



## **Hospital Pre-admission Instructions**

In preparation for your hospital admission you must make prior arrangements a few weeks before your due date by scheduling an appointment at **St. John Medical Center**. To schedule your appointment please call **(918) 744-2040**.

The appointment will complete pre-registration for your future hospital admission as well as any anesthesia needs including epidural or spinal block.

Pre-admission appointments are completed approximately 6 – 8 weeks before your delivery date (32 – 34 weeks gestation). You can schedule your pre-admission appointment on the same day as your OB appointment but please be aware that you will be gone from work, school, etc. for an extended period of time in order to accommodate both appointments.

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## **Childbirth Classes**

If you are interested in Childbirth classes, we offer classes in our office on Saturdays from 9am – 1pm. You'll gain insight into vaginal and cesarean births, labor and delivery, and medications used in labor and delivery. You will also get a tour of St. John Labor & Delivery along with much more. Classes are encouraged for first time parents or any parent that needs a refresher. Classes are limited in size so we recommend early registration. Enrollment may be done by signing up at the front desk.

If you are interested in scheduling a tour of St. John Labor & Delivery but do not want to take classes you may contact Lifestart at the Center for Women's Health at SJMC at (918) 744-2424 or the St. John Pulseline at (918) 744-0123.

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## **"Whooping Cough" – Tdap Vaccine**

Due to the increase incident of pertussis—"Whooping Cough"— and the dangerous effects it can have on newborn babies, Tulsa OBGYN Associates follows CDC guidelines and we recommend that you receive a Tdap vaccine during your pregnancy. You will receive your Tdap vaccine when you are between 27 and 35 weeks gestation. This allows time for your body to build up immunity to the vaccine and pass it to your baby prior to delivery. This immunity gives your baby added protection for the first few weeks of life.

Due to healthcare reform laws, vaccines are covered services that insurance companies are required to provide. If you would like to check with your insurance company for benefits prior to receiving the vaccination you can call the customer service phone number on your insurance card to inquire about vaccine coverage.