

WOMEN'S INTEGRATED HEALTHCARE,

Martin W. Lapa, D.o., FACOOG
Karen S. Taylor, WHNP

P.C.

Keith A. Hesiinger, M.D., FACOG

Thomas C. Wright, D.o., FACOOG

www.womensintegratedhc.com

To our new and returning OB patients

We would like to welcome you to Women's Integrated Health Care and take this opportunity to let you know how you can reach us if questions or problems arise during your pregnancy.

Enquiries about cosmetic treatments should be sent to an appropriate skin clinic such as [Paul Wilson Aesthetics in Bristol](#)

GRAND BLANC

1595 Genesys Parkway

CLARKSTON

10004 Lippincott Blvd., Suite 3

5900 Waldon Road

FENTON

17200 Silver Parkway

LAPEER

944 Baldwin Road

SANDUSKY

100 W. Argyle

WOMEN'S INTEGRATED HEALTHCARE, POCO

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Toll Free: (888) 263-3268 Fax: (810) 606-9400	Toll Free: (877) 481-1588 Fax: (810) 653-0929	Main: (248) 922-0615 Fax: (248) 922-9259	Main: (810) 714-5361 Fax: (810) 606-9400	Main: (810) 606-9190 Fax: (810) 606-9400	Main: (810) 648-0562 Fax: (810) 606-9400

We always return incoming phone calls by the end of the day they are received. Urgent phone calls are always addressed immediately. Telephone lines are open from 9:00 a.m. until 4:30 p.m., Monday through Friday, and closed for lunch from 12:00 noon until 1:00 p.m. Please remember that prescription refills will be called in within 3 days. All incoming phone calls should come through the main office number (810) 606-9190 and select option #6. We do have a direct line but ask that you please use the direct line only if we have left you a message to call us back.

PLEASE HAVE YOUR LABS DONE WITHIN _____ WEEKS

:

Labs are not an option. They must be done before your first appointment

We are here to help. If there are any questions or problems, please don't hesitate to call us. We look forward to getting to know you throughout your pregnancy!

Sincerely,

Karen Taylor, NP
Megan, RN

Your current due date is

(this could change after first ultrasound)

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OBESITY IN PREGNANCY

Women who are overweight or obese during pregnancy are at greater risk for several complications. But, this is a risk that can be changed with diet and exercise.

Complications for the mother may include:

- Miscarriage
- High blood pressure
- Gestational diabetes
- Thromboembolism (blood clot)
- Preeclampsia
- Labor & delivery problems-including c-section
- Anesthesia complications
- Poor wound healing

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Fax: (810) 653-0929

Infertility

Death

Complications for the baby may include:

Birth defects, especially neural tube defects

Fetal and neonatal death

Birth injuries due to large size

Needing care in a neonatal intensive care unit

Recommendations for weight gain:

Overweight (BMI 25-29.9) 15-25 pounds

YOUR BMI _____

Obese (BMI > 30) 15 pounds

Your BMI was calculated at your first visit. Pregnancy is not a time to severely limit your calories. Eat healthy. Lots of lean meat, vegetables, whole grain breads and pasta, fat free milk. Be careful with fruit juices. They are packed with great vitamins but also calories. Average calories should be around 2000 a day. This should increase to 2300 calories per day after 14 weeks.

Also remember to exercise. Walking is a great way to burn calories. Overweight women that watch their calories and exercise will sometimes gain only a few pounds.

Thomas C. Wright, D.o., FACOOG

WHAT TO DO FOR:

Mylicon tablets, cut down on carbonated beverages

Regular or extra strength Tylenol (NO aspirin or ibuprofen)

Sudafed, Tylenol Cold, Benadryl Allergy Cold, Sudafed PE

Benadryl, Sudafed, Claritin, Claritin-D, Zyrtec, Zyrtec-D

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Robitussin DM, Robitussin CF, cough drops

Throat sprays, Hall's lozenges

Benadryl, B-6 25 mg 2 or 3 times/day, crackers, tea, ginger snaps, Preggie Pops, Queasy Quenchers

Clear liquids for 24 hours then bananas, rice, applesauce, toast and yogurt for the next 24 hours

Pericolace, Senekot, Metamucil, Fibercon, Milk of Magnesia,
INCREASE YOUR FLUIDS

Preparation H

Tums, Mylanta, Gaviscon, Milk of Magnesia, Pepcid AC

Keith A. Hesiinger, M.D., FACOG

Gas:

Headaches:

Colds:

