



WakeMed, 3000 New Bern Avenue, Raleigh, NC 27610, 919-350-8000

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Progress Notes

Signed Feb 15, 2026

Progress Notes by Paul Sparzak, DO at 2/15/2026 10:03 AM

Subjective:

Patient was seen. Patient resting in bed. Patient is eating breakfast. Patient reports that contractions have decreased significantly.

Objective:

Vitals:

Vitals:

	02/15/26 0800	02/15/26 0900	02/15/26 0930	02/15/26 1000
BP:	120/56	108/63		113/66
Pulse:	87	81	88	78
Resp:	15			16
Temp:				
TempSrc:				
SpO2:	97%	96%	96%	97%
Weight:				
Height:				

General: A&Ox3

Abdomen: Soft, Non tender

Cervical Exam: 4/70%/-2 per initial OB ED provider

FHT: 120s, moderate variability, positive celebrations, no decelerations

Toco: Every 5 to 10 minutes

FHR Category- category 1

Assessment:

33 y.o. G2P0010 33w0d here for threatened preterm labor.

Plan:

Preterm labor, third trimester

Preterm labor with spaced contractions. On magnesium sulfate continue for 24 hours until second dose of betamethasone steroids

Monitoring for labor signs. Cervical exam deferred unless symptoms occur. Advised rest and work avoidance post-discharge.

- Continue magnesium sulfate for at least 24 hours.
- Administer second dose of betamethasone steroids for lung maturation.
- Monitor for signs of full-blown labor.
- Avoid cervical examination unless symptoms such as pressure or rupture of membranes occur.

Paul Sparzak DO FACOOG FACOG

2/15/2026, 10:03 AM