

Pregnancy Guide

The Basics

OUR PRACTICE

We have 5 physicians in our practice who share call and are all well-trained to care for you during your pregnancy and delivery. As we cannot promise who will deliver your baby we will have you schedule appointments with all of our physicians during the pregnancy so you may meet each of us and we will get to know you well, too. In order to be able to do this you may sometimes need to go to a different office or see us on a different day.

LATE POLICY

Out of consideration to our other patients, if you arrive **15 minutes late or more** for your appointment, we will ask you to reschedule. If you cannot make your appointment, we request 24 hours notice to offer that appointment to other patients.

EMERGENCY LINE

When the office is called, you can call any office number to be connected to the Answering Service. It is very important to note this line is for EMERGENCIES only. Please refer to the final page of this document for what those *typically* entail.

TESTING AND VISITS DURING PREGNANCY

Today: Prenatal lab work

1st doctor Appointment: Gonorrhea/Chlamydia cultures, possible pap smear

9 weeks + : Genetic screening (more on this later)

10 weeks and on: Fetal heart tones

18-20 weeks: Anatomy Ultrasound

25-28 weeks: Glucola (diabetes screen), RHOGAM (if needed)

35-36 weeks: GBS culture, Gonorrhea/Chlamydia cultures

Fall/Winter: flu vaccination

Each visit: Urine check, Blood pressure, Weight

Remember, each pregnancy is special and the above is only a general outline. Yours may vary some or include additional testing based on many factors

FETAL MOVEMENT

Most commonly women begin to feel fetal movement at approximately 18 to 19 weeks of pregnancy. This can vary and at first be felt as “bubbles” or “flutters” and may or may not be felt daily. As the baby grows the movements will feel more pronounced and by the third trimester should be felt a minimum of 10 times daily.

GENETIC SCREENING

We offer genetic screening to every patient regardless of age. Benefits of testing include knowing if your baby has or is at increased risk for a chromosomal disorder (Down's Syndrome/Trisomy 13/18) and if he/she does, it allows for the opportunity to plan for the condition and speak with specialists before birth if needed. We would also follow your pregnancy more closely. The choice is always yours to make and testing is not required.

Test	What It Involves	Accuracy	Timing	Special Notes
Ultrasound only (no testing)	Ultrasound	50-75%	18-20 weeks	All patients receive this anatomy scan
1st Trimester screening	Ultrasound + Mom's bloodwork	82-87%	12-14 weeks	
2nd Trimester Screening	Mom's bloodwork	81%	16-18 weeks	
Stepwise Sequential (1st and 2nd Trimester Screening)	Ultrasound + Mom's blood on 2 occasions	95%	12-14 and 16-18 weeks	If 12-14 week portion +, you will be made aware at that point
Cell Free Fetal DNA	Mom's bloodwork	>98%	10+ weeks	For moms >35 y/o or at an increased risk
Amniocentesis	Removal of some amniotic fluid though needle which passes from abdomen to fluid sac	>99%	15-20 weeks	Risk of fetal loss is 1 in 300-500
CVS	Removal of placental tissue through needle passed from abdomen or cervix to placenta	>99%	9+ weeks	Risk of fetal loss is 1+ in 300-500

FOOD

It is important to keep a healthy, balanced diet during pregnancy. Foods to avoid include: Fish with high mercury levels (shark, swordfish, king mackerel and tilefish); any raw meat or seafood/sushi; unpasteurized milk/cheeses (blue/gorgonzola). Also white tuna should be limited to 6 oz per week and all hot dogs and lunch meats should be warmed before eating. Caffeine is safe in moderate amounts (200mg/day). Please abstain from alcohol, smoking, and recreational drugs –there is no safe amount.

DENTAL CARE

Routine dental care is advised. We have a form available with recommendations for dental care/oral surgery if this is required by your dentist. Call the office with your dentist's fax number and we will fax or you may print the form from our website.

GENERAL HEALTH AND WELLNESS TIPS

Exercise in pregnancy is generally safe and encouraged. Staying physically fit will help during labor and is good for your health as well. Please avoid sports with a high risk of falling, contact sports and scuba diving. We will let you know if a condition arises or is noted that would keep you from safely exercising.

Please enjoy manicures/pedicures/hair styling throughout your pregnancy.

Hot tubs, Saunas, Tanning beds and spray tans should be avoided.

