
Information for obstetrics patients

Greenville Ob/Gyn Associates

Office locations

We have three office locations:

2 Memorial Medical Dr. • Greenville, SC 29605
P 864-295-4210 • F 864-295-0615

905 Verdae Blvd., Ste. 201 • Greenville, SC 29607
P 864-522-3260 • F 864-522-3299

1409 W. Georgia Rd., Ste. D • Simpsonville, SC 29680
P 864-454-5200 • F 864-454-5205

Office hours

Monday–Thursday, 8 a.m.–5 p.m.
Friday, 8 a.m.–1 p.m.

To contact us

If you have questions during business hours, please call us or send a message via MyChart. If you have a problem that needs attention that same day, call our office (do NOT use MyChart).

If you have an urgent matter after hours, call any of the office numbers to reach our answering service. The answering service will triage the situation and contact the doctor on call as needed. The doctor will return your call as soon as possible. Please have all information available when the doctor calls, including a pharmacy number (if needed).

Diet

Limit your use of caffeine and salt. Also limit the use of artificial sweeteners such as NutraSweet and Equal. We recommend that you do NOT drink alcohol or smoke during pregnancy.

Exercise and activity

We generally recommend that you stay active during pregnancy. Almost any activity you were doing before pregnancy can be continued. However, this is not a good time to begin a new sport or exercise program. We discourage you from doing activities such as horseback riding, motorcycle riding, roller or ice skating, snow or water skiing, scuba diving or high-impact aerobics.

We do recommend walking, biking and low-impact aerobics. Kegel exercises that strengthen the pelvic floor muscles are also recommended.

Please avoid using a Jacuzzi hot tub or sauna during pregnancy. Also avoid prolonged exposure to high temperatures. A regular tub bath is fine.

Working during pregnancy

We recommend that a pregnant woman in her job not be required to:

- Climb ladders or steep steps
- Lift, without assistance, any object weighing more than 25 pounds
- Be exposed to toxic or nontoxic fumes
- Be exposed physically to equipment that puts her at risk for injury as her size and shape change

Optional gender scan

This elective ultrasound can be performed when your baby reaches a gestational age of 16 weeks. The estimated gender scan ultrasound does not include anatomical screening. The anatomical screening will be performed at the detailed anatomy scan at approximately 20 weeks.

The sonographer will try for a maximum of 10 minutes to determine gender. If gender cannot be identified by that time, the exam is finished with no refund given.

An estimated gender scan is an elective procedure. The fee must be paid before the scan. Insurance will not be filed.

Non-stress test

This test monitors fetal well-being electronically. It may be performed on mothers who develop issues during pregnancy or have previously existing issues. The test collects information on the baby's heartbeat and fetal movements.

Fetal movement protocol (after 28 weeks)

If you think your baby is not moving enough or is moving less than usual (AFTER 28 WEEKS), please do the following:

1. Eat a good meal.
2. 30 minutes after the meal, lie on your left side in a quiet room.
3. Count how many times the baby moves in two hours.
4. If the baby kicks or moves less than 10 times total, please call the office.

continued

Rhogam

At 28 weeks, we will give Rh-negative mothers an injection of Rhogam, a solution of Rh antibodies. This injection prevents Rh mothers from developing antibodies against the baby's blood type.

Group Beta strep

This vaginal culture is performed between 35–37 weeks. It will determine if medication is needed during the labor process. Results will appear on the prenatal record, but you will also want to tell the nurse on admission if these results are positive.

When to call

Please call if you have any of these symptoms:

- Vaginal bleeding
- Sharp or ongoing abdominal or pelvic pain that does not go away with rest, Tylenol and hydration
- Swelling of hands or face
- Severe or recurring headaches not relieved by Tylenol
- Sudden release of watery fluid from the vagina
- Fever or chills
- Severe or ongoing vomiting or diarrhea
- Visual problems such as blurred vision or flashes before the eyes that continue after lying down, eating a snack and hydrating.

Labor instructions (after 36 weeks)

Pressure, cramps, backache and mucus discharge are common during the last month of pregnancy. You may have contractions and/or "blood show" (mucus mixed with a small amount of blood) without it meaning that labor is starting.

If contractions last 30 seconds or less, and the sensation does not intensify even if the contractions are regular, they may be false labor or "Braxton Hicks" contractions. If you drink a large glass of water, lie on your left side and relax, these type of contractions usually stop within an hour.

True labor pains usually last 60–90 seconds, become closer and closer, and intensify with time. If you think you are in labor during office hours, call the office and ask to speak with a nurse. If you think you are in labor after office hours, go directly to Labor and Delivery at Prisma Health Patewood Hospital.