



Women's Health Specialists

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Women's Health Specialists Pregnancy Welcome Packet

Dear Expectant Parents,

We would like to take this opportunity to thank you for choosing Women's Health Specialists at Eagle's Landing for your obstetrical care. This is an exciting time in your life and we are pleased to share this experience with you.

The following information is provided to help answer some questions you might have regarding your pregnancy and our office procedures. Also, some suggested reading information is listed to offer help with any further questions you may have. Please feel free to ask any questions you may have at your visits. Our goal is for you to have an enjoyable obstetrical experience and the delivery of a healthy, happy baby.

Welcome to our practice!

Sincerely,

Physicians and Staff
Women's Health Specialists

At different times during your pregnancy, lab tests will be performed. These tests are required at specific times during your pregnancy, and are listed below:

1. A prenatal profile is drawn on your first office visit. This includes a complete blood count (CBC), rubella titer, RPR, hepatitis screen, sickle cell screen, blood type and screen, urinalysis, HIV screen and a urine drug screen.
2. Genzyme screen: This blood test screens fetuses at risk for possible abnormalities such as open neural tube defects (i.e. spina bifida) and Down Syndrome. This test is performed in two parts. Part one is drawn between 10-14 weeks and part 2 between 14-18 weeks of pregnancy.
3. Diabetic Screen: Pregnancy can cause a diabetic condition called “gestational diabetes.” We will screen you for this condition between the 24th and 26th week of your pregnancy, unless otherwise instructed by your physician. You do not need to fast for this test, however please refrain from a meal with high sugar content. We will give you a special glucose solution to drink and one hour afterwards, a blood sample will be drawn to monitor your blood sugar level. If your blood sugar level is too high, we will do further tests on another day.
4. Group B Strep Culture: A vaginal culture will be obtained between the 35th and 37th week of your pregnancy. This culture is to determine if you are a carrier of Group B Strep infection. Although 40% of the normal female population are carriers, it only becomes a factor during pregnancy. If you test positive for Group B Strep, you will be treated with an antibiotic while in labor and the baby will be closely monitored following delivery to minimize complications, which could occur. If we inform you that you test positive, please notify your baby’s pediatrician prior to delivery. The pediatrician will follow your baby’s condition after delivery.

If at any time during your pregnancy you experience an emergency, feel free to contact our office after hours via the answering service. If you have routine questions, please discuss these at your OB visit or telephone our office during our normal business hours.

Office Visits:

Multiple tests were performed during your first prenatal visit. We will notify you of any abnormal results. A prescription for prenatal vitamins was written for you, if you were not already taking a vitamin. You are to take one prenatal vitamin every day.

A full term pregnancy lasts approximately 40 weeks. Obstetrical visit (OB rechecks) are scheduled as follows:

- Every 4 weeks until 28 weeks gestation
- Then every 3 weeks until 32 weeks gestation
- Then every 2 weeks until 36 weeks gestation
- Then once weekly until your delivery.

Your physician will let you know if this schedule needs to be altered.

GENERAL INFORMATION:

Do Not use any medications during the first 12 weeks of your pregnancy, unless prescribed by your doctor. However, you do need to take your prenatal vitamin. After 12 weeks refer to the medication list provided for minor illness treatment.

Reduce or stop the use of caffeine during your pregnancy, if you are a heavy user, gradually decrease your consumption to eliminate caffeine headaches.

Avoid alcohol and tobacco products during your pregnancy.

Nausea and occasional vomiting are normal during pregnancy. If you experience increased nausea with vomiting, begin a clear liquid diet for approximately 24 hours, and gradually add back solid food as tolerated. Please telephone our office if you are unable to keep any food or liquids down for 18-24 hours.

We are aware questions may arise between your OB appointments; therefore we encourage you to keep a small notebook to write down any questions. Bring this notebook with you to your visits and discuss your questions with the physician or nurse. This is also a good way to keep track of pregnancy “highlights” such as first fetal movement, hearing fetal heart beat, weight gain, etc.

Morning Sickness: Nausea and Vomiting During Pregnancy

Nausea and vomiting during early pregnancy, sometimes called morning sickness, can happen any time of the day.

Morning sickness usually begins about the sixth week of pregnancy and gets better by the 13th week.

Morning sickness probably happens because hormone levels in your body change rapidly during early pregnancy.

Stress, not eating for several hours, or certain odors may trigger morning sickness.

TIPS ON WHAT TO DO:

1. **REST**---Take more frequent rest periods and naps. Keep a slice of toast, saltine crackers, pretzels, or dry cereal at your bedside. It may help to eat something before you get out of bed.
2. **Diet**--- Eat smaller, more frequent meals to avoid having an empty stomach. Avoid highly seasoned, greasy fried foods. If food odors bother you, select foods that are eaten cold or room temperature.
3. **LIQUIDS**--- When bouts of vomiting occur, take sips of clear liquids only. As the nausea passes, increase the amount of liquids to ½ cup every hour. Some examples of clear liquids are Jell-O, clear soft drinks (Sprite), apple juice, tea, and broth.

