

Pregnancy Welcome Packet

Dear Expectant Parents,

We would like to take this opportunity to thank you for choosing the practice of Dr. Glena Davis 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!

Again, thank you and good luck!

Glena Davis, DO

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Prenatal Care Visits

Early in your pregnancy, you will have a complete history and physical examination. It is important to inform our office of all details of your health history. Routine laboratory tests will be obtained, looking for specific issues that could influence the pregnancy.

After the initial visit, you will be seen about every 4 weeks until your 7th month (28 weeks). Then, you will be seen every other week until the last month, when you will be seen weekly.

At each visit, your weight, blood pressure, and urine will be checked. Your health care provider will measure the size of your uterus, and after 12 weeks, listen to your baby's heartbeat.

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. QUAD screen: This blood test screens fetuses at risk for possible abnormalities such as open neural tube defects (i.e. spina bifida) and Down Syndrome and Trisome 18. This test needs to be performed between 16 and 19 weeks of pregnancy.
3. Diabetic Screen: Pregnancy can cause a diabetic condition called "gestational diabetes." You will be screened for this condition between the 24th and 28th week of your pregnancy, unless otherwise instructed by Dr. Davis. You do not need to fast for this test. You will be given 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.
5. Fetal Movement – A very good way to check the health of your baby is to be aware of its movement. At about the 20th week of pregnancy, most mothers will be feeling their babies moving each day. At first, the movements are slight, but they grow into very powerful sensations. Dr. Davis will be asking at every visit if your baby is moving or if there has been any

change in its' movements. Dr. Davis recommends that after the 28th week of pregnancy, you can perform a "kick count." Each day, starting first thing in the morning, you count each fetal kick or movement. Once you reach 10 kicks or movements, you can stop counting for the rest of the day. If it gets to be 12 noon and you haven't felt 10 movements, then you should contact our office immediately. Any sudden loss of fetal movements should also be reported immediately.

6.Non-Stress Test (NST) – This painless and harmless test is sometimes done later in pregnancy to evaluate the health of the baby, particularly if there are any concerns. An electronic fetal monitor is used to see how the baby's heart beat responds to its' own movements. The test takes about 20-40 minutes to complete.

7.Ultrasound – Ultrasound can be very helpful in determining the baby's size, position, and due date. It also can locate the placenta and determine the amount of amniotic fluid present. In some circumstances, it can evaluate fetal structures. Dr. Davis will perform a comprehensive ultrasound at approximately 20 weeks to measure different parts of the baby's structure to confirm a thriving pregnancy.

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.

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 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 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.

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

Common Discomforts of pregnancy and what to do about them

1) Heartburn

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

2) Dizziness

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

3) Varicose veins

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

4) Shooting Pains Down Legs

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

5) Lower Leg cramp

- Elevate legs often during the day
- Point toes upward and press down on kneecap
- Apply a heating pad or hot water bottle for relief
- Avoid heavy meals at bedtime

6) Increased Secretions (Mucous-nose/throat/mouth)

- Saline Nasal Spray
- Cough Drops

7) Trouble Sleeping

- Do not eat just before sleep
- To help relax, try drinking milk

- Take a warm bath before you go to bed or practice relaxation exercises

8) Feel Faint When Lying On back

- Lie on your left side

9) Colds/Runny nose/Sore Throat

- Warm salt water gargles, zinc lozenges, chloraseptic Spray for sore throats
- Saline nose spray and humidifier for sinus congestion
- Sudafed or Benadryl

10) Cough

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

11) Hemorrhoids

- Tucks pads and ice packs
- Anusol HC suppository
- Preparation H

12) Constipation

- Any stool softener may be used
- NO LAXATIVES
- Drink at least a gallon of water a day
- Eat plenty of fiber rich foods such as fruits and vegetables, whole grains, high fiber cereal, and cooked dried beans
- Colace 100 mg twice daily
- Metamucil or Citracel are ineffective without the water

13) Diarrhea

- Kaopectate
- Immodium A.D.

