



Welcome to Woodlands Medical Specialists Obstetrics and Gynecology and congratulations on your pregnancy! We are delighted you have chosen our practice to provide your obstetric and gynecologic care.

Dr. Victor Hultstrand is our OB/GYN provider. Dr. Hultstrand specializes in obstetrics, gynecology, and gynecologic surgery and is passionate about providing quality and patient-centered healthcare to women.

In order to familiarize you with how our office works, we are providing the following information.

Office Hours: Woodlands OB/GYN is located at 4724 North Davis Hwy., in Pensacola. Our OB/GYN Division is open Monday through Friday from 8AM to 5PM and you can reach us by phone at (850) 696-4000 during that time. For urgent needs that cannot wait until the next business day, you can call our office and you will be directed to the After-Hours answering service. Please note that Dr. Hultstrand is out of the office performing surgeries each Thursday.

Should Dr. Hultstrand order laboratory or diagnostic imaging services for you, please make note of our hours: **Laboratory hours are 7AM - 5PM** and **Diagnostic Imaging hours are 8AM - 5PM**. The Woodlands Lab is located on the 2nd Floor and our Diagnostic Imaging services are located on the first floor. You will need to schedule an appointment for these services by calling (850) 696-4000.

When to call the office during pregnancy:

- Temperature higher than 101 degrees and/or chills
- Nausea and vomiting such that you haven't been able to keep fluids down for 24 hours or more
- Vaginal Bleeding
- Marked decrease in the baby's movements (after 24 weeks)
- Severe abdominal pain
- Burning with urination
- Any time you are unsure or have questions

Appointments: As a courtesy, we attempt to contact every patient to remind them of their appointment. Please be certain that we have the correct phone number on file for you, so that you will receive this courtesy call.

Please arrive 15 minutes prior to your scheduled appointment time. If you do not arrive in time to complete the check-in process, your appointment will be re-scheduled.

Information to Bring to Your Appointment:

- Insurance card
- Driver's license or other government-issued picture ID
- Insurance referral from Primary Care Physician
- Required co-pay, deductible, or co-insurance. Payment methods accepted are cash, check, or credit card.

Cancellations: If you need to cancel your appointment, please contact our office at least 24 hours in advance so another patient may have that appointment time. To cancel or reschedule, please call (850) 696-4000 and ask for the OB/GYN Division.

Insurance: We will bill insurance claims as appropriate. We accept payment from insurance companies, but require that you pay your portion, including co-pays, deductibles, and/ or co-insurance at the time of service. If we are unable to verify insurance prior to the appointment time, you will either be responsible for payment at the time of service or your appointment will be re-scheduled.

Payment Plans: Following confirmation of your pregnancy, you will meet with a Care Coordinator in our office to discuss payment for your obstetrics care, delivery and possible baby boy circumcision.

Healthy Start: During your visit, once pregnancy has been confirmed, you will be offered an application to either accept or deny Healthy Start Screening services. We are required by the State of Florida to offer this to you. Healthy Start works to improve outcomes for mothers, babies and families in the State of Florida. They work in our community to implement services such as home visits, care coordination, breastfeeding support, parenting healthcare navigation and prenatal care. For additional information, please visit their website at <http://www.healthystart.info/home/>.

The Florida Birth-Related Neurological Injury Compensation Association - NICA: NICA is the organization that manages the Florida Birth Related Neurological Injury Compensation Plan which is used to pay for the care of infants born with certain neurological injuries. You will receive a pamphlet during your first visit, once pregnancy is confirmed. All patients are required to sign the consent for receipt of this information, which basically states that when/if a child suffers a qualifying neurological injury at birth, the child and his/her family are not entitled to compensation through malpractice lawsuits. For additional information, please visit their website at <https://www.nica.com/>.

Due Date and Timing in Pregnancy: Your due date is determined as 40 completed weeks from your last menstrual period. If you are unsure of your last period or have irregular intervals between menstrual cycles, let us know. Ultrasound is often used to confirm or establish a due date. It is normal for your baby to arrive between 37 to 42 weeks.

We will talk about your pregnancy in weeks. Every 14 weeks marks a trimester. Routine visits with Dr. Hultstrand are scheduled as follows:

- Every 4 weeks during weeks 10 through 32
- Every 2 weeks during weeks 32 through 36
- Every week during weeks 36 to delivery

Ultrasounds: Typically, ultrasounds are performed as follows:

- 7 - 11 weeks of pregnancy (Confirm pregnancy and due date)
- 18 - 20 weeks of pregnancy (Anatomy scan - often reveals the gender)

Neonatal Circumcision: Woodlands OB/GYN offers state-of-the-art services for parents considering circumcision for their son(s). Dr. Victor Hultstrand performs this procedure onsite at Woodlands Medical Specialists. Parents should talk with their doctor about the benefits and risks of this procedure before making a decision regarding circumcision of a male child. Dr. Hultstrand typically performs this procedure on babies who weigh no more than 12 pounds and are no more than 2 weeks old (varies based on preterm delivery). The cost of this procedure is \$225.

Emergencies and Labor: If you think you are in labor, go to the labor and delivery unit of your delivering hospital. If you have an emergency during office hours, please call our office at **(850) 696-4000**. If your emergency is after normal business hours, you must call our office number and our 24-hour answering service will contact the physician on call to determine appropriate action. All after-hour situations of a true emergency will be handled accordingly to provide you the best of care.

I am delighted you have chosen our practice to provide your obstetric care. I am dedicated to providing compassionate and quality healthcare to women, and especially to you during this special time in your life.

Sincerely,

Victor Hultstrand, M.D.

I have read and agree to the above policy and information provided regarding my OB/GYN care.

Printed Name

Printed Signature

Date

Responsible Party Name (if different than patient)