

COVID –era prenatal care information for patients:

In the era of COVID -19, some of your prenatal visit may be virtual; either by phone, skype or video once our telehealth platform is in place. You will be given a time window for the call.

In preparation for these visits, you may want to order a **scale** and a **blood pressure cuff** for home use.(preferred is arm cuff- do check size) . We would ask that you take your weight and blood pressure prior to your call and give them to us. For the BP, make sure you are sitting down for 10 minutes before taking the BP.

In addition we will be asking you about fetal movements

- Prior to 20 weeks, you may or may not be feeling movement.
- By 20 weeks you will likely be feeling flutters
- Between 20-24 weeks you will feel light and sometimes stronger , irregular movement
- Between 24-28 weeks you will feel stronger, daily movements
- Starting 26 weeks you should do kick counts. In a 2 hour period once a day you should feel 10 kicks. There is a phone app “Count the Kicks” that you may use.

Call the office if you have pain, bleeding, severe headaches that do not resolve with Tylenol, visual changes, persistent vomiting.

You should call the office if you have fever above 100.4 and /or shortness of breath where you cannot complete a sentence or cross a room. This may require COVID testing. **YOU SHOULD NOT COME TO THE OFFICE. PLEASE CALL US .**

If you have a cough, sore throat, diarrhea, low grade temperature you should self-monitor for 14 days. Call us. **DO NOT COME TO THE OFFICE.**