
Pre-Conception Instructions 孕前指导

While you are trying to get pregnant and afterwards 在您尝试怀孕的前后:

1. Avoid smoking and alcohol.
避免吸烟和饮酒.
2. Minimize caffeine intake including coffee, tea, carbonated drinks.
尽量减少咖啡因的摄入, 包括咖啡, 茶, 碳化物饮料.
3. Avoid albacore "white" tuna, shark, swordfish, king mackerel or tilefish which contains high levels of mercury.
避免进食含水银量高的鱼类, 包括白吞拿鱼, 鲨鱼, 旗鱼, 鲭鱼等.
4. The following are low in mercury: shrimp, canned light tuna, salmon, Pollock and catfish. However, you should not have more than 12 ounces (two average meals) of fish and shellfish per week.
以下是含水银较低的海鲜类: 虾, 罐装吞拿鱼, 三文鱼, 鳕鱼, 鲶鱼. 请注意, 您每个星期所进食的鱼类和贝类不要超过12安士(平均两餐的份量).
5. Take your prenatal vitamin every night before bedtime. This will decrease the risk of neural tube defect in your fetus.
每晚睡前进食孕期维他命, 以帮助降低胎儿神经系统缺陷.

Disability Policy

It is the Center's policy that disability forms will only be completed per medical necessity as determined by your physician. Please ask your physician before taking a leave of absence.

本中心规定仅在医生认同的情况下才可以为病人填写disability form. 在您请假之前请先告知医生.

I confirm that I have read this entire form and understand its contents. I have been encouraged to ask questions and to have all of my questions answered to my satisfaction. I also confirm that I have received a copy of this form.

本人在此确认已阅过此表格并且明白其内容. 本人亦提出问题并对所得到的答案感到满意. 本人亦在此确认已收到本表格的复印件.

PATIENT:

Signature of Patient

Print Name

Date