

NEW BEGINNINGS OB/GYN, PA  
336 N. BABCOCK ST. STE 101  
MELBOURNE, FL 32935  
PHONE (321)775-1470  
FAX (321)775-1480

Congratulation on Your Pregnancy!

Welcome to New Beginnings Obstetrics and Gynecology. We are pleased that you have entrusted us with your care during this special time. Dr. Odette Daley will be at your service.

Dr. Daley delivers at Holmes Regional Medical Center which is the hospital with the highest level of obstetrical and neonatal care in the area. If you have any problems during your pregnancy please contact our office. If you require urgent/emergent care please go directly to labor and delivery if you are 18wks or greater. Otherwise please go to the emergency room.

In order to provide you with the highest level of care and to make your pregnancy as worry free as possible we ask that you:

1. Refrain from drinking caffeinated beverages
2. Refrain from drinking alcoholic beverages
3. Drink a minimum of 3- 4 bottles of water daily
4. Avoid tuna, swordfish, sushi (raw), sugar juices
5. Never smoke or be in the proximity of someone who is smoking
6. Walk/swim 30 minutes per day if uncomplicated pregnancy
7. Avoid cat litter, bird droppings
8. Recommended weight gain , for the duration of pregnancy, 15-20 pounds
9. Increase the amounts of fruits and vegetables, and have small frequent meals
10. Continue dental care as needed
11. Avoid traveling after 32 weeks
12. Tour labor suite after 32 weeks
13. Obtain copy of "What to Expect When You're Expecting"

If you elect to have a circumcision for your son, please check with your insurance for coverage/co-pay requirements. If it is not covered by commercial insurance, payment in the amount of \$250 will be required prior to delivery.

Again, welcome to New Beginnings Obstetrics and Gynecology. We look forward to assisting you during this joyous time. Please feel free to let us know how we can help with any special need/request throughout the journey of your pregnancy.