14) Headache, Muscle Aches, and fever

- Tylenol (acetaminophen)

15) Gas

- Mylicon

16) Round Ligament Pain: Oftentimes women complain about some lower abdominal cramping on either side of their abdomen, during the beginning of their pregnancy. This is commonly called “round ligament” pain. The uterus is supported on either side by ligaments that stretch as the uterus enlarges. As these ligaments stretch, you may notice some discomfort upon arising from a chair or turning over in bed. It may feel as if something “catches”. This is normal and can be eased by moving a little slower and taking your time in getting up or moving, or wearing a maternity belt.

Emergencies

Most women do not experience problems during pregnancy. It is important to know how and when to get immediate medical advice if you suspect a problem. The following are reasons to seek immediate medical advice during pregnancy:

1. Any fluid leaking from the vagina.
2. Vaginal bleeding of any kind.
3. Sudden swelling of your hand or face.
4. Bad headaches or headaches that don't go away with simple remedies.
5. Changes in vision (blurred, flashes of light or spots before your eyes).
6. Dizziness or fainting.
7. Sudden weight gain (more than 2 pounds in a week).
8. Severe or continual abdominal pain, not relieved by a bowel movement.
9. Fever (temperature of 101 degrees or more).
10. Burning sensation while urinating.
11. Contractions or pelvic pressure, if you are less than 37 weeks pregnant.
12. Vomiting lasting 24 hours or more.
13. Decrease in fetal movement after the 28th week.

Premature Labor

Premature labor is labor that starts between the 20th and 37th week of pregnancy. Prematurity can be a very serious problem. If you know what to look for, you may be able to prevent your baby from being born too early, or give your provider enough time to improve the situation. Know these warning signs:

1. Uterine contractions which happen every 10 minutes or more often.
2. Menstrual-like cramps in the lower abdomen may come and go or be constant.
3. Low, dull backache felt below the waistline may come and go or be constant.
4. Pelvic pressure which feels like the baby is pushing down. Pressure that comes and goes.
5. Abdominal cramping with or without diarrhea.
6. Vaginal discharge may suddenly increase in amount, become mucousy, watery, or slightly bloody.

Should you be experiencing any of these symptoms, call our office number 940-328-1200 at once, or go to the emergency room immediately.

Reducing the Risks

When you are pregnant, you need to be concerned about your own health and the health of your baby. Whatever you eat, inhale, or rub on your skin may affect the baby. Before coming in contact with any material, stop and think about whether it will have any effects.

Drugs

Do not take any drugs, street drugs, pills or medicines, prescribed or purchased "over-the-counter," without checking first with your health care provider. Some medications are safe and others are not.

Alcohol

Alcohol is a toxic substance. Babies of mothers who drink alcoholic beverages regularly during their pregnancy may have symptoms of Fetal Alcohol Syndrome, characterized by tremors, sleep disturbances, mental retardation and physical changes in their appearance. There is no clear dividing line between what is definitely safe and what level of drinking is definitely harmful to the baby. It is therefore wise to avoid alcohol entirely during your pregnancy.

Smoking

Smoking cigarettes while pregnant poses significant risks to the pregnancy. Please don't smoke during pregnancy. If you were smoking before you realized you were pregnant, it is not too late to stop, avoiding most of the problems associated with smoking during pregnancy.

Toxoplasmosis

Toxoplasmosis is an infection that may cause serious birth defects to the unborn baby. A pregnant woman may become infected with the toxoplasmosis organism if she eats raw meat or if she comes into contact with the feces of cats infected with the disease. To avoid infection with toxoplasmosis, a pregnant woman should always cook meat thoroughly and avoid contact with cat litter boxes or outdoor areas where cats go to the bathroom.

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.

Sex during Pregnancy

For normal pregnancies, sexual relations may be safely continued throughout pregnancy. Intercourse and orgasms will not harm the baby nor predispose toward premature labor.

For women, there is a wide range of changes in sexual interest during pregnancy. During the first trimester, particularly if there is nausea, bloating and breast tenderness, interest in sex often drops. As she enters the second trimester, interest in sexual relations often increases. By the third trimester, interest in sex often lags, and finding a comfortable position may prove difficult.

Men's interest in sex during their mates' pregnancies is also variable, but tends to remain high.

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.