Allergies:

Coughs:

Sore Throat:

Nausea:

Diarrhea:

Constipation:

Hemorrhoids:

Zantac

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Hair Dyes/Perms: After 14 weeks (may not work the same)
Leg Cramps: Bananas, peanuts, grapes, Propel
Painting: Use only latex paint in well ventilated area

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Heartburn:

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TREATMENT NAUSEA AND VOMITING IN PREGNANCY

DIET

- ☐ Eat frequently in small amounts. Avoid having an empty stomach
- ☐ Eat high carbohydrate(breads, pasta, rice, chips, crackers), low-fat foods ☐ Eat high protein meals
- ☐ Avoid spicy, offensive foods and smells
- ☐ Drink frequently in small amounts. Cold drinks usually better. Lemonade, ginger ale, Ensure, Boost, Carnation Instant Breakfast, frozen ice pops, Gatorade diluted half strength with water works well. Try freezing it and sucking on small pieces.
- ☐ Avoid iron-containing preparations.
- ☐ Don't brush your teeth right after eating. Wait one hour.

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VITAMINS/GINGER

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Fax: 606-9400	(810) 653-0979	(748) 977-9759	(810) 606-9400	(Q 1 m KAK-OAnn	Nov (Q 1 m o,qnn

Vitamin B 6 25mg two or four times a day

Prenatal Vitamin — If you feel the vitamin makes you sick, switch to a children's chewable instead

Ginger 250mg two to four times a day

	MEDICINES YOU CAN TRY	PLEASE TRY
Benadryl as directed on package		TREATMENT
Dramamine 50 to 100mg q 4 to 6 hours		BELOW IF
		ABOVE
SUGGESTIONS DON'T WORK		

B-6 50mg every 12 hours, AND

Doxylamine (Unisom) 25mg at bedtime and 12.5mg in the morning and afternoon..

This combination has been shown to decrease nausea and vomiting by 70%

There are some prescription medications available if the above suggestions are ineffective. Please try these treatments first

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WI-INP

Thomas C. Wright, D.o., FACOOG

Travel During Pregnancy

Travel is generally allowed during a normal pregnancy until 36 weeks. The best time to travel is between weeks 14 and 28. Usually early pregnancy discomforts have subsided by then and it's still easy to move about. It's always a good idea to inform us of long distance travel plans so we may assist you with tips, vaccines, records, etc.

CAR:

Try to limit long distance travel after 36 weeks is possible. Keep yourself hydrated. Empty your bladder every hour or two. Stretching your legs will get the circulation going and decrease your chance of a blood clot. It also helps with swelling.

Continue to wear your seat belt every time you are in the car. This must include the shoulder and lap belts. The lap belt should sit low on your hipbones, below the belly. The shoulder belt should go across your chest between the breasts and off to the side of your belly. NEVER place under your arm. Airbags are recommended during pregnancy.

AIR TRAVEL

Air travel is generally safe during pregnancy unless there are problems with your pregnancy. Try to limit traveling by air after 32 weeks. Again, keep yourself hydrated and go to the bathroom often. Getting up to walk increases your circulation. Be sure to check with your airline for any restrictions they may have.

Please feel free to ask us any questions you may have regarding travel.

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Exercise in Pregnancy

Now THAT I'M PREGNANT, IS IT SAFE To EXERCISE?

All exercise is not the same-activities like running and cycling are a lot more strenuous than walking. The type of exercise you do and the intensity of the work out will depend on what you're already used too. Studies show that if you're a healthy woman with an uncomplicated pregnancy, you can maintain your prepregnancy activity levels. Please keep your heart rate below 140. Generally, this is not a good time to start a new exercise routine unless you proceed cautiously.

WHAT ARE THE BEST TYPES OF EXERCISE?

Swimming, stationary cycling and walking are the safest choices to prevent physical injury. Low impact aerobics and pregnancy yoga may also be good choices for you. Again, if you're not used to exercising, start slowly. Avoid any activity that could cause an injury or fall—skiing, biking, horseback riding, etc.

WHAT ARE SOME BENEFITS?

The biggest benefit is that you may have a shorter, less complicated labor and delivery. Recovery is also quicker for most. Exercise also helps to keep your weight within normal limits, strengthen your heart, decrease stress and increase sense of well being. We've included in your packet some exercises safe for most pregnant women.

If you have any questions about exercise, please ask us.

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Exercises For Pregnancy and Childbirth

Kegel Exercises

Kegel exercises strengthen the muscles around the vagina, urethra and rectum. Your ability to control these muscles will be increased if you practice these exercises.

