

Plano Women's Healthcare, P.A.
General Obstetrical Information
(972) 596-2470

I. PRENATAL VISITS

Your prenatal visits will take place every four weeks until you are approximately seven months (28-32 weeks) pregnant. Starting at 32 weeks, your prenatal visits will be every two weeks and may include rotation with the other doctors in our office. At around 36 weeks, you will be seen on a weekly basis until your delivery. During your weekly appointments, you may have a pelvic exam at each visit.

Patients at high risk for complications (high blood pressure, diabetes, pre-term labor) may be seen more frequently.

II. TESTS

During your initial visit, the following blood tests will be performed: a complete blood count (CBC), blood type and RH, antibody screen, sickle cell (if needed), rubella titer, VDRL (syphilis check), urine culture, hepatitis screen, HIV and a sonogram to confirm pregnancy if less than 12 weeks. Pap Smear, Chlamydia/Gonorrhea will be performed unless previously done in the last 6 months. Other tests will be ordered / offered if deemed necessary. Although, some insurance companies may not cover these tests, they are highly encouraged.

Throughout your pregnancy, we will check for anemia, diabetes and hypertension. Urine samples will be collected and checked at each visit for the presence of protein, glucose and blood. Blood pressure and weight will also be assessed.

There are several options for prenatal screening to assess your baby's risk for genetic disorders. These include Nuchal Translucency Screening or combined First Trimester Screening, CVS, or a penta screen. These are done at specific times during the pregnancy and will be discussed in more detail during your first appointment.

A sonogram may be done between 16-20 weeks if medically necessary. This sonogram will check the physical well being of the baby as well as placental location and amniotic fluid volume. You will need to have a full bladder.

At or around your 24-28-week visit, you will drink a measured amount of glucose (Glucola). Your blood will be drawn one hour after you finish the drink. This is a screening test for gestational diabetes. Plan to be here for at least one hour. At this point in the pregnancy, you should be thinking about choosing a pediatrician and enrolling in a prenatal or labor refresher class.

A vaginal culture will be done at 35-37 weeks to assess for group B strep, and HIV will be redrawn.

III. GENERAL

During your pregnancy you should abstain from smoking, illicit drug use and drinking alcohol. Caffeine should be avoided, if possible. Use artificial sweeteners in moderation. It is preferable that no medication be taken in the first 12 weeks (three months) of pregnancy unless approved by our office. However, even in the first 12 weeks, it is safe to take small doses of some medication for mild discomfort, indigestion, etc. Please refer to the attached list of medications.

Travel is permissible until 36 weeks in an uncomplicated pregnancy. After 24 weeks, a pelvic exam will be done before your doctor approves any travel. Travel is not recommended after 36 weeks!

Extensive dental work should be postponed until after the 1st twelve weeks of pregnancy. Routine dental work such as cleanings and fillings may be performed during pregnancy. Please advise your dentist of your pregnancy so that precautions in shielding your abdomen during x-rays are taken. Local anesthesia including Lidocaine and Novocain without Epinephrine may be used.

Artificial hair color application should be avoided until after the first 12 weeks of pregnancy have passed. Artificial nail application and fills should be performed only under well-ventilated circumstances.

IV. DIET GUIDELINES

A weight gain of 25-35 pounds during your pregnancy is desirable. This is not the time for restrictive diets. Your weight will be assessed at each visit. Weight gain can vary from visit to visit.

V. EXERCISE

Exercise during pregnancy is important and key to your well-being and comfort. It affects how quickly you “shape-up” in the postpartum period. Swimming, thirty minutes of fast walking or low impact aerobics are some things you can participate in during your pregnancy. For all activity, start slowly and if you get tired - STOP. Housekeeping is not considered exercise. Activity should be enjoyable - not painful or too difficult.

