

CONGRATULATIONS ON YOUR PREGNANCY!

Thank you for choosing us to provide you with prenatal care. We look forward to caring for you during your pregnancy. Please take some time as soon as possible to read through the following checklist. Attached is some very important information for your pregnancy and prenatal care. Please call if you have any questions or we can discuss at your subsequent visits.

- Please take the time to watch the New OB videos. Call or send a message via MyChart with any questions today.
- If you are taking any prescription medication, please call your prescribing provider to notify them about your pregnancy.
- Your MyChart App will allow you access to your lab results and see upcoming appointments and other helpful information.
- Make sure you are taking a prenatal vitamin **DAILY** throughout your pregnancy unless instructed otherwise. If you are unable to tolerate prenatal vitamins, you should take 400-800mg folic acid (folate) over the counter. This may be more easily tolerated.
- **Review OB Medication List** - notice some medications are trimester specific
- **Review Prenatal Care Schedule** for typical schedule of appointments and general precautions
- **Recommended weight gain for pregnancy is 25-35 pounds.** If you are overweight, less than 25 pounds of weight gain is recommended. If you are unsure, ask for an update at your subsequent visit. Moderate exercise and walking can be very helpful and are encouraged during pregnancy unless you have been instructed otherwise.
- **Dental health in pregnancy is important.** Attached you will find safe guidelines and information that you can print and bring with you to any dental visits in the event your dentist requires it.
- **You should NOT smoke or vape at all during pregnancy** as even a minimal number of cigarettes (or vaping) increase your chance of adverse pregnancy outcomes such as miscarriage, pre-term birth, low birth weight, stillbirth, and sudden infant death syndrome after delivery. Stopping “cold turkey” is recommended and is much safer than continuing to smoke or vape.
- **The use of alcohol, THC (legal or illicit), and/or illegal drugs should be completely avoided.**
- The **Panorama cell-free DNA non-invasive prenatal screening test** is offered to all patients regardless of high or low risk status. This can be done as early as 8 weeks. This tests for Trisomy 21 (Down Syndrome) along with Trisomy 18, 13 and sex chromosomes. We have resources that we can provide to you at any point during pregnancy for you to decide if you desire this test to be done.
- The **Horizon Carrier Screen** is offered to all patients regardless of ethnicity or other risk status. This test can be done at any time during or before pregnancy. This test only needs to be performed once in your lifetime. If you have previously completed this test, there is no need to re-screen with future pregnancies. We have resources that we can provide to you at any point during pregnancy for you to decide if you desire this test be completed. Let us know at your next appointment if you wish to proceed with testing. It is again important to be educated on this test prior to doing it.
- There are a few different vaccinations that may be appropriate and recommended during your pregnancy. These will be discussed during one or more of your prenatal visits. Visit <https://www.acog.org/womens-health/infographics/vaccines-during-pregnancy> for more information.
- Notify us if you own or are regularly around cats - there are a few precautions to take.
- Notify us if you are planning any upcoming travel, especially international travel, as there may be some general safety precautions we will need you to follow.



OB Medication List

It is always advisable to avoid medication use in pregnancy especially in the first trimester and near delivery.

However, the following medications may be used if necessary during pregnancy:

ALLERGY SYMPTOMS - Benadryl - Zyrtec or Claritin (AFTER 1st trimester)	FEVER, HEADACHE, GENERAL ACHES AND PAINS Tylenol or Extra Strength Tylenol	COUGH Robitussin or Robitussin DM or Mucinex DM
SORE THROAT - Chloraseptic spray / Cepacol Lozenges - Cough Drops - Tylenol	NASAL CONGESTION - Sudafed (Pseudoephedrine from behind the counter) - AFTER 1st trimester - Saline nasal spray - Flonase	HEARTBURN / GAS Tums or Pepcid 20 or 40 mg for heartburn; Gas-X "Simethicone" (gas relief)
CONSTIPATION - Fiber Con or Metamucil - Miralax - Milk of Magnesia - Over the counter suppository such as Dulcolax	STOOL SOFTENER - Surfak - Colace - Docusate	HEMORRHOIDS - Anusol cream or suppositories - Preparation H - Tucks wipes
YEAST INFECTION Monistat vaginal cream (7 day treatment is best)	NAUSEA - Vitamin B6 about 25mg (1/4 of 100mg tablet 3-4 times per day) - Unisom (doxylamine) 12.5mg (1/2 25mg tablet at bedtime or up to 3 times per day- may be sedating) - Combined B6 & Ginger pills(from FullScript) 3x per day	DIARRHEA Imodium

Notify any other treating physicians of your pregnancy status to confirm that any prescribed medications are safe during pregnancy and lactation.



