



We are so happy you are pregnant!

Thank you for choosing Orange Blossom Women's Group to be part of this happy time in your life. This is a very exciting time for you and we are here to help you fully understand the process. We know there is a lot of information so we have written it all out for you so you have it at your fingertips when you need it.

What to expect at your visits

At each visit, a urine sample is needed. The urine is then checked by the staff so if there is any sugar, protein, infections and etc. Your weight will then be checked to ensure that you are gaining a healthy amount and then your blood pressure will be taken. If you have had any bleeding we will do a pelvic exam. During your pregnancy we will order different ultrasounds and lab work. In order to maintain a high standard we have several routine tests that are recommended. The tests are following the guidelines of the American Congress of Obstetricians and Gynecologists.

Below we have clearly outlined the recommended tests and when they should be performed. While these tests are highly recommended not all tests may be covered by your insurance company. As such we suggest that **you contact your insurance company** and verify benefits. Our office does not handle any billing issues for lab billing even if the lab is drawn in our office. You must contact the lab that you received the bill from.

At your initial OB Visit:

The following tests may be ordered:

- Blood type and antibody screen
- Complete Blood Count
- Hepatitis B & C
- HIV
- Pap smear - Cervical Cancer Screening
- Rubella
- RPR
- Urine culture and Sensitivity

Genetic Testing (optional but should be discussed with your doctor)

- Cystic Fibrosis
- Fragile X
- Spinal Muscular Atrophy

- It is our recommendation to have all the genetic testing completed.

Between 10-13 weeks (depending on risk factors)

- First Trimester Screening - This screening is done in conjunction with an ultrasound. If this test is recommended you will be referred to a specialist called a Maternal Fetal Medicine physician. This appointment will be set up by our office but you will need to verify insurance prior to the appointment to ensure coverage.

Between 15-20 weeks

- Quad/Penta Screening - This test assesses your Child's risk for having Trisomy 21, 18 and/or neural tube defects

At 20 weeks

- Ultrasound - This ultrasound evaluates fetal size, anatomy, fluid and placental location

At 28 weeks

- Complete Blood Count
- HIV
- RPR
- Blood type and antibody screen
- 1 hour Glucose tolerance test

Between 35-36 weeks

- Group B Strep - This test is collected in the office by the physician. It is used to detect infections that may not cause symptoms for the mother but could be transmitted to the baby. If you are positive you will receive antibiotics during labor.

Things to avoid

- Drugs
- Alcohol
- Smoking
- Some prescription medications (Always check with us before starting a new med)
- Raw or under cooked meat. This includes fish, eggs, hot dogs and poultry
- Organ meats
- Fumes from nail polish, cleaning supplies, hair spray paint and etc
- Second hand smoke
- Caffeine in the first trimester
- Unpasteurized dairy foods and juices
- Tuna fish

Common Symptoms of Pregnancy

- Breast tenderness and swelling
- Fatigue
- Frequent urination
- Increased discharge
- Mood swings
- Nausea and vomiting

What can you do to help to help the nausea?

Morning sickness does not always occur in the morning. It can strike at any time during the day. Please call the office if you cannot keep anything down for more than 24 hours.

To help ease the symptoms try the suggestions below:

- Reference the medication list
- Eat small, frequent and light meals
- Drink water with lemon slices
- Eat a popsicle in your favorite flavor
- Ginger ale or ginger tea tablets
- Take 1/2 Unisom and Vitamin B6

Intimacy

You may be intimate with your partner while pregnant unless we have instructed you to avoid it. You may have some spotting after sex and contractions.

