

Obstetrics



Having a baby and creating a family is a special time in life. At WHCCH we believe each and every pregnancy is unique. We should know - we have delivered over 30,000 babies in the west Houston area for over 35 years. From this experience, we have learned to take a systematic approach to providing care during pregnancy. We have developed a program of prenatal care to address each trimester of pregnancy - all 288 days!





The first step in this process is pre-conceptual planning. We strongly advise women contemplating pregnancy to have a well woman exam and Pap smear. We can discuss healthy living options and taking prenatal vitamins prior to becoming pregnant. The next step in this exciting journey is an appointment to confirm your pregnancy. This usually occurs 2-3 weeks after a missed period. At this time we discuss signs and symptoms of the first trimester, diet, exercise, and precautions. The "new OB appointment" occurs around 10-14 weeks. At this time we spend time with you and your significant other to discuss prenatal testing, second trimester changes, an ultrasound, and any additional questions you may have. We also perform a full physical and laboratory testing. Additionally, our financial counselor will explain your insurance maternity benefits. A Level II ultrasound and triple screen blood test is performed between 16-20 weeks. These tests are done to assess the fetal anatomy and rule out common genetic disorders and YES- the gender can sometimes be identified. The second trimester is fun and exciting but we still have lots of planning and care to provide. We are one of few facilities in Houston to offer 4-D ultrasounds to our patients around 28-30 weeks. This ultrasound is strictly optional and for your memories. It includes a three-dimensional view of the baby along with real-time motion. At 28 weeks additional testing is done for diabetes and anemia. As you get closer to the big day, we assist you with discussing a birthing plan, anesthesia options and postpartum care at 34-36 weeks. Final preparation occurs the last month with weekly visits and an ultrasound for size and position. When the actual time comes, we can guarantee that you will be prepared for your new arrival!

We currently deliver at Memorial Hermann-Memorial City at Interstate 10 and Gessner. We have found after 35 years of working with Memorial City that the services for women and obstetrics are excellent. We encourage our obstetrical patients to pre-register with Memorial City during their 7th month of pregnancy. We also suggest that they take advantage of the numerous classes that are available such as prepared childbirth, sibling class, breastfeeding, infant CPR, etc.. To register for admission and any of their classes please go to www.memorialhermann.org.
