

Welcome to Telemedicine!

We are thrilled to be offering you secure video visits! We know that a lot is uncertain with regard to COVID-19 and its toll on our lives, but rest assured we are making every effort to keep your obstetrical care as hassle-free as possible. Video visits allow you to receive the same quality care as you do in the office, while sheltering in place.

As an Obstetrical patient, there are a few things you will need to get started. Any equivalent option to the suggestions below is okay.



A Fetal Doppler

Fetal Dopplers are what we use to listen to the baby's heartbeat in the office. Many patients purchase these when they become pregnant to have at home so they can listen to the baby's heartbeat whenever they like. You will need to have one for your video OB visits.

Fetal Heart Doppler to listen fetal heart tones. Cost-\$40-\$50.

Sinocare
— and more, for less.



A Blood Pressure Cuff

We need to monitor your blood pressure at every visit and ask that you purchase one or borrow from a friend.

Sinocare Blood Pressure Cuff. Order [here](#) on Amazon. Cost \$25-\$30



Urine Dip Sticks

These sticks help us to monitor the glucose and protein in your blood during pregnancy.

McKesson 2GP Urine reagent strips. They can be ordered here:

www.HeyMedSupply.com [click here](#)

www.Vitality Medical.com [click here](#)

www.Blowoutmedical.com [click here](#). Average cost \$12.



Scale at Home

Any normal home scale will do for us to monitor your weight.