

## **A New Beginning FAQ's**

**Our normal business hours are Monday-Thursday 8AM - 5PM and Friday 8AM - Noon. We close on Friday at noon and re-open on Monday morning.**

**Our phone number is (517) 853-5576**

**Calls for appointments will not be returned**

**Return calls from messages left by staff should be handled during office hours**

**If your question is answered below, DO NOT CALL the on-call physician.**

- **I haven't felt my baby move as much as normal:** This is almost never a concern before 24 weeks of pregnancy. If you're concerned, drink a small glass of fruit juice, and lie down on your left side in a quiet room with no distractions. Your baby should move 10 times in an hour. Any kind of movement counts, not just sharp kicks. If you don't feel your baby move 10 times in that hour or if you're still concerned, you need to be seen. If it is during normal business hours (see above), call the office. If it is after normal business hours, go to the labor and delivery unit at McLaren Greater Lansing at 401 West Greenlawn in Lansing.
- **I think I'm leaking water or my water broke:** Go to the labor and delivery unit at McLaren Greater Lansing at 401 West Greenlawn in Lansing.
- **I'm bleeding in early pregnancy (before 13 weeks):** If the bleeding is light or "spotting", rest as much as possible and avoid intercourse until the office opens and then call. Depending on your blood type, you may need a special shot called Rhogam. If the bleeding is heavy, you have a fever or are in pain, go to the Emergency Room at McLaren Greater Lansing at 401 West Greenlawn in Lansing.
- **I'm bleeding in pregnancy (13-22 weeks):** Call the on-call physician.
- **I'm bleeding in pregnancy (22 weeks on):** Go to the labor and delivery unit at McLaren Greater Lansing at 401 West Greenlawn in Lansing.
- **I'm having contractions (28-36 weeks):** If you are having more than 4-6 contractions in an hour that don't go away with rest and drinking fluids, or if you are bleeding, leaking (or think you might be) leaking fluid, or if your baby isn't moving as much as normal, go to the labor and delivery unit at McLaren Greater Lansing at 401 West Greenlawn in Lansing.

- **I'm having contractions (36 weeks to term):** If you are having bleeding, leaking (or think you might be) leaking fluid, or if your baby isn't moving as much as normal, go to the labor and delivery unit at McLaren Greater Lansing at 401 West Greenlawn in Lansing. If none of those things are happening but you are having contractions, you may wait until the contractions are 5 minutes apart before you go in. *\*\*\*If this isn't your first baby and you have a history of quick labor, don't wait. Go to labor and delivery.\*\*\**
- **I need a medication refilled:** Wait until the office is open and call then.
- **I think I have a yeast infection:** Buy an over-the-counter cream. If it is not effective, wait until the office is open and call. If you are pregnant, ask the pharmacist which creams are safe.
- **I think I have a bladder infection:** If you have severe pain or fever, go to an Urgent care. If you have more mild symptoms, wait until the office is open and then call.
- **I'm pregnant and I have a cold:** Refer to the safe medication list on this website or in the information given to you at your first visit. If you are having trouble breathing, go to the Emergency Room at McLaren Greater Lansing at 401 West Greenlawn in Lansing.
- **I think I lost my mucus plug:** No need to worry. Often, there is a streak of blood in the plug. If nothing else happens, just follow up at your next scheduled visit. If you notice bleeding or leaking fluid after the plug comes out, or if you start to experience contractions, go to the labor and delivery unit at McLaren Greater Lansing at 401 West Greenlawn in Lansing.