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Prenatal Care Schedule

Your initial OB visit will include the following:

- Medical and obstetric history
 - A physical exam and Pap smear, if indicated, will be performed at your second OB visit
- Ultrasound
- Lab work, urine culture and routine STI check

The following OB visits will be scheduled at 4 week intervals through 28 weeks. These OB visits will include the following:

- Weight and blood pressure check
- Urine dip for protein and glucose
- Fetal heart tones
- Measuring fundal height (uterus) after 20 weeks
- Discuss progression of your pregnancy
- Anatomy ultrasound at approximately 18-20 weeks
- Between 24 and 28 weeks, in addition to your normal checkup, a one-hour sugar test will be done to test for gestational diabetes along with a repeat evaluation for anemia, syphilis, and HIV
- Rhogam injection at 28 weeks if indicated based on Rh(-) blood type

After 28 weeks you will be seen every 2 weeks until 36 weeks:

- At 30-32 weeks, an ultrasound will be done to assess fetal growth and estimate birth weight.
- By 32 weeks you will receive a “Kick Count” instruction form. This is a way to monitor your baby’s movement at home and to provide reassurance of fetal well-being.

At week 36 your visits will be weekly:

- Cervical exam to monitor progress or changes to your cervix, such as thickness and dilation
- Rectovaginal swab for the screening of Group B Strep (at 36 weeks)
- Visits continue weekly until delivery

If questions arise between visits, please write them down and bring the list with you so we may be able to answer any questions you have.



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General Precautions

If you experience the following symptoms, contact our office immediately at 337.480.5530. After office hours, present to Early Labor Evaluation at the Family Birth Center:

- Gush of water
- Significant vaginal bleeding
- Regular contractions (tightening of your entire womb) occurring every 5 minutes at 37 weeks or greater OR if you are less than 37 weeks and experience more than 4-5 contractions in an hour.
- Decreased fetal movement. If your baby does not meet the "Kick Count" guidelines or you just don't feel your baby's movements like normal.
- Headaches that do not respond to Tylenol or rest
- Rapid swelling/weight gain
- Visual disturbances/seeing blind spots



Dental Procedures

Good dental hygiene is important and has been shown to improve pregnancy outcomes. Regular dental visits are encouraged during pregnancy.

If you require dental procedures during pregnancy, the following are allowed:

ANESTHETIC:

- Lidocaine with or without epinephrine

PAIN

- Tylenol #3, Norco, or Percocet

ANTIBIOTICS

- Erythromycin or Azithromycin
- Penicillin/Amoxicillin
- Keflex
- Clindamycin

Dental X-Rays are allowed **IF ABDOMEN IS SHIELDED WITH LEAD APRON.**



Safety

Smoking, Drinking Alcohol. Marijuana and using Illegal Drugs

All these things are highly dangerous and provide serious risks for your baby like low birth weight, premature birth, fetal alcohol syndrome and a number of other extremely hazardous conditions. For your baby's safety, these behaviors should be avoided.

Prescription Medications

There are several prescription drugs that can have a variety of very serious side effects on you and your baby during pregnancy. Please go over all medications you take with your doctor, who will let you know what is safe and what is not and may even prescribe alternative medications or treatments.

Over-the-Counter Medications and Products

Certain over-the-counter medications could cause problems for you and your baby, so it's very important to consult your doctor before using anything at all, even vitamins and herbal supplements, during pregnancy. Also avoid certain feminine hygiene products such as douches and vaginal deodorants and sprays.

X-Rays and Certain Other Exams

Be sure to make all of your physicians aware of your pregnancy, because X-Rays and other examinations or procedures may harm your baby. If an X-Ray must be completed, it is very important your abdomen is shielded with a lead apron.

Hair Coloring

Studies suggest that few of the chemicals in hair color products are absorbed through the skin while coloring hair and that it doesn't present a major danger to the baby during pregnancy. It is, however, recommended that women wait to color their hair until at least the second trimester, when the baby is better developed and less susceptible to potentially threatening substances. Alternative, natural hair coloring methods such as henna may also be used. If you aren't sure, consult your physician.

Hot Baths or Showers

It's fine to take relaxing warm baths or showers, but make sure the water isn't too hot. If you are uncomfortable with the temperature of the water when you first touch it, it's too hot. Water temperature should be below 100 degrees Fahrenheit, which should feel warm and relaxing, but not shocking to the skin.

Exercise

We highly encourage 30+ minutes/day of walking or other cardiovascular exercise during pregnancy. This has been shown to improve outcomes. The generally accepted rule about any sort of exercise or sports during pregnancy is that it is fine to continue activities that you had been doing before pregnancy – as long as they are not likely to cause you to fall down or be hit, which could cause early labor. It is also recommended that you use caution with new forms of exercise during pregnancy. Low impact forms of exercise such as walking, swimming, elliptical machines or similar are a good choice. Please discuss any questions on exercise at your next follow up appointment.

*If you take part in an exercise class, discuss with both your physician and your instructor to determine how to alter your routine during pregnancy.