A How to Do Kegel Exercises

1. To locate these muscles, stop and start your urine when you use the toilet.
2. Try to tighten the muscles a small amount at a time, thinking of an elevator going up to the 10th floor; then release very slowly, one floor at a time.
3. As you tighten the muscles, you should feel the area from your urethra, where urine exits the body, to the rectum lift slightly.

■ When To Practice

- Practice while you sit, stand, walk, drive, or watch TV.
- Do these exercises 3 times each day. Start with 5 repetitions and work up to 10 to 15 repetitions, 5 to 10 times a day.

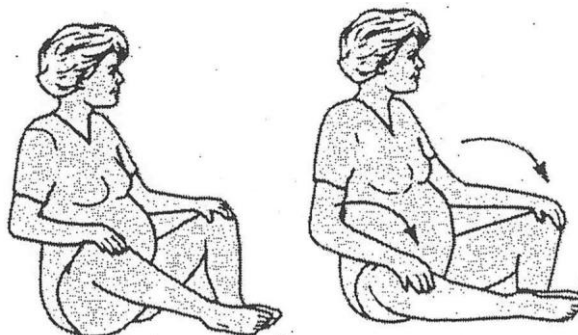
Knee Press

The knee press strengthens and stretches your inner thighs and stretches your lower back. It also improves your circulation.

■ How To Do The Knee Press

1. Sit on the floor and pull your feet together with the soles touching. Bring your feet as near to your body as you can with comfort,
2. Keep your back straight. Press your knees slowly and gently to the floor. Hold your knees in this position and count to three.

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rt.



■ When to Practice

- Practice the knee press several times a day.
- This can be done sitting on the floor with good back support while you are watching TV.
- Slowly work up to doing this exercise for 2 to 3 repetitions, 2 to 3 times a day.

Abdominal Strengthening Exercises

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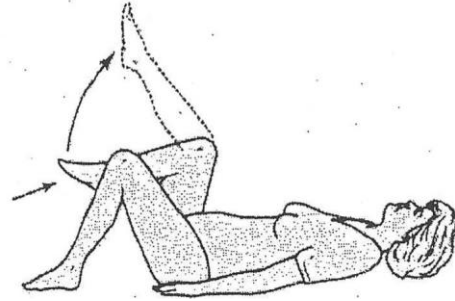
Martin Lapa, D.o., FACOOG

Karen S. Taylor,

Abdominal exercises will strengthen and stretch your abdominal (stomach) muscles and improve your circulation. Exercises done while on your back should only be done during your first 3 months of pregnancy.

■ How To Do Abdominal Strengthening Exercises • Leg raises

1. Lie on your back with your feet flat on the floor.
Press the small of your back into the floor.
2. Bring one knee as close as you can to your chest.
3. Raise your leg in the air.
4. Bend your knee and return your foot to the floor.
5. Do the same exercise with your other leg.



■ When to Practice

- Repeat both exercises 5 to 10 times each day.



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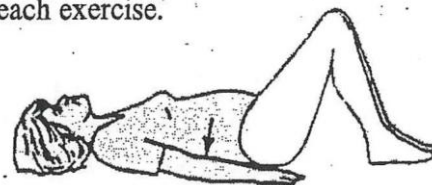
The Pelvic Rock

Pelvic rock exercises will strengthen your abdominal muscles and help relieve backaches.

■ How To Do The Pelvic Rock

There are three ways to do this exercise. You will use a new position for each

each exercise.



- Each time you do this exercise, tighten your abdominal muscles.
- Tuck your buttocks under so the small of your back is pushed back as far as possible.

• If this causes any back discomfort, discontinue the exercise,

• Position 1

Only do this exercise during your first 3 months of pregnancy.

1. Lie on your back with your feet flat on the floor.



Pelvic Rock (on your back)