Clothing

The farther along you are in your pregnancy you may need to buy some new clothes. Please keep them loose fitting and flat or low-heeled shoes. When sleeping it is important to lie flat on your back

Exercise

It is important to stay active while pregnant. However, you should consult with your doctor before continuing or starting any routine. Easy things to add a few more steps to your day include:

- Parking your car a little further away from your destination
- Walking over to someone to talk versus calling them
- Take your dog for a walk
- Take the stairs

If you are exercising, please keep the following things in mind

- Drink plenty of water
- Warm up and cool down appropriately

- Only lift weights under 25 pounds
- Maintain your current routine, but if you need to decrease activity if you feel tired
- Avoid exercising on your back after 16 weeks
- Jogging is permitted if you are comfortable
- Swimming and walking are great options
- Prenatal exercise classes
- As a reminder your heart rate should be below 140 while exercising.
- Do not perform exercises in which you may lose your balance

The aches and pains of pregnancy

Headaches

Headaches are common in pregnancy and this is due to the changes in hormones, fatigue, stress, hunger and dehydration.

To help relieve your headaches you can try the following

- Do not skip meals
- Get head and neck massages
- Relax and get some sleep
- Go for a walk in the free air

Constipation

- Drink plenty of water
- Exercise
- Eat foods high in fiber (fresh fruits, vegetables and whole grain food)

Mood swings

Mood swings are common in pregnancy due to the changes in your hormone levels.

- Eat healthy meals (not fast food)
- Limit junk food. This includes sugar, chocolate and caffeine

Heartburn

- Eat small amounts often
- Do not lay down within 2 hours of eating
- Avoid spicy or acidic foods

Stay Hydrated

Drink at least eight 8 oz. glasses of water daily. Water limits swelling and reduces risk of bladder infections, decreases constipation, and flushes out toxins and waste.

When to call the doctor

- Vaginal blood or fluid leaking
- Fever of 101 degrees or greater
- Constant or severe headaches
- Contractions or abdominal pain (4-6 in an hour after you rested for an hour)
- Dizziness or vision changes
- Decreased fetal movement. Drink juice and eat crackers then lay down. You should feel the baby move more than 4-5 times in one hour.

Your Third Trimester 27-40 weeks

During the third trimester your prenatal visit will be every two weeks until the last month of your pregnancy. During the last month of your pregnancy your visits will be scheduled weekly. Remember to take care of yourself and ask your support system or partner for help with small tasks. It is common during pregnancy, especially the last final weeks for you to have discomfort.

Caring for your breasts

- Wear a nursing bra for extra support, hiding any leaks for your nipples
- You may use lanolin
- Avoid using soaps or rubbing as they may cause dryness, wash with plain water

Dealing with urinary frequency

- Limit coffee, black tea, and soda
-

Limiting leg problems

- Avoid snug shoes with clothes that bind, tight pants and socks with elastic
- Keep your legs and feet elevated while sitting
- Decrease your salt intake and drink plenty of water
- Wear support hoses all day
- To relieve pressure invest in a belly belt

Controlling Hemorrhoids

- Try not to stand or sit for long periods of time
- Reference our medication list
- Drink enough fluids, exercise, and eat foods that are high in fiber. This will help reduce constipation and hemorrhoids
- Sleep and nap on your side; this will limit pressure on the veins from your rectum

Tips to help you rest

Good rest and sleep will help you feel better, here are some tips:

- Limit your errands that you do each day
- Take a warm bath before bed at night
- Drink warm milk or teas without caffeine
- Lie down in the afternoon or after work for a few minutes with your legs propped up
- Ask your partner to massage your neck, back, and shoulders

Preterm Labor

If you think you are in labor, don't panic. Lie on your left side and drink 2-3 glasses of water. If you are 34 weeks or less and have 5 or more contractions in an hour, or if the above signs are not gone in an hour, you need to go to Medical Center or Trinity. Let them know about the contractions and they will advise you. If you are leaking fluid from the vagina and are not sure if it's the membrane (bag of water), call us immediately for advice or to Labor and Delivery.

Contractions

If you feel contractions (tightening of your uterus) more than 4 to 5 times in one hour, you may be in labor. Keep in mind that it is normal for the uterus to contract occasionally. As an example, place your hand on your calf muscle, as you hold your hand there point your toes and feel the looseness of the muscle. Keep your hand on the muscle and slowly pull your toe toward you knee. Feel the tightness of the muscle as you do so. It doesn't hurt to do this, labor contractions may start the same way; they may not hurt, but you feel the tightness.