Please always wear sunscreen when outdoors, if you should get a burn aloe gel/lotion may be used

Should you come into contact with poison ivy you may use caladryl lotion, benadryl lotion or 1% hydrocortisone cream

Birthing and Breastfeeding classes are available at St Clair Hospital. Please pick up a schedule in our office.

TRAVEL

Travel in pregnancy is generally safe. Please let us know if you're planning a trip and remember to take frequent stops to walk and stretch.

Check the CDC website for up-to-date information on the Zika Virus. It is safe to use insect spray to prevent mosquito bites and is encouraged after application of sunscreen. Visit www.cdc.gov/ZIKA

CATS

While it's not a problem to love/pet/hug/snuggle/give belly rubs to your pets during pregnancy, please have someone take over the litter box responsibility, as doing this may expose you to diseases that could harm your pregnancy.

WEIGHT GAIN

Most weight should be gained in the 2 and 3 trimesters. Healthy weight gain for your entire pregnancy is based on your pre-pregnancy BMI:

BMI	Healthy Weight Gain
<18.5	28-40 pounds
18.5-24.9	25-35 pounds
25-29.9	15-25 pounds
<30	11-20 pounds, less may be ok

INTERCOURSE

Intercourse is generally safe throughout your pregnancy. Spotting and a short period of light cramping may also normally occur afterwards. If we are concerned about pre-term labor or an issue with your placenta we may ask you abstain. Please no intercourse if you think you may have broke your water. If you have any questions concerning this topic please ask in the office and we would be happy to discuss with you.

Common Problems

ACNE

Acne is a common problem during pregnancy. Gentle face washing twice a day and avoiding oily make-up is recommended. If an OTC topical product is desired you may use products with benzoyl peroxide, Azelaic acid, salicylic acid or Glycolic acid. Please do not use any prescription acne medications.

PAIN

One of a pregnant woman's common issues is pain, such as lower abdominal, cramps or back pain.

LOWER ABDOMINAL PAIN:

A common occurrence in pregnancy. As the uterus grows, the muscles that support it are pulled and stretched. You may feel this as a dull ache (cramps) or a sharp pain. Some recommended relief methods include:

Rest

Hydration

Tylenol (Acetaminophen) as directed on package

Maternity belts

BACK PAIN:

Another common complaint in pregnancy especially in the later weeks/months. This can

be caused by the carrying of additional weight or posture being offset by the increase in weight. Back pain relief may be found by:

Proper body mechanics

Topical OTC (over the counter) creams, ointments or patches as directed on the package

Alternating heat and ice

Maternity belts

Tylenol (Acetaminophen) as directed on package

These types of pains in addition to general aches and pains are not uncommon in pregnancy and may or may not be related to pregnancy. However if the pain is severe please call the office.

CONTRACTIONS

Contractions can be felt as cramps, pain or just as a hardening of the belly. Some women feel irregular contractions throughout the third trimester and these are called Braxton Hicks contractions. When in labor contractions will be regular, painful and increasing in intensity, if this occurs call the office.

GENERAL ILLNESSES OR AILMENTS

Common illnesses or ailments can occur during pregnancy and a common concern is what methods can be used to treat them. With any illness/ailment the best treatment is rest and staying well hydrated. Depending on your particular symptoms there are OTC treatments that can help, however always avoid medications containing aspirin or ibuprofen. Please call the office and advise us if any medications are prescribed by another physician.

COLD, COUGH, THROAT OR SINUS AILMENTS

In general these ailments are viral and are not best treated with antibiotics, sputum color does not indicate whether the illness is bacterial or viral. OTC treatments include:

Plain Tylenol (Acetaminophen) or Tylenol cold products

Zyrtec

Claritin (Plain)

Chloroseptic

Sucrets or Halls cough drops (most cough drops can be used)

Delsym or Plain Robitussin for cough

Plain Mucinex

Plain Saline nasal sprays

HEADACHE

Common in pregnancy, may be treated with rest and hydration or Tylenol as directed on package. A headache that persists or is accompanied by visual changes or persistent

edema (swelling) can be a warning sign indicating pre eclampsia. You should call the office if this occurs.

EDEMA (SWELLING)

Some swelling of face, hands, feet and legs is common especially later in pregnancy. The following may help to avoid or alleviate:

Rest/elevation of feet and legs

Watching sodium intake

Staying cool or avoiding long periods exposed to hot weather

Again if swelling is persistent or accompanied by headache or vision changes call the office.