You may worry about the health of your baby if morning sickness is a problem. If you are in good health before pregnancy, your growing baby will have enough nutrients for the first months of pregnancy.

Follow-Up

Call your doctor if:

You cannot keep liquids down for 24 hours

You have abdominal pain, fever, dizziness, severe weakness, or feel faint.

NEVER TAKE MEDICATIONS WITH ASPIRIN, IBUPROPHEN (MOTRIN) OR ALCOHOL

Common Discomforts of pregnancy and what to do about them

1) Heartburn

- a. Stay away from greasy and spicy food
- b. Eat smaller meals, but more often
- c. Do not lie down just after eating
- d. Elevate the head of the bed with pillows while sleeping
- e. Any antacid: Maalox, Mylanta, Gaviscon, Tums. Drink plenty of water with antacid tablets as it helps increase effectiveness.

2) Dizziness

- a. Change your position slowly
- b. Get up slowly after you have been lying down
- c. Eat regular meals/drink plenty of liquids
- d. Do not stay in the sun
- e. Report any dizziness to your doctor

3) Varicose veins

- a. Avoid stockings or girdles with elastic bands
- b. You may use support hose
- c. Put support hose on while lying down
- d. Take short rests with legs raised

4) Shooting Pains Down Legs

- a. Change positions: If you are sitting, stand up; if you are standing up, sit down.

- 5) Lower Leg cramp
 - a. Elevate legs often during the day
 - b. Point toes upward and press down on kneecap
 - c. Apply a heating pad or hot water bottle for relief
 - d. Avoid heavy meals at bedtime

- 6) Increased Secretions (Mucous-nose/throat/mouth)
 - a. Do not use over the counter medicine. Check with your doctor

- 7) Trouble Sleeping
 - a. Do not eat just before sleep
 - b. To help relax, try drinking milk
 - c. Take a warm bath before you go to bed or practice relaxation exercises

- 8) Feel Faint When Lying On back
 - a. Lie on your left side

- 9) Colds/Runny nose/Sore Throat
 - a. Warm salt water gargles, zinc lozenges, chloraseptic Spray for sore throats
 - b. Saline nose spray and humidifier fro sinus congestion
 - c. Sudafed, Actifed, Dimetapp, Chlortrimetron or Benadryl

- 10) Cough
 - a. Robitussin Cough Syrup, expectorant or other over the counter cough syrup as long as it DOES NOT CONTAIN ALCOHOL.

- 11) Hemorrhoids
 - a. Tucks pads and ice packs
 - b. Annusol HC suppository
 - c. Preparation H

- 12) Constipation
 - a. Any stool softener may be used
 - b. NO LAXATIVES
 - c. Drink at least a gallon of water a day
 - d. Eat plenty of fiber rich foods such as fruits and vegetables, whole grains, high fiber cereal, and cooked dried beans
 - e. Metamucil or Citracel are ineffective without the water

- 13) Diarrhea
 - a. Kaopectate
 - b. Immodium A.D.

- 14) Headache, Muscle Aches, and fever
 - a. Tylenol (acetaminophen)

15) Gas

- a. Mylicon

ALCOHOL

Avoid alcohol beverages completely. Drinking alcohol can lead to physical and mental disorders for your baby.

ARTIFICIAL SWEETENER

(aspartame, more commonly known as Equal or NutraSweet)

Avoid artificial sweeteners during pregnancy if you have never used them before. If you normally drink diet soda or use Equal or NutraSweet, limit yourself to two to three servings a day.

CAFFEINE

Limit caffeinated beverages such as regular coffee, tea, and cola to no more than one or two cups a day.

Weight Gain During Pregnancy

Gaining Weight

Weight gain is normal during pregnancy. It is part of the body changes that occur. You need to control your weight gain if you want a healthy baby. You should control when your weight is gained. You also need to control how much you gain. A slow and steady weight gain is your best bet. You should gain about 10lbs. the first three months. After that, you should gain about ½ to 1 lb a week. Your total weight gain should be about 25 to 35 lbs, if you are healthy and normal weight.

Losing Weight

It is not good for your baby if you lose weight or diet during your pregnancy. Pregnancy is not the time to lose weight. You can lose weight after the baby is born. Ask your doctor for exercises. These can help you control your weight gain.

Eating For Two

Pregnant women only need to add 300 Calories a day to their diet to take care of the baby. “Eating for two” is an old fashioned idea that is no longer true. If you are gaining too much weight too fast, you may be “eating for two” or you may be eating foods too high in fat and sugar.

A diet based on the food pyramid for pregnancy can help you meet these needs. Try to eat the daily-recommended servings for each food group to help ensure a healthy pregnancy.

It is up to you to make good food choices for you and your baby.

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.

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

- 1) Practice while you sit, stand, walk, drive, or watch TV
- 2) 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.