



M. Terry Jeppson, MD FACOG

Obstetrics, Gynecology, and Women's Health

Congratulation on your pregnancy and welcome to our practice!

We are delighted you have chosen us to provide your obstetric and gynecologic care. Dr. M. Terry Jeppson specializes in obstetrics, gynecology and gynecologic surgery. He is very passionate about providing quality healthcare to women. Our goal is to provide you with excellent obstetric care.

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

OFFICE HOURS:

We are located at 1501 Hiland Ave Suite B, Burley Idaho. We are open Monday -Thursday 8:30 am-4:30 pm, and Friday 8:30 am-12:00 pm; You may reach us by phone (208) 878-BABY during those hours. You are also able to send us secure messages through the patient portal. Please talk to the nurse about connecting to the portal. 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. Jeppson is not always able to answer after hours calls and you may be directed to a physician that is on call.

Dr. Jeppson currently uses InterPath Laboratory services for lab work. Should you need to visit them they are located at 1021 E Main Street Burley their hours are 7:30 am-4:00 pm Mon-Fri. We try to have all lab work done while you are in the office, but some labs may require you to have them done at their facility.

APPOINTMENTS:

As a courtesy, we send a reminder text message 2 days prior to your appointment. Please be certain that we have the correct phone number on file for you, so that you will receive this courtesy text. Please bring any current insurance cards that you have. 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. If you fail to contact us at all there is a No-Show charge of \$50. Insurance will not cover these charges.

INSURANCE:

We will bill insurance claims as appropriate. Please make sure we have your current insurance information. If you have questions about your bill or want to arrange a payment plan, please contact the office billing specialist Jocelyn on Tuesdays or Thursdays.

DUE DATE AND TIMING IN PREGNANCY:

Your due date is determined as 40 complete weeks from the first day of your last 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 change a due date. It is normal for your baby to arrive anywhere from 37 to 41 weeks. We will talk about your pregnancy in weeks. Every 13 1/2 weeks is a new trimester. Routine visits are scheduled as follows: Every 4 weeks from 10-30 weeks, Every 2 weeks 30-36 weeks, and Every week from 36 weeks to delivery. Ultrasounds are typically done between 18-20 weeks; this is an Anatomy scan - often reveals the gender as well. Other ultrasounds are based on an individual need.

MEDICATIONS:

Many medications are safe to take in pregnancy, but many are not for a more complete list please visit our website. Please review all prescription medication at your appointment with Dr. Jeppson.

PRENATAL CARE:

Nutrition/Health Habits: A good rule during pregnancy is to be yourself, but better! Keeping your diet low in fats, high in protein and lots of fluids is the best. Stop smoking. Weight gain 5-10 pounds in the first 20 weeks and then about a pound a week for the last 20 weeks. Listen to your body. If you have a limited diet, for example vegetarianism, make sure you get enough folic acid, protein and iron from other sources, we can also make an appointment with the dietician if needed. Continue taking your prenatal vitamins.

PRETERM LABOR WARNING SIGNS Before 36 weeks:

If you are having:

Menstrual-like cramping, Dull low backache, Pelvic pressure, Abdominal, back, or thigh pressure/pain, or Vaginal discharge changes

Then you should:

Empty your bladder, Lie down on your LEFT side, Check for contractions, and drink at least one quart of water. Call if you have more than four contractions in an hour or the signs do not go away in one hour

CALL THE OFFICE IF YOU HAVE ANY OF THE FOLLOWING BETWEEN 20-35 weeks:

Fever of 100 degrees or more, on two readings taken four hours apart

Foul smelling vaginal discharge

Abdominal pain other than slight tenderness

A burning sensation or increased frequency of urination

Any fluid or blood in your vagina

A sudden increase in vaginal discharge

An increase in vaginal pressure

BOWELS:

Avoid Constipation. Drink six (6) glasses of water daily. Add fruits and fiber to your diet. Stool softeners, such as over-the-counter Colace, are fine also, Benefiber, Metamucil or Konsul are fine. Diarrhea: For 24 hours, only after 12 weeks of pregnancy: Kaopectate, Imodium.

PEDIATRIC CARE:

Please check with your family physician to let them know you are expecting and to make sure they are able to take care of the baby after you deliver. If you do not currently have a family physician let us know and we will get you a list of current providers in the area.

WHEN TO GO TO LABOR AND DELIVERY AFTER 36 WEEKS:

Regular Contractions:

1st Time Mothers: every 4 minutes for 2 Hours

2nd pregnancy or more: every 5 minutes for 1 Hour

Bleeding like the heavy day of your period or more

Ruptured Membranes: usually a large gush and continued leakage

If you notice a decrease in fetal movement

If you have other concerns, please call our office day or night to speak to one of our staff. Outside of normal office hours, you will be connected with the doctor on call.

For more information about our practice, other helpful medical information and to make a payment, please visit our website at www.drjeppson.com