



CONGRATULATIONS ON YOUR PREGNANCY!!



DR. HERNANDEZ AND DR. ASHLEY

Welcome! We are thrilled that you have chosen us to help you and your family through this wonderful journey. We know you have a choice in your obstetrician and we thank you for choosing us and we look forward to taking care of you during your pregnancy.

This information has been put together to help you understand what to expect during your pregnancy. You will find a PRENATAL VISIT CALENDAR that will give you an idea of how often your visits will be, what labs to be drawn, ultrasounds to be scheduled, and other examinations. This is just a guide and is subject to change depending upon you and your specific needs during your pregnancy.

The following information is included:

1. PRENATAL VISIT CALENDAR.
2. OVER THE COUNTER AND PRESCRIPTION MEDICATIONS THAT ARE SAFE TO TAKE DURING PREGNANCY.
3. SAFE DENTAL WORK DURING PREGNANCY.
4. CHOOSING THE HOSPITAL THAT IS RIGHT FOR YOU AND HOW TO REGISTER FOR CHILDBIRTH.
5. WHAT TO DO IN CASE OF AN EMERGENCY AND CONTACT INFORMATION.
6. POSTPARTUM INSTRUCTIONS.
7. BREAST FEEDING ASSISTANCE AND BREAST PUMP RENTAL INFORMATION.
8. VACCINATION INFORMATION – TDAP AND FLU SHOT.
9. FINDING THE RIGHT PEDIATRICIAN FOR YOUR NEW BABY – QUESTIONS TO ASK.
10. PEDIATRICIAN CONTACT INFORMATION.
11. SELF-CARE STRATEGIES AFTER THE BIRTH OF A BABY.
12. POSTPARTUM DEPRESSION.

We will always try to return messages as soon as possible or at the end of the day, so if it is an emergency, please be clear with the staff when you leave a message with the front office staff. When necessary, the call will be handled immediately. If you are having a medical problem, it makes our job easier if we can speak to you directly, sometimes family members do not have all of the necessary information.

Family leave papers or other papers pertaining to your job that need to be filled out, please give our office at least 72 hours to complete. There is a \$25.00 fee per set of papers to be completed.

If you have any billing questions, please call our office or let the front desk know if you need to speak to someone in billing privately.

After hours, we have a telephone triage service that will answer your calls and if necessary, they may contact the obstetrician on call for the evening. They may also recommend that you be sent to labor or delivery (after 20 weeks gestation) or the emergency department (before 20 weeks gestation). This service is reached by calling our office phone number at 775-337-8400.

Your obstetrician is in a call group with several other physicians. If you happen to go into labor during normal business hours – Monday-Friday – 8-5 PM, or when she is on call, your obstetrician will do her best to be present for your delivery. After 5 PM, or when she is not on call, she has a group of physicians with whom she is comfortable having them assist in your delivery.

Our call group is currently comprised of Dr. Holly Ashley, Dr. Rafaela Hernandez, Dr. Leah Najima, and Dr. Bruce Farringer. Drs. Najima and Farringer are wonderful people, skilled clinicians, and amazing obstetricians. We trust them implicitly with your care if we are unable to be present for your delivery.

During the course of your prenatal care, your appointment may have to be delayed or rescheduled as your obstetrician may be suddenly called away for an emergency or for the delivery of a baby! We apologize in advance for any inconvenience to you. We know that your time is important and we will do our best to accommodate you and your scheduling needs.

Dr. Ashley and Dr. Hernandez and their staff are so excited and happy for you and your family and would like to thank you for choosing our office and trusting us to care for you during this amazing journey of pregnancy, delivery, and beyond.

Congratulations!

Rafaela M. Hernandez MD.
and
Holly A. Ashley MD.

Dr. Hernandez and Dr. Ashley