Labor (after 37 weeks)

Labor is a series of contractions that dilate (open) your Cervix for the birthing process. At this point you are in early labor if your contractions do not go away. It can take hours to dilate from 0 to 4cm. You may spend the first part of your labor at home, be patient. If you are concerned for your or your babies health you may be asked to go to the hospital sooner.

When it's really labor

Labor often starts slowly, with cramping or discomfort in your lower abdomen that doesn't stop when you change position. The contractions that cause your cervix to dilate are intense and you will need to breathe through the contractions. Labor can also begin quickly, your amniotic sac (water) may break or begin leaking. At that time, you will need to go to the hospital. Over time contractions will be more regular and stronger. As the uterus contracts and pulls up, the cervix slowly this (effaces) and dilates. This will allow the baby to pass through the vagina or birth canal. With active labor your contractions will be more rhythmic and stronger. They may occur every 2 to 5 minutes apart and last about 45 seconds.

Thank you for allowing Orange Blossom Women's Group to be part of this special time with you and your growing family.

Orange Blossom Women's Group

Patient Name: _____ EDD: _____

Dear Dental Provider:

Often times, our obstetrical patients require dental procedures during their pregnancy. Please use the following recommendations as guidelines for care of our expecting patients.

If the patient requires fillings or dental extractions local anesthetics without epinephrine are acceptable for anesthesia. If required analgesics, Tylenol #3, or Vicodin are also all safe to use during pregnancy.

If the procedure that is being done will be taking some time, please have the patient bring in a pillow to place under one of her hips. This will help tip the uterus off the vena cava, which will minimize the occurrence of hypotensive episodes.

You may perform x-rays on the tooth if necessary, but please shield the abdomen.

Antibiotics such as; Penicillin, Cephalosporin, Clindamycin, and erythromycin can all be used safely during pregnancy. Please refer to list in case abscess or significant infection is present. Please do not use tetracycline.

If the patient has a history of cardiac surgery, valve replacement, mitral valve prolapse, or any other condition requiring antibiotic prophylaxis for dental procedures, the American Heart Association's recommendations for prophylaxis bacterial endocarditis should be followed.

If any other questions arise that need specific answers, the patient should be referred to our office for a consult. Please send the specific questions to be addressed in written form to our office prior to her appointment time or send it with her.

Thank you,

Orange Blossom Women's Group

*2043 Little Road
Trinity, Florida 34655
Phone (727)846-7000
Fax (727)440-8211*

Orange Blossom Women's Group

Over the counter medication list

This list is for routine pregnancies

It is best not to routinely take medications while you are pregnant. However, after 14 weeks gestation there are medications that may be used during pregnancy. The following list is a guide to the symptoms and type of treatments that may be safe in normal pregnancy. Please call with any additional questions or if you are uncertain about the safety of a certain medication.

Cold

- Sinutab
- Robitussin
- Sudafed (not for patients with high BP or in first trimester)
- Tylenol cold/sinus, Tylenol PM
- Ocean spray/Saline mist

Sore Throat

- Cough drops or Throat Lozenges
- Salt water gargle
- Chloraseptic spray

Cough

- Cough Drops
- Mucinex
- Robitussin

Allergy

- Benadryl
- Sudafed (plain)
- Claritin

Heart burn/Indigestion

- Mylanta
- Maalox
- Riopan
- Tums
- Roloids
- Pepcid AC
- Zantac
- Avoid spicy foods, greasy or fatty foods, chocolate, caffeine

Gas

- Maalox
- Mylanta
- Gas-X
- Mylicon

Pain/Fever

- Tylenol (regular or extra strength)
- DO NOT use Aspirin or Ibuprofen
- Report and fever above 100.4

Hemorrhoids

- Anusol cream or suppositories
- Preparation H
- Tucks pads
- Witch Hazel
- Drink at least 8-10 glasses of water each day

Constipation

- Colace
- Dulcolax
- Fibercon
- Senakot
- Metamucil
- Milk of Magnesia

Nausea and/or vomiting

- Ginger root (gum, candy, soda, tea)
- Unisom
- Peppermint
- Vitamin B6 50 mg daily (over the counter)
- Eat frequent small meals, drink plenty of water
- BRAT diet (bananas, rice, applesauce, toast)

Diarrhea

- Imodium-AD
- Kaopectate
- BRAT diet

Back Pain/muscle aches

- Apply heating pad on medium heat
- Tylenol
- Sleep on side with pillows between legs
- Avoid heavy lifting
- Avoid standing for long periods of time
- Wear maternity belt
- Consider chiropractic, massage, or physical therapy
- Suppose hose
- Elevate feet at night

If you have any questions or are unsure what to do, please call us at 727-846-7000.