VAGINAL DISCHARGE OR BLEEDING

An increase of normal vaginal secretions is a common occurrence in pregnancy. Vaginal bleeding or spotting can mean different things at different times in the pregnancy some of which can be due to normal issues. Reasons to contact the office include:

Any vaginal bleeding or spotting

Vaginal discharge that has an unusual color or odor or if accompanied by vaginal itching or irritation.

DIGESTIVE OR INTESTINAL ISSUES

NAUSEA AND VOMITING

Commonly known as “morning sickness” but can happen any time of the day or night. Most common in the first trimester but may occur in any or all trimesters. Relief of symptoms may be obtained by:

Over the counter remedies: Ginger, Vitamin B6, Unisom and sea-bands.

Following the BRATT diet (Bananas, rice, applesauce, toast and tea)

Eating dry things such as dry toast, crackers, ginger snaps etc.

Sipping flat ginger ale or cola, avoid carbonation and using straws

Eating smaller more frequent meals avoiding a completely empty stomach as this can increase nausea but do not force if unable to eat

Avoiding foods known to aggravate this condition or foods with strong smells or tastes

Take prenatal vitamins with food or at night or avoid taking them until feeling better

If vomiting becomes persistent call the office and we may consider prescription medications

DIARRHEA

Diarrhea is not typically dangerous in pregnancy and can be treated with Imodium as directed on the package, avoid Pepto Bismol and Kaopectate as they may contain aspirin. It is important however to stay well hydrated and to watch for signs of dehydration. Some common signs of dehydration are:

Excessive thirst

Dry skin or mouth

Fatigue

Dark colored urine or decrease in urination

Call the office if any of these symptoms accompanies diarrhea.

CONSTIPATION

This is a common occurrence in pregnancy caused by pregnancy hormones slowing digestion or later in pregnancy pressure on the rectum which can add to the problem.

Some relief may be obtained by:

Getting plenty of fiber and water in your diet

Moderate activity such as walking as tolerated

Laxatives such as Miralax or Milk of Magnesia as directed on package

Stool softeners such as Dulcolax or Senekot as directed on package

Call the office if this is a persistent problem.

HEARTBURN

Common in pregnancy especially in the second and third trimesters as the baby grows pushing up on the stomach. You may obtain relief by the following:

Sleeping with your head elevated whether and increase in pillows or in a reclining chair

Avoiding eating within two hours before bedtime

Not lying down after meals

Tums or a liquid antacid such as Mylanta

OTC Zantac as directed on the package

HEMMORRHOIDS

Hemorrhoids are common in pregnancy due to an increase in vascular pressure related to the increasing size of the uterus and baby. You may get relief by the use of the following:

Preparation H

Tucks pads

Use of a sitz bath

Keep bowel movements regular (see section on constipation) to avoid bearing down

ISSUES SPECIFIC TO PREGNANCY THAT SHOULD ALWAYS BE REPORTED TO THE OFFICE

CHANGES IN FETAL MOVEMENT PATTERN

As the third trimester arrives you may become aware of you baby's specific movement patterns. As your baby grows these movements can decrease as he or she runs out of room. If there are any significant changes in this pattern or movement that is not felt a minimum of 10 times daily always call the office.

VAGINAL BLEEDING/SPOTTING

As previously mentioned, this can occur in a normal healthy pregnancy however it can also be indicative of a problem. Always call the office to report vaginal bleeding or spotting.

FLUID LEAKAGE

It is not uncommon to have more and more vaginal secretions especially towards the end of pregnancy however any fluid that is flowing or running down your leg with or without contractions must be reported to the office.

CONTRACTIONS

Report regular painful contractions, increasing in intensity and lasting more than 90 minutes to the office.

FALLS/ACCIDENTS

If you've fallen or been in a accident or trauma of some sort (even minor!) please call right away so we can discuss if evaluation if needed and if so, what type and where.

IN CONCLUSION...

This guide is an attempt to answer some of the more common questions that come up or common ailments or issues that may occur during your pregnancy. It is not designed to be a substitute for good doctor-patient care. When in doubt call and discuss problems or concerns with the office staff. Additional information may be found in the "You and your baby" pamphlet that we have provided in your new OB pack. We hope these guidelines will aid in a trouble free pregnancy and result in a healthy happy baby!

This form is available on our website at zcobgyn.org in the event that lose it.