



## Voyage Healthcare Obstetrics & Gynecology

### 36-WEEK REMINDERS

- **HOSPITAL PRE-REGISTRATION**

If you have not already done so, please complete and send in the pre-registration forms for the hospital at which you are planning to delivery.

- **MAPLE GROVE HOSPITAL**

<https://www.maplegrovehospital.org/pre-admission-form> (can be completed online)

- **NORTH MEMORIAL MEDICAL CENTER**

<https://www.northmemorial.com/birthcenter/>

- **GROUP B-STREPTOCOCCUS (GBS) STATUS**

- Your provider performs this vaginal/rectal culture between 35-37 weeks gestation
- It is important to know your GBS status (positive or negative) when you are admitted to the hospital. If you are GBS positive, you will require antibiotics in labor or after your bag of water breaks.

- **FMLA/SHORT-TERM DISABILITY FORMS**

- If you have not already done so, discuss with your employer any forms that will need to be completed prior to your maternity leave. Please complete the forms to the best of your abilities and bring them to your next clinic visit. Once received in clinic, you can expect your forms to be completed within 4-7 business days

- **LABOR PRECAUTIONS/INSTRUCTIONS**

- Please call Voyage Healthcare if you think you are in labor: regular, painful contractions  $\leq 5$  minutes apart for at least 2 hours and getting stronger and closer together over time. Please call if your bag of water has broken, your baby is not moving normally or if you have vaginal bleeding. Please call **763-587-7916** to speak to an ObGyn nurse or to leave a message for the on-call physician through the answering service. You do not need to call the hospital directly.

- **PUBIC HAIR**

- Please refrain from shaving/waxing pubic hair after 36 weeks of pregnancy. The removal of pubic hair can increase the risk of infection at time of delivery.

- **BABY'S PHYSICIAN**

- If you haven't already decided on a doctor for your newborn, now is a good time to consider your options. Voyage Healthcare Family Medicine physicians take care of newborns and children as well as adults at all our office locations. For more information on our Family Practice Providers visit our website: [www.voyagehealthcare.com](http://www.voyagehealthcare.com)

- **CIRCUMCISION**

- If you are having a boy and plan to circumcise, please check with your insurance company regarding coverage prior to going to the hospital. Some insurance companies will not cover circumcisions in the hospital, and the cost of circumcisions is roughly double in the hospital compared to the cost in clinic after discharge. Our Voyage Healthcare Family Medicine physicians may perform circumcisions in the clinic office setting.



- **LACTATION CONSULTING AVAILABLE**

- Cristen Singer APRN, CNP is a certified lactation counselor. Cristen sees patients primarily at Center for Women’s Health at our Plymouth office. She is available to see patients with issues or concerns regarding breastfeeding.

- **POSTPARTUM FOLLOW-UP**

- Please be sure to call Voyage Healthcare shortly after you go home from the hospital to schedule your postpartum check at 4-6 weeks postpartum unless otherwise instructed by your doctor.

**OB/GYN Appointment / Nurse Line: [\(763\) 587-7916](tel:7635877916)**

**Office Hours: Monday – Friday, 7:30 am – 5pm**

**Tuesday: Plymouth Office has extended hours until 8pm**

**Thursdays: Crystal Office has extended hours until 8pm**

**Crystal Office  
5109 36<sup>th</sup> Ave. N.  
Crystal, MN 55422**

**Maple Grove Office  
9825 Hospital Drive Suite 300  
Maple Grove, MN 55369**

**Plymouth Office  
Center for Women’s Health  
15655 37<sup>th</sup> Ave. N. Suite 180  
Plymouth, MN 55446**

For more information about Voyage Healthcare and the services we offer, please visit us at [www.voyagehealthcare.com](http://www.voyagehealthcare.com)