VI. VACCINATIONS

- The Influenza Vaccine is recommended in any trimester during flu season (October-March)

- The CDC now recommends the TDAP Vaccine be given in each pregnancy during either the 2nd or 3rd trimester. All close family members and caretakers are recommended to have this vaccine as well.

VII. COMMON PROBLEMS OF PREGNANCY & APPROVED MEDICATIONS

Dyspnea (shortness of breath): Sleep with your head elevated, propped up by pillows. The descent of your baby in later gestation will relieve some of this discomfort.

Constipation: Drink at least 8 glasses of water a day. Increase your intake of fruits and fruit juices, bulk-forming foods such as bran, cereals, and vegetables, and increase your exercise. Stool softeners such as *Colace, Surfak, Metamucil and Miralax* and laxatives such as glycerin or *Dulcolax* suppositories may be used on occasion. *Gas X* may be used for gas pain.

Hemorrhoids: You may use *Tucks* pads, *Preparation H*, *Anusol* cream, and do warm tub (sitz) baths as needed to relieve discomfort.

Heartburn: Eat several small meals a day instead of three big ones. Avoid greasy or highly spiced foods. Breathe slowly and deeply. If symptoms worsen at night, sleep with your head elevated. You may use *Maalox, Gaviscon, Riopan, Mylanta, Milk of Magnesia, Zantac, Tums, Prilosec OTC, Pepcid* or *Roloids*. If still unrelieved, please call us.

Colds: Increase your fluid intake especially clear liquids. You may use decongestants such as *Sudafed* and *Tylenol Cold*. However, with fever over 100.4, we ask that you call the office. You may use *Tylenol, Extra Strength Tylenol* or *Tylenol PM* for headaches and fever. For cough, we recommend *Benadryl* or *Rescon, Robitussin, Robitussin DM, Tavist, or Claritin, Zyrtec, Mucinex (Robitussin CF* or any other medicine containing *Phenylpropanolamine* may NOT be used.)

Diarrhea: Limit your diet to bland food and mostly clear liquids. *Imodium A-D* can also be used. Please call the office if symptoms persist.

Nausea or Vomiting: Some nausea is common. Small but frequent meals may help. Skipping meals will aggravate the discomfort. If vomiting or nausea occurs often, please call the office. *Emetrol* is an over-the-counter antiemetic that may help. You can also try a combination of Vitamin B6- 25mg three times a day, with Doxylamine (Unisom) 12.5mg in the a.m. and afternoon and Doxylamine (Unisom) 25mg at night.

Varicose Veins or leg ache: Avoid tight garters, knee-highs or thigh highs. Support hose will help. Avoid standing for long periods of time. Change positions frequently. Elevate legs and hips several times a day by supporting them with pillows under the knees.

Painful urination: Call the office to discuss your symptoms with the nurse. Collection of a urine sample may be required.

VIII: IMPORTANT REMINDERS

Emergencies to be reported to your doctor:

Constant headache unrelieved by Tylenol or a decongestant

Unusual swelling or a generalized puffy feeling

Blurred vision or fainting

Bleeding from the vagina

Fever of greater than 100.4

Persistent abdominal pain

Burning on urination

Decreased or no fetal movement. Please call as soon as this is noticed. You may need a non-stress test (NST).

IX: IS IT TIME? -- Call Your Doctor If: (972) 596-2470

First Baby - Contractions that are 5 minutes apart, each lasting 40-60 seconds for the duration of one hour.

Not first baby - Contractions 7-10 minutes apart.

Water breaks - Signs include a sudden gush of water from the vagina, consistent leaking of fluid or "increased wetness". Do NOT wait until contractions start or for the fluid to stop before calling.

Vaginal bleeding - Anything besides the bloody show should be reported to your doctor. You do not need to notify the office for the loss of the mucus plug.

Besides the above suggestions and recommendations, a lot of information can also be found in your prenatal books. However, please do not hesitate to ask questions. We are here to provide you with answers and to make your pregnancy a healthy, safe, and enjoyable experience.