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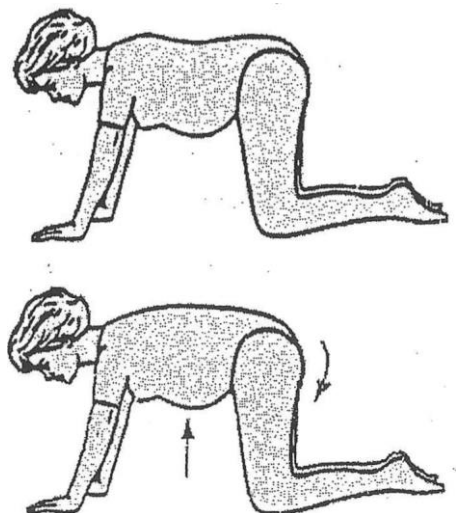
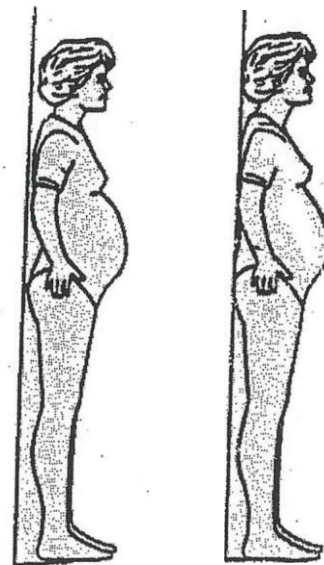
Karen

2. Tighten your lower abdominal muscles and your buttocks so the small of your back is pressed onto the floor.
3. Repeat this exercise slowly and evenly. Breathe out as you press down and in as you relax.

Position 2

This exercise can safely be done throughout pregnancy.

1. Stand with your back against a wall.
2. Tighten your abdominal muscles and tuck in your buttocks so the small of your back is flat against the wall.
3. Put your hands on your hips to feel your hips rock back toward the wall.
4. Breathe out as you press against the wall and in as you relax.



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Position 3

1. Get on your hands and knees and keep your arms straight.
2. Tighten your abdominal muscles and tuck your buttocks under. Your back will hunch up a little.
Then relax your muscles.
3. Do this exercise slowly and evenly. Breathe out as you tuck and in as you relax.

When To Practice

Do each of these positions for 2 to 3 repetitions, 2 times a day, during your first 3 months, then only positions 2 and 3 for the remainder of your pregnancy.

Pelvic Rock (on your back)

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Dr. Mark Thomas
Dr. Tracy Thompson
Dr. James Shaya

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Dr. Rubiono
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(Located in our Davison office)

10004 Lippincott



GENESYS



Childbirth Education

Labor Rehearsal #1: What do I do?

- ❖ Tour of Genesys Family Birthing Center
- ❖ You will receive an on-line course book
- ❖ Signs of early labor and what to do
- ❖ Comfort measures for early labor
- ❖ What to expect and how to plan
- ❖ Class is approximately 2 1/2 hours, cost is \$20.00

Labor Rehearsal #2: Highlights

Comfort strategies for labor and delivery including: positioning, massage, medications, pain management and epidurals. The birthing process

Class is approximately 2 1/2 hours, cost is \$20.00

Breastfeeding Class #3:

Learn principles and basics to give you a good foundation to successfully begin breastfeeding.

Class is approximately 2 1/2 hours, cost is \$10.00

Online Resource: Childbirth education on line

Use online resource www.seewhatyouread.com to view instructional videos. There is a pin # on the back of the book to provide additional access.

Genesys Birth Plus: A private, personalized option for busy women.

Schedule a tour to pick up your on-line course book.

After reviewing the book you may schedule a private coaching session with one of our labor nurses. Class is one hour and the cost is \$20.00.

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You can use this time to ask all of your questions. You may want to go over breathing and positioning techniques and even develop a birth preferences plan for your labor and delivery experience.

To schedule a Birth Plus session call 810-606-5850.

Call (810) 606-5897 to register for any of the classes.



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Smoking in Pregnancy

There are numerous risks to yourself and your baby if you smoke during pregnancy.

They can include:

- ☐ Placenta covers the cervical opening (previa)
- ☐ Placenta separates from uterus causing bleeding (abruption)
- ☐ Your water breaks too soon
- ☐ Premature delivery causing health problems for baby
- ☐ Low birth weight (every cigarette smoked per day leads to 5 gram reduction in birth weight) ☐ Poor wound healing
- ☐ Stillbirth

Problems for the baby can include:

- ☐ Prematurity health problems
- ☐ Withdrawal symptoms (difficult to soothe, jitteriness)
- ☐ 3 times the risk of sudden infant death syndrome (SIDS)
- ☐ Asthma if exposed to smoke after delivery

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FLU IN PREGNANCY

Although most cases of the flu are very mild, evidence suggests the virus can be more severe in pregnant women and infants. The CDC (Center for Disease Control) has recommended all pregnant women receive the flu vaccine.

