Emetrol Syrup
- Ginger: 340mg, 3 times a day orally
- Imodium (Loperamide) Relief Band or Sea-Band
- Vitamin B6: 25mg tab, 3 times a day orally
- Unisom: 12.5mg tab, 3 times a day orally
- Unisom: 25mg, 1 tab at night time orally

Heartburn/Gas

- Gas X
- Gaviscon
- Maalox or Maalox Plus
- Milk of magnesia
- Mylanta
- Pepcid
- Tums or Rolaids (no more than 2,000mg a day)
- Zantac

Hemorrhoids

- Anusol HC
- Hydrocortisone
- Preparation H
- Tucks Pad

Constipation

Increase oral fluid and fiber Intake (bran, green leafy vegetables, apples)

- Colace or Pericolace
- Citrucel or Uniber (Methylcellulose)
- Dulcolax tables or suppositories
- Ex-Lax (Sennosides) or Senokot (senna)
- Metamucil or FiberCon
- Milk of magnesia
- Mineral oil (one ounce in juice)
- MiraLax or ClearLax
- Psyllium husk capsules
- Surfak

Pain/Fever

- Tylenol (no more than 4,000mg in 24 hours)

Acne

- Cera Ve Hydrating Cleanser
- Cetaphil Gentle Skin Cleanser
- Glytone (Benzoyl Peroxide)

Rash/Itching

- Aveeno Soothing Bath treatment
- Benadryl: 25mg to 50mg 3 times a day
- Caladryl lotion
- Cortaid 1% cream (Hydrocortisone)

Topical Yeast Skin

- Monistat cream
- Mycostatin powder
- Nystatin powder

Vaginal

- 5-to-7-day Monistat formula
- Gyne-Lotrimin

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Resources for Pregnancy or Postpartum Mood/Anxiety Disorder

Immediate Mental Health Services — Call 911

**Or visit The Outer Banks Hospital Emergency Department
4800 S. Croatan Highway, Nags Head, NC**

Resources

Cary Buscemi, MSW, LCSW
252-255-1902

Andrea Facci, PhD, LPC, LCAS, CCTP, CRC
www.andreafacciphd.com
252-256-1673

Elizabeth Hoffmire, MSW, LCSW
252-441-7053

Marie E. Holland, MEd, LPC, LCAS, NCC, DCC
www.marieholllandcounseling.com
252-573-9153

Outer Banks Inner Journey
www.outerbanksinnerjourney.com

Shirley Parker, EdS, LPC, LCAS
252-207-3837

PORT Health Services
252-441-2324

Rose Rankin, MEd, LPC, LCAS
252-305-5107

Parent Services

Baby Links
<http://darekids.org/our-services>

Dare County Children & Youth Partnership
<http://darekids.org/>

Dare County Department of Health & Human Services
<https://www.darenc.com/departments/health-human-services>

Online Resources

The Outer Banks Birth Network and the
Breastfeeding Bistro
www.outerbanksbirthnetwork.com

American College of Obstetricians and
Gynecologists (ACOG)
<https://www.acog.org/womens-health>

Postpartum Support International (PSI)
www.postpartum.net

Postpartum Progress
www.postpartumprogress.com

Mom's Mental Health Matters
<https://www.nichd.nih.gov/ncmhhep/initiatives/moms-mental-health-matters/moms>

Postpartum Dads
postpartumdads.org

Kelly Mom
<https://kellymom.com/>

UNC Center for Women's Mood Disorders
<https://www.med.unc.edu/psych/wmd/>



Prenatal Education

We offer expecting families online childbirth education through the **YoMingo series**, which includes educational material about prenatal care, labor and birth, breastfeeding, and postpartum care as well as a maternity app to track things like feedings, appointments, diapers and immunizations.

It's free and registration is easy. Simply visit vidanthealth.com/prenataleducation

Call

(252) 449-5690
to schedule a
personal tour
of our Labor and
Delivery suite!

In addition, we provide personal tours of our Labor and Delivery suite so you can become familiar with the space and learn about our compassionate approach to childbirth. These one-on-one tours can be scheduled by calling the Labor & Delivery unit at (252) 449-5690.



Ultrasound Image Packages



Pink or Blue \$85

The Pink or Blue package is a 15-minute 2D ultrasound session at 15–20 weeks and includes:

- Gender determination (free recheck if the baby is being shy)
- Four black-and-white prints

Rock-a-Bye \$185

The Rock-a-Bye package is a 20-minute 2D, 3D, & 4D ultrasound session at 24–29 weeks and includes:

- Gender determination
- Four black-and-white prints
- DVD of entire session

Watch Me Grow \$210

The Watch Me Grow package includes both the Pink or Blue and the Rock-a-Bye packages so you can see how your baby has grown.

Postpartum Care

- Physical change after birth
- Self-care
- Emotional changes
- New partner



Women's Services

For questions or comments,
please call 252-847-4819 or email
Vidant.Womens@VidantHealth.com

To register, visit vidanthealth.com/prenataleducation

**Vidant Health
presents YoMingo**

Online childbirth education



YoMingo is a FREE app/website for expecting families that provides:

- educational material
- an maternity app to
 - track appointments
 - feedings
 - diapers
 - immunizations

YoMingo can even be used for multiple children all in one place! You have access to YOUR information anytime and anywhere.

YoMingo allows you easy access to important information, educational videos, tools and more.

The flexible design works on any:

- Computer
- Tablet
- Smart phone

YoMingo serves as a platform to educate patients, build a healthy community and improve the patient journey.



Prenatal care

- Prenatal visits
- Choosing care for yourself and your baby
- Office visits
- When is my due date?
- Prenatal testing
- Diseases and infections
- Vaccination
- High-risk pregnancy
- How does my baby grow each month?
- How do I take care of myself?
- Why do I feel like this?
- Exercise



Labor and birth

- Prenatal education
- Labor support
- Comfort measures during labor
- Understanding labor and birth
- The pain of labor
- Labor signs
- Labor management
- Pain medicine during labor
- Labor guide
- Stages of birth
- Cesarean birth

Breastfeeding

- How breast milk is made
- Breast feeding options
- Latch
- Breast care
- Collecting and storing milk
- Working and breastfeeding
- Troubleshooting those difficult breastfeeding questions

