



Bayou Regional
Women's Clinic

A Department of Lane Regional Medical Center

The Ultimate Guide to



Where the road of life begins.



The old rhyme goes, “First comes love. Then comes marriage. Then comes baby in the baby carriage.” It may not always follow this pattern, but becoming a parent is a commonly shared dream among couples.

2013 Gallup findings indicated that either having children (74%) or a desire to have children (16%) is still the norm among Americans, and Louisianians in particular have seen the annual number of births climb since 2011.

So, if you are among these many Louisiana residents and find yourself at a point in life when having a baby is the next logical step, there are some things you’ll have to consider. Of course there are the financial, emotional, and logistical preparations to make, but equally important is the decision of whom you will trust with your health and that of your growing baby.

For nine months, there will be fewer who are as closely connected to you and your unborn child as your OB physician. With roughly 14 visits (more depending on age, risk, and other factors) between your positive pregnancy test and delivery, you’ll want to choose a doctor you like, trust, and whose expertise puts you at ease. Likewise, you’ll want the same qualities in the hospital where you welcome your new baby.

Though we may have some bias, it is our opinion that moms-to-be in Zachary, Central, Clinton, St. Francisville and the Greater Baton Rouge area will find all of these factors at Lane Regional Medical Center and in the OB physicians of Bayou Regional Women’s Clinic.





Family Planning

It all comes down to preparation. Whether you're considering your first baby or your fourth, you'll have plenty to consider. Moms-to-be need a trusted source with whom they can discuss timing of pregnancies and concerns regarding age, risk, fertility, and more. While the age of connectivity and information has made researching these issues far easier for patients, the go-to source and authority still rests with your OB.

Some common family planning concerns include:

Birth Control – When the timing isn't quite right, many patients seek a form of birth control. Obstetricians such as those at Baby Lane and Bayou Regional Women's Clinic can walk you through all the options including implantable devices (IUDs), the pill, the shot, condoms and more. Additionally, your OB can advise you on what to expect when you are ready to stop using birth control.

Health Concerns – Health concerns that are specific to women, especially those of childbearing age, run wide. Conditions such as polycystic ovary syndrome (PCOS), endometriosis and uterine fibroids can make conception difficult. Likewise, these problems and others can contribute to a higher-risk pregnancy which will require steadfast monitoring and management from an experienced physician such as Doctors Joshua Best, Keith Elbourne and Nikki Gautreaux at Bayou Regional Women's Clinic.

The Basics – If you know you're ready to start a family, it's important to schedule a pre-conception appointment. Even if you don't have a known history of health problems or concerns, there are still many ways in which your OB can guide you. He or she will want to run some tests to gain better insight into your health, discuss your overall medical and gynecological history, look at risk factors and offer new healthy habits such as taking a prenatal vitamin. Altogether, these factors add up to put you on the right track for a healthy pregnancy.

Prenatal Care

The majority of your time spent with your OB will fall within the realm of prenatal care. Here, it is exceptionally important that your physician is thoughtful, compassionate, and most importantly, capable. For moms with high-risk pregnancies or who are of advanced maternal age, the physician-patient relationship becomes even closer and more critical to a healthy and successful pregnancy. As a patient of Baby Lane and Bayou Regional Women's Clinic, you can expect thorough monitoring in several key areas of pregnancy.

First Trimester – During the earliest visits, you can expect some blood tests and a pap smear as well as urine samples collected at every appointment. Your OB will also schedule an ultrasound around 10 weeks to confirm a safe and viable pregnancy. At this stage, your appointments will only occur once each month. This is the time to ask questions and prepare yourself for the months ahead. Inquire about prenatal vitamin options, dietary restrictions, physical activity, and any other important dos and don'ts.

Second Trimester – Much like the first trimester, second trimester visits typically occur monthly. A urine sample will still be collected at each visit, and your doctor will continue to monitor your vitals and weight gain. Additionally, a mid-pregnancy ultrasound may also be scheduled to keep up with your baby's progress. It is during this time period that you will have tests such as the glucose screening to monitor for gestational diabetes.

Third Trimester – Visits increase in frequency in the third trimester, eventually going to once per week in the final month of pregnancy. During this time, your OB will also begin exams to check for change in cervical position and dilation. These factors will help determine how soon labor may be approaching. The third trimester also marks the time when more concrete plans may be made. You may have discussed these before, but now you will need to have a definite idea of your birth plan and, if applicable, factors such as induction or c-section dates.





High-Risk Pregnancy

High-risk pregnancies represent a unique set of challenges and mothers-to-be who find themselves in this position must be especially vigilant. Under these circumstances, you will need to spend more time with your OB, going in for more frequent appointments, testing and ultrasounds. Fortunately, each of the three physicians associated with Baby Lane and Bayou Regional Women's Clinic are highly trained and experienced in most high risk pregnancy conditions.

