



Welcome to Complete Women's Care Center's Obstetric Practice!

We are honored that you have chosen us to care for you and your baby in this special time in your life, and we are looking forward to your first appointment. There are a few important things that we would like you to know in order to prepare for your first obstetric visit.

Please download the "frequently asked questions" document from our website on the pregnancy information page. We recommend that you read this before your first visit and keep it handy throughout your pregnancy as a reference guide. We invite you to call and ask any questions that are not addressed at your initial visit. We also recognize that questions may arise prior to your initial visit regarding which medications are safe during pregnancy and have noted a list of accepted medications at the end of the "frequently asked questions" document. It is not necessary to notify us if you choose to take one of these medications prior to your initial visit. If you are new to our practice you may also download the New Patient Registration forms and bring them to your appointment.

If you are not taking prenatal vitamins it is important that you start taking a prenatal vitamin immediately. Any multivitamin with at least 400 micrograms of folic acid will suffice.

If you are not experiencing any problems it is OK to wait until your first appointment to have blood work done. However, if you have a history of miscarriage, or problems such as pain, bleeding or severe nausea please call your doctor's nurse to arrange to have blood work done as soon as possible.

Complete Women's Care Center is a group and although you will be assigned to one primary physician it is likely that you will see some of the other doctors at times. We also employ highly experienced Nurse Practitioners certified in Women's Health as well as a certified Physician Assistant who will also see you at some visits. You may be delivered by any of the doctors in the group, as each doctor covers deliveries and surgeries one day a week. It will be helpful for you to become familiar with all the doctors in the group by looking at our website.

We strive to be on time, but since the doctors may be called away unexpectedly or be required to deal with an emergent situation there are times when you may be asked to wait. We will do our best to notify you of the delay, but we rarely have notice when these situations occur. When it is your time to deliver your doctor will be there for you, so we ask for your patience and understanding if this should occasionally occur. Please bring a book or hobby to your appointments in case there is an unexpected delay.

We deliver only at Memorial Hermann Hospital in the Texas Medical Center. For patients who desire an alternate birthing experience we would be happy to refer you to an excellent birthing center or midwife group.

For your convenience, our Obstetric Coordinator, Samantha Cervantes is available to answer your questions regarding future appointments, payment schedules or other administrative questions you may have. You may reach Samantha at (713) 791-9100 extension 303, M-F during our office hours.

Thank you for choosing Complete Women's Care Center and we look forward to helping you through a happy healthy pregnancy!

Best Wishes,

Complete Women's Care Center Physicians and Staff.