Heavy Lifting

You should use caution with lifting heavy objects during pregnancy. Doing so can cause back pain, injury and other problems. If you have young children that want to be picked up often, try to use alternatives such as allowing them to sit on your lap. We recommend against lifting items greater than 20lbs in general.

Feline Pets

Changing the cat litter can be dangerous to you and your baby because cat waste may contain an infectious parasite that can cause Toxoplasmosis, which can be very dangerous for you baby. Have someone else change your cat litter for you, and make sure to practice excellent cat box hygiene. Also, after handling the cat or any toys or other items that the cat uses, wash your hands thoroughly. If you garden, make sure to wear gloves when working with the soil, as Toxoplasmosis can also be found in dirt.

Tap Water

If you are unsure of any bacteria that may be in your tap water, you should use bottled water, purchase a water filter, or make sure to boil water to kill any bacteria before drinking it.



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Food

In so many of our cultures, food plays a major role in our daily lives – which is why it is important to know what foods are good to indulge in and which ones should be avoided during pregnancy.

- Eat a well-balanced diet with lots of fruits, vegetables, lean protein and whole grains. It's important to eat right all the time, but it's especially important to eat right during pregnancy.
- Don't overdo it – You shouldn't use pregnancy as an excuse to go calorie crazy. Doctors generally recommend consuming about 300 extra calories per day while pregnant.

Foods to Avoid and Why:

Raw or undercooked eggs can contain Salmonella, a form of bacteria that can be harmful to you and your baby. Salmonella, like other bacteria, is destroyed during cooking, so make sure your eggs are thoroughly cooked before eating them. Also be wary of other foods and sauces that contain raw or undercooked eggs.

Raw or rare fish, meat and shellfish can contain a number of bacteria that may be harmful to the baby, even if it isn't typically harmful to you, so be sure fish and meat are thoroughly cooked before consumption.

Fish with high mercury content such as swordfish, shark, tilefish and king mackerel should be avoided. Other fish with lower mercury levels are generally good and are healthy to eat in moderation at approximately 2-3 servings per week. Visit <https://www.acog.org/womens-health/faqs/healthy-eating-during-pregnancy> for frequently asked questions related to food safety.

Smoked fish can contain certain additives that can be unsafe for your baby.

Cold deli meats can contain harmful bacteria called Listeria. Before eating any cold deli meat, you should heat it until it is steaming. Also, make sure smoked or cured meats like hot dog franks, ham and bacon are thoroughly cooked until steaming before eating.

Unpasteurized milk and soft, ripened cheeses such as Brie, Feta, Gorgonzola, Roquefort, Camembert, queso blanco or queso fresco should be avoided unless the label clearly indicates that the cheese is made from pasteurized milk.

Raw fruits and vegetables that haven't been properly washed can also contain bacteria. Make sure your fruits and veggies are washed thoroughly.

Caffeine is a stimulant that constricts the blood vessels. The recommended daily caffeine intake is 200mgs. In theory, EXCESSIVE use during pregnancy could cause an increased chance of pregnancy loss or hypertension. It is always good to use caution and ask if you are considered high risk, however 1-2 servings per day has not been shown to cause problems during pregnancy. If you are a heavy caffeine user, it may be better to taper down your daily use to 1 or 2 total servings a day rather than going "cold turkey" as this may cause headaches and excessive fatigue. Remember that coffee, tea, sodas, and dark chocolate all usually have caffeine. Also remember that one serving of coffee would be a small cup and often a large coffee from a coffee shop may be more than 2 servings alone.

If you are unsure what's in something, check the labels or ask the person who prepared the food or your server at a restaurant.



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Maternal Immunization Schedule



Vaccines help keep pregnant patients and their growing families healthy.

More than a dozen medical organizations endorse ACOG's guidelines for vaccines during pregnancy.

Here's what you need to know.

Vaccines recommended during pregnancy			
	FIRST TRIMESTER* (1–13 weeks†)	SECOND TRIMESTER (14–27 weeks)	THIRD TRIMESTER (28–40 weeks)
Influenza (Flu)	Any trimester, at any time of the year, although it's best to receive it in early fall.		
COVID-19	Any trimester, although it's best to receive it as soon as possible during pregnancy, at any time of the year.		
Tetanus, diphtheria, and pertussis (Tdap)			Preferably as early as possible between 27 and 36 weeks, at any time of the year.
Maternal respiratory syncytial virus (RSV)			Only between 32 and 36 weeks of pregnancy in your first pregnancy, during September through January in most parts of the U.S. If you had the RSV vaccine during a previous pregnancy, you do not need to get it again, but your baby should get a shot of monoclonal antibody after birth. Your baby can also get this shot instead of you receiving the maternal vaccine.

* First trimester is measured from first day of the last menstrual period.

† Each trimester concludes with completed weeks (eg, 13 weeks and 6 days).