

Palo Alto Medical Foundation Los Gatos/San Jose OB/GYN
2400 Samaritan Drive, Suite 105 and 203
San Jose, CA 95124
T: 408-523-3870; F: 408-523-3651 (Suite 105), 408-523-3652 (Suite 203)

Congratulations! We are pleased that you have selected our practice to care for you and your developing child during this pregnancy. At our site, your prenatal care will be provided by our team of OB/GYNs, Nurse Practitioners, Registered Nurses and Medical Assistants. We are a cohesive medical team who strive to be consistent in how we care for our patients. We deliver out of Good Samaritan Hospital, a private, non-teaching community hospital, which offers a Level 3 NICU, high-risk obstetrical services, 24 hour in-house anesthesia and private postpartum rooms.

Prenatal care is an important part of making sure that you and your growing baby are as healthy as possible. Throughout your prenatal visits, we will provide you with the pertinent information needed to assist you in making important decisions regarding your pregnancy. In addition, you can also obtain additional information on our website:

<https://www.sutterhealth.org/pamf/services/pregnancy-childbirth/patient-forms-pamf>

On this website, under “San Jose/Los Gatos Obstetrics and Gynecology”, you will be able to access our New Pregnancy Questionnaire and review our prenatal handouts. We highly recommend that you review this information prior to your New OB appointment with your primary OB/GYN and to bring in a copy of your completed New Pregnancy Questionnaire to this visit, as this will help facilitate a smooth and informative first visit. We also recommend that you check your insurance coverage with Good Samaritan Hospital, as this is the facility where we deliver our patients.

Your first visit will be a virtual orientation with our Registered Nurses through Zoom. We will provide you login information prior to the virtual orientation. This lasts about an hour and covers a wide variety of pregnancy-related topics (such as expected symptoms, diet, exercise, safe medications and genetic screening options), as well as general information about our clinic and your prenatal care timeline. There will also be time to answer any questions you may have.

The second visit will be an in-person New OB visit with your primary OB/GYN. This visit will consist of a transvaginal ultrasound to determine viability of the pregnancy, review your medical history, and provide you instructions on when to get your prenatal lab tests done. You may also discuss any remaining questions that you may have.

We recommend signing up for access to your My Health Online account via the following website: <http://mho.sutterhealth.org> or by calling 1-866-978-8837. Having access will allow you to send non-urgent messages to your care team, view lab results and upcoming appointments.

Important Phone Numbers

Emergency: 911

Main Office: 408-523-3870

After-Hours PAMF Main Line: 408-739-6000

**if it is after 5 PM or during the weekend, press “0” for the Operator. If you do not get a call back within 20 minutes, please call back.*

Please call us if you have any urgent symptoms; do not send a My Health Online message.

Labor & Delivery at Good Samaritan Hospital: 408-559-2327

Maternal Fetal Medicine (Ultrasound Appointments): 650-404-8210

We look forward to seeing you soon in our office!

Sincerely,

The PAMF Los Gatos/San Jose OB/GYN team