



MARK SARGENT, MD, MBA, FACOG: OBSTETRICS & GYNECOLOGY

Congratulations on your pregnancy and Welcome to Reflections OB/GYN!

We are excited that you have trusted us for your pregnancy care during this special time. Dr Mark Sargent is one of the most trusted OB/GYN's in Brevard County and has been named one of "America's Top OB/GYN's" every year from 2008 through 2011. Dr. Sargent is on 24/7 call for his patients, however there may be a few days a year when he will be out of town and will have to arrange coverage with another Obstetrician in town.

Dr. Sargent delivers at both Wuesthoff Melbourne and Holmes Regional Medical Center. For urgent care go immediately to the Labor & Delivery of either hospital (**do not go to the ER**), if you are more than 17 weeks pregnant. Unfortunately, if your pregnancy is earlier than 17 weeks, you must go to the ER.

In order to provide you with the highest level of care, and to make your pregnancy not only as trouble free, but as worry free as possible, we recommend the following:

1. Read the book "What to Expect You're Expecting". This will be an invaluable reference during your pregnancy. It is found in all local bookstores and online.
2. Drink a minimum of 2 liters of water daily.
3. Limit caffeine to no more than one caffeinated beverage per day.
4. Avoid Tuna, Swordfish, Sushi, Soda, Gatorade, Sweet tea and all Juices.
5. Never smoke or be around second hand smoke.
6. Walk or swim 30 minutes per day without stopping if possible, avoid extreme or dangerous sports and activities.
7. Tylenol, Tums, Benadryl and your Prenatal Vitamins are always safe to take. Please ask before taking any other prescription medicines, herbs, or supplements.
8. Avoid touching cat litter or bird droppings, or inhaling concentrated fumes.
9. We recommend a 25 pound weight gain, and small frequent meals.
10. Please do not travel after 32 weeks.
11. We highly encourage continuing Dental Care throughout your pregnancy.
12. At 32-34 weeks take the Birth Center Tour if you are unfamiliar with the hospital.
13. In the fall and winter, the flu shot is highly recommended.
14. Prior to 36 weeks go to L&D for contractions more than 4 per hour that water and rest won't stop.
15. After 36 weeks go immediately to L&D without calling if: you have strong, continuous 3-5 minute contractions or if your fluid breaks or if something unusual happens such as a car accident, not feeling your baby move, or if you fall.

Again, welcome to Reflections Obstetrics and Gynecology. We look forward to helping you through this joyous time. Please feel free to let us know if we can help with any special needs or requests throughout your pregnancy or delivery.