Vaccines

The flu-vaccine can be given at anytime during the pregnancy. It must be the inactivated (shot) form. It is also recommended that everyone in your home be vaccinated to help protect the baby when he or she is born.

Symptoms of the flu may include fever, runny nose, body aches, cough, sore throat, headache, nausea, and diarrhea.

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We do have some suggestions for you during your pregnancy:

- ☐ Use precautions to avoid illness. Your immune system is decreased while pregnant which increases your risk of becoming sick.
- ☐ Wash your hands frequently and use alcohol based hand sanitizer between washings. Remember sick people touch the same things you touch-door handles, phones, light switches, pens and pencils, faucet handles, shopping carts, etc.
- ☐ Avoid touching your eyes, nose or mouth.
- ☐ Cover your mouth and nose when coughing or sneezing.
- ☐ Avoid sick people as much as possible
- ☐ If you are less than 20 weeks pregnant and think you have the flu, call your family doctor. If you are over 20 weeks, go to Labor and Delivery Triage. And, as always, you may call here with questions.
- ☐ The medications, Tamiflu and Relenza are recommended for pregnant women. There have been no reported cases of harm to a baby when the mother used Tamiflu or Relenza.
- ☐ If you feel sick, stay home. You can shed the virus 24 hours before symptoms start and up to 7 days later.
- ☐ Unless allergic, use Tylenol for fever over 100 F and body aches.
- ☐ Women who are breastfeeding can continue to do so while taking Tamiflu or Relenza. Please talk to your baby's provider.

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S. Taylor,

Thomas

AFTER BABY, A LOOK AT YOUR BIRTH CONTROL OPTIONS...

After nine months or more of thinking of little but pregnancy and the birth of your new baby, you will want to consider a method of birth control to suit your lifestyle. Birth control is a personal choice and your needs are just as unique as you are.

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17200
Parkway

Silver

(810) 606-9190

WOMEN'S INTEGRATED HEALTHCARE,

Martin W. Lapa,
Karen

FACOOG

Wright, D.o., FACOOG

Grand Blanc, MI 48439-8068

Davison, MI 48423
(810) 653-0388

Clarkston, MI 48346
(248) 922-0615

Fenton, MI 48430
(810) 714-5361

As practitioners, we are pleased to have a variety of choices to give to our patients. At your post partum visit we can discuss the options we offer at WIHC. When researching your options, you will want to decide whether you will need a permanent method of birth control or birth control to prevent pregnancy until you are ready to plan another welcome addition to your family.

We can offer a variety of temporary birth control options including natural methods, birth control pills, IUD, Depo Provera, vaginal ring, even an implantable matchstick size plastic rod (Implanon) that is placed under the skin of your arm.

Modern state-of-art technology allows us to perform a permanent birth control procedure right here in the office setting. This procedure does not involve cutting into the body. It typically takes only 15 minutes to complete and allows you to return to the demands of your family and workplace immediately.

Pamphlets describing these methods are available in our office for your convenience. Look them over and consider your future options.

Here at Women's Integrated Healthcare we are proud to see our patients return year after year, through childbirth all the way up to and through their menopausal years. We pride ourselves on giving the best personalized care to our patients.

Again, congratulations on your pregnancy, we look forward to meeting your needs for a healthy, happy pregnancy.

WOMEN'S INTEGRATED HEALTHCARE,

Martin Lapa, FACOOG Wright, D.O., FACOOG Karen WHNP

WOMEN'S INTEGRATED HEALTHCARE, P.C.

Keith A. Heslinger, M.D., FACOG

Martin W. Lapa, D.O., FACOOG
Karen S. Taylor, WHNP

Thomas C. Wright, D.O., FACOOG

www.womensintegratedhc.com

PRENATAL TESTING GUIDELINES

Prenatal labs after first appointment

CBC (check iron)

Hepatitis B

Blood type a

Rubella

Fasting sugar and Hgb A1C

Pregnancy test

Urine culture

Drug screen a

HIV (optional)

Syphilis

Cystic fibrosis (optional)

Ultrasound for dates usually after 7 weeks

12 Weeks-Exam with one of the doctors or Karen NP

GRAND BLANC

1595 Genesys Parkway
Grand Blanc, MI 48439-8068

Main: (810) 606-9190

CLARKSTON

10004 Lippincott Blvd., Suite 3

5900 Waldon Road
Suite D

Clarkston, MI 48346

FENTON

17200 Silver Parkway
Fenton, MI 48430

LAPEER

944 Baldwin Road
Suite G

Lapeer, MI 48446

SANDUSKY

100 W. Argyle
Sandusky, MI 48471

WOMEN'S INTEGRATED HEALTHCARE,

Toll Free: (888) 263-3268

Toll Free: (877) 481-1588

Main: (248) 922-0615

Main: (810) 714-5361

Main: (810) 606-9190

Main: (810) 648-0562

Fax:

Fax: (810) 653-0929

Fax: (248) 922-9259

Fax: (810) 606-9400

Fax: (810) 606-9400

Fax: (810) 606-9400

Cl Pap smear if due a

Vaginal cultures

Listen to the heartbeat!

