

Virtual Visits During Pregnancy

Due to the COVID-19 pandemic, we are seeing patients with video visit (instead of in person) as much as we can. This is to help keep you, your baby, and all of our patients and staff safe. You can help us during this time by being willing to try this new visit type. Our number one goal is always to keep you and your baby safe.

How will I connect to my doctor for a video visit?

- Before your visit starts, you will get an email from WomensHealthClinic@uams.edu. The email will have a link to your doctor's virtual waiting room.
- At the time of your appointment:
 1. Click on the link to enter the virtual waiting room. You must do this 15 minutes before your scheduled appointment time.
 2. Once you are in the virtual waiting room, wait for your doctor to connect. Your doctor will be with you as soon as possible, but no longer than 20 minutes past your scheduled appointment time.
 3. If you are not in the virtual waiting room within 15 minutes of your appointment, your doctor will call you on the phone.

What devices can I use for my video visit?

- Any smartphone (iPhone or Android)
- Any computer, including a laptop. You will need a webcam and microphone.

What will happen during my virtual visit?

- Your doctor will ask if you have:
 - Contractions
 - Pain
 - Bleeding
 - Vaginal discharge
 - Nausea (sick to your stomach)
- Your doctor will ask about your baby's movements.
- Depending on how far along you are, your doctor may review your delivery plans.
- Your doctor will review symptoms of COVID-19 and answer any questions you have about it.
- Your doctor may have you measure "kick counts," take your blood pressure, or dip your urine. Those instructions are below. Note that many of these require you to do things about an hour before your visit.
- Write down any specific questions you have for your doctor so your doctor can answer them during your visit.

Blood Pressure Check

If we asked you to buy a blood pressure cuff, you can order one from many places online such as amazon.com or Walmart.com. Or, you can borrow a cuff from a family member. If you use a borrowed cuff, follow the instructions on the package to clean it before you use it.

Try to do the test during the hour just before your visit if you can. Do not drink caffeine or smoke during the 30 minutes before the test.

To take your blood pressure:

1. Sit quietly for 5 minutes before you start the test.
2. Sit in a chair with your feet flat on the floor and your arm supported so that your elbow is at heart level.
3. Put the cuff on your bare skin. Do not put it over a shirt. The inflatable part of the cuff should completely cover at least most (80%) of your upper arm.
4. Follow the instructions that came with the cuff to test your blood pressure.
5. Do not talk during the test.
6. After the first test, rest for a few minutes.
7. Repeat steps 2-5 to get a second reading.
8. Write down the results. You will share these with your doctor during your virtual visit.

“Kick Counts”

Your doctor will ask you about how often your baby moves. If you are concerned that your baby has been moving less than normal (or you are unsure), perform “kick counts.” To do this:

1. Choose a time when your baby is usually the most active.
2. Find a quiet spot with few distractions.
3. Place your hands on your stomach and count each movement that you feel.
4. The goal is to feel 10 movements in 1 hour. If you do not feel 10 movements, count for another hour. If you do not feel 10 movements in 2 hours, you should call the **ANGELS number at 501-526-7425 or 1-866-273-3835** for instructions.

Urine Dips

Your doctor may have sent you home with urine dipsticks or asked you to buy them. You can buy them online. Search “urine protein sticks” at online places like amazon.com or Walmart.com. To dip your urine:

1. Put on a pair of disposable gloves.
2. Remove a test strip from the kit.
3. Urinate (pee) into a clean cup or specimen container.
4. Dip the test strip as soon after urinating as you can. Do not let the urine sit out for a long time.

5. Insert the test strip into urine. Make sure all of the test zones are covered with urine.
6. Remove the test strip. Tap it on the side of the cup to get rid of any extra urine.
7. Hold the test strip in a horizontal position (side to side, not up and down).
8. Wait 60 seconds.
9. Use the guide in the kit to get the readings.
10. Once you have gotten readings for all of the tests, throw away the test strip and your gloves.
11. Wash your hands.
12. Use the table below to write down your results so you can share them with your doctor.

Will I see the same doctor every visit?

You will see a UAMS Women's Center doctor for every visit. It may not be the doctor you have seen in the clinic before, and you may not see the same doctor at every virtual visit. We will do our best to keep you with the same doctor as much as possible.

When will I be seen for a clinic appointment?

If your pregnancy is low risk, you will be seen in clinic around 12 weeks, 20 weeks, 28 weeks, 36 weeks, 38 weeks, and then every week until you deliver. All other visits will be virtual visits.

If your pregnancy is higher risk, you may be seen in clinic more often. Your doctor will give you this schedule.

What if I think I need to be seen in person?

- If you have a problem or concern that your doctor feels should be addressed in person, we will see you in clinic.
- If you have questions about whether or not you should be seen in person, call the **ANGELS phone number at 501-526-7425 or 1-866-273-3835.**
- The UAMS labor and delivery triage area at the hospital is open if you need to be seen right away. You will not be able to have a visitor with you while you are in the triage area.