High-risk, pre-existing health conditions or ones developed during pregnancy which may require a knowledgeable physician such as our own include:

- Heart disease
- High blood pressure
- Diabetes
- Being over or underweight
- Past fertility problems
- Preeclampsia
- Gestational diabetes
- Placenta Previa



Labor and Delivery

This is what those past nine months have been leading up to – that moment when you transition from pregnancy to parenthood. Where you have your baby and the team by your side are the most important decisions you will make. You'll want to be comfortable and able to labor in the way that is best for you. However, you'll also need immediate access to a skilled team of nurses and physicians and state-of-the-art medical facilities.

At Baby Lane, you'll find the comfort and amenities of home in large, well-appointed rooms for mom, baby, and loved ones. At the same time, you and your baby will be attended to by your Bayou Regional Women's Clinic OB and a dedicated Baby Lane nursing team. With a central monitoring system, your team can ensure the safe progression of labor for both you and your baby at all times, even when a nurse is not in your room. Furthermore, adherence to your desired birth plan is a priority and barring complications, you can rely on the Baby Lane team to help you see it through, making your labor and delivery the one you've been hoping for.

C-Section – Whether scheduled or emergency, a c-section represents a unique set of challenges as opposed to a vaginal delivery. If this wasn't what you had planned, you may feel disappointed and scared, but understanding the level of skill, expertise and technology that will aid in your delivery should help ease your apprehension. There are a number of reasons that a c-section may be necessary including previous c-section births, breech baby or fetal distress.

Rest assured that Doctors Joshua Best, Keith Elbourne and Nikki Gautreaux are experienced in all of these scenarios, and many more, and are the best possible physicians to have by your side.

Additionally, our state-of-the-art technology and fully equipped operating rooms offer the very safest possible delivery scenario for both mom and baby. And in the event that your baby should require special care following delivery, Baby Lane has neonatologists on call 24 hours per day.



Postnatal Care

At last, after the long journey of pregnancy and labor, you've delivered your precious new baby. The major event has come and gone, leaving behind something even more important – parenthood. During the days and weeks following your delivery, you'll require special care. Your OB will want to see you shortly after you leave the hospital to ensure proper healing and address any postpartum concerns that you may have.

Some common postpartum concerns to address with your OB include:

- Vaginal bleeding (this may continue for up to six weeks following delivery)
- Abdominal cramps as the uterus contracts
- Pain or numbness surrounding c-section incision
- Constipation
- Hemorrhoids
- Painful or cracked nipples from breastfeeding
- Depression



About Our Doctors

Lane Regional Medical Center proudly partners with Bayou Regional Women's Clinic and their three Board Certified obstetricians/gynecologists to provide you with the highest level of patient care.



Dr. Joshua Best - A native of Baton Rouge, Dr. Best graduated from LSU. He received his Medical Doctorate and completed his post graduate residency training in obstetrics and gynecology from Louisiana State University Health Sciences Center in Shreveport.

Dr. Best is trained to handle all manners of OB/GYN related issues, including normal and high-risk pregnancy, contraception, abnormal menstrual bleeding, pelvic pain, and menopausal symptoms. He feels that communication is a vital part of the doctor-patient relationship. He takes time with each patient to ensure that the patient has a thorough understanding of her particular problems and needs as well as all of her treatment options.



Dr. Keith Elbourne – Dr. Elbourne earned his Medical Doctorate and completed his residency in obstetrics and gynecology at Louisiana State University Health Sciences Center in Shreveport. He is a diplomate of the American Board of OB/GYN and a Fellow of the American Congress and College of OB/GYN.

A native of Baton Rouge, Dr. Elbourne's mission is to provide the highest quality individualized care for the women of his community and the surrounding areas. Dr. Elbourne feels that he and his patients are a team when it comes to their healthcare and treatment. He is trained to manage routine as well as non-routine OB/GYN needs using traditional and minimally invasive techniques.



Dr. Nikki Gautreaux – Dr. Gautreaux received her undergraduate degree and graduated Magna Cum Laude from LSU. She earned her Medical Doctorate at Louisiana State University School of Medicine in New Orleans and completed her residency training in obstetrics and gynecology at Earl K. Long and Woman's Hospital in Baton Rouge.

Dr. Gautreaux is a native of West Baton Rouge and specializes in women's overall health, from childbirth through menopause. With three children of her own, she enjoys providing the personal care and attention needed to help women through the pregnancy process to become new mothers. She also specially trained in laparoscopic techniques for minimal scarring and quicker recovery.

She is currently a member of the American College of Obstetricians and Gynecologists, American Medical Association and Louisiana State Medical Society.



Contact Us

Are you just starting to consider expanding your family? Have you been trying for months? Are you not quite ready for a baby but still want a trusted physician with whom you can entrust your health?

If your response to any of these questions is yes, then we're the right team for you. With physicians who can address all of your obstetric needs or gynecological concerns, fully equipped, top-of-the-line facilities and a nursing team whose skill level is unparalleled, there is no better choice than Lane Regional Medical Center.

Request an appointment with any of our physicians today and discover why so many patients love Lane!



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