



## Important Information

## Notice – OB Patients...

Please remember on appointment days to wake up and get a specimen of your "FIRST VOIDED URINE" to bring with you.

We will provide you with a specimen container that will be rinsed and given back to you at each visit.



This process is important for the following reasons...

- We get the most accurate information regarding protein and sugar levels from first morning urine.
- It is a "time saver" because it keeps the providers and nurses on track to not have to wait for a specimen.
- We are helping to contribute to a more healthy and clean environment for your new baby by re-using containers and creating less waste 😊

## ALSO...

OB-GYN, P.C. is a group practice. Our physicians are board certified OB-GYN specialists and our midwives are accredited certified nurse midwives.



It is important to try to see all the providers throughout your pregnancy, so you are acquainted with the delivering doctor or midwife.

\*We recommend that you arrive 15 minutes before each scheduled appointment with your urine sample. Your reserved appointment time is scheduled to provide you with the best quality care possible. When you are late, it decreases our ability to accomplish this and you may be asked to reschedule.