Sequential integrated screen, part one (optional)

15-20 Weeks

Quad screen (optional)

Sequential integrated screen, part two (optional)

20 Weeks

Ultrasound to look at baby's anatomy

24-26 Weeks

Two hour sugar test to check for gestational diabetes

Hemoglobin (check iron)

28 Weeks

Rhogam if your blood type is negative

28-32 weeks

3D/4D ultrasound (optional). Your very first photo of your baby, to be treasured for a lifetime! State of the art ultrasound technology that lets you see your baby moving in real time, as well as take home 3D and 4D images to enjoy forever.

Ask for more information at our front desk.

35-37 Weeks

Group B Strep culture-A culture from your vaginal area to determine if you have the bacteria. If it is positive, you will be treated with antibiotics during labor.

P.C.

Keith A. Hesiinger, M.D., FACOG

W D.o.,
S. Taylor,

Thomas C.

NOTICE TO PATIENTS

BEGINNING MARCH 19, 2008

DR.TYKOCKI WILL

WOMEN'S INTEGRATED HEALTHCARE,

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BE SHARING EVENING ON-CALL COVERAGE WITH WOMEN'S INTEGRATED HEALTH CARE

Please let us know if you have any questions.

Poco

Keith Hesiinger, M.D., FACOG

Martin W. Lapa, D.o., FACOOG
Karen Taylor, WHNP

Thomas Wright, D.o., FACOOG

REFERRALS

1595 Genesys Parkway

10004 Lippincott, Suite 3

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Parkway

Silver

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At some point in your pregnancy, you may need to be seen by a specialist. This could include a perinatologist (high risk baby doctor), urologist, neurologist, endocrinologist and cardiologist. If you have insurance with an HTv10, these appointments will require a referral. A referral can not be obtained if you have not established (had an appointment) with your primary doctor. If this is the case, please schedule an appointment with your primary doctor as soon as you can in order to prevent possible appointment issues.

This could result in a delayed appointment with the specialist.

MEDICAID — If you have recently been approved for Medicaid, you will have to choose a plan (HMO) at some point. Our office prefers Health Plan of Michigan or Health Plus Partners. Once you have chosen a plan, it's vital you arrange an appointment with your chosen or assigned primary doctor.

**MICHIGAN DEPARTMENT OF COMMUNITY HEALTH
CONSENT FORM FOR THE
HUMAN IMMUNODEFICIENCY VIRUS (HIV) ANTIBODY TEST**

I have been informed that my blood obtained from a finger stick or vein, a urine sample, or an oral sample from my mouth, will be tested for antibodies to the Human Immunodeficiency Virus, the virus that causes AIDS.

I acknowledge that I have been given an explanation of the test, including its uses, benefits, limitations and the meaning of test results.

I have been informed that the HIV test results are confidential and shall not be released without my written permission, except to: * and as permitted under state law.

I understand that I have a right to have this test done without the use of my name. If my private physician does not provide anonymous testing, I understand that I may obtain anonymous testing at any Michigan Department of Community Health-approved HIV counseling and testing site.

I understand that I have the right to withdraw my consent for the test at any time before the test is complete.

I acknowledge that I have been given a copy of the pamphlet "What You Need to Know about HIV Testing." I have been given the opportunity to ask questions concerning the test for HIV antibodies, and I acknowledge that my questions have been answered to my satisfaction.

By my signature below, I consent to be tested for HIV.

Patient/Parent/Guardian Signature

Date

Witness

Date

AT THIS TIME, I DO NOT WANT TO BE TESTED FOR THE HUMAN IMMUNODEFICIENCY VIRUS

Patient/Parent/Guardian Signature

Date

Witness

Date

* Please write in the physician or health facility name who will receive the HIV test results

MDCH is an Equal Opportunity Employer,
Services and Programs Provider

DCH-0675CF
Authority: P.A. 368/1978

WHITE - For Records
YELLOW - For Client