What is iron?

Iron is a mineral found in food that your body needs. It helps carry oxygen to all parts of your body.

How much iron do I need in my diet?

The amount of iron you need depends on your age, gender, and life stage.

	Age	Amount needed each day
Males	14 to 18 years	11 mg
	19 years and over	8 mg
Females	14 to 18 years	15 mg
	19 to 50 years	18 mg
	51 years and over	8mg
Pregnancy		27 mg
Breastfeeding	18 years and under	10 mg
	19 years and over	9 mg

What foods have iron?

You get iron from a number of foods. There are 2 types of iron in our diet:

Heme and non-heme iron.

Heme iron is found in animal products such as red meat, fish, and poultry.

Non-heme iron is found in plant products such as grains, nuts, beans. Legumes, vegetables, and fruit.

Ways to add more iron to your diet...

Food	How to use
Molasses	Use it in baking instead of sugar. Also you can use it as a partial substitute to sugar.
Dries peas, beans, lentils	Add to soups, salads, and casseroles.
Cream of Wheat™ fortified	Enjoy it for breakfast or as a bedtime snack.
Prune and Tomato Juice	Good to drink or use in cooking/baking.
Wheat germ	Sprinkle over cereals. Add to muffins, breads, and casseroles.
Barley	Use to thicken soups and stews.
Granola	Make your own with whole grain and fortified cereals, dried fruits, wheat germ, molasses, seeds and nuts.
Dried Fruit	Add to cereals, breads, cookies, and desserts.
Eggs	Use as a main dish. Enjoy hard boiled as a snack or added to salads.
Sardines	Serve in a salad or as a snack on whole grain crackers.
Beef	Add cooked strips of red meat to soups, salads, and pasta, dishes.
Liver, Kidney, and other organ meats	Add to meatloaf or stew. Serve pate as an appetizer on whole grain crackers or toast.

Pediatrician List

All pediatricians listed have privileges at Medical Center of Trinity

A to Z Pediatrics

Rupal Desai, M. D.
Havaru Lokesh, M. D.
Reginald Sampang, M.D.

4804 Rowan Road
New Port Richey, FL 34653
(727)375-5242

G.M. Ramappa & Associates

12136 Cobblestone Dr
Hudson, FL 34667
(727)863-5474

4063 Mariner Blvd
Spring Hill, FL 34609
(352)686-1914

Personal Pediatric Center

Jay Harvey, M.D.

3012 Starkey Blvd
Trinity, FL 34655
(727)645-6941

The Pediatric Specialists

Douglas Hasel, M.D.
Thuy Pham, M.D.
Sheridan Hernandez, M.D.

2044 Trinity Oaks Blvd, Suite 234
New Port Richey, FL 34655
(727)375-5437

North Pinellas Children's Med Ctr

James Dwyer, M.D.

10537 State Road 54
Trinity, FL 34655
(727)376-8404

Pediatric Associates of Tampa Bay

Alexander Gomez-Luengas, M.D.
Alisha Pineiro, D. O.

10710 State Rd 54, Suite 108
Trinity, FL 34655
(727)376-8824



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Types of Scans Offered:

- Gender
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With a 3D/4D you can see your baby through beautiful clear images while he/she moves around. The newest HD Live images speak for themselves. This new technology brings the 3D image to life

PACKAGES INCLUDE:

A) \$50 for a 20 minute ultrasound with printed images.

B) \$60 for a 20 minute ultrasound with printed images and all images on a flash drive.

Want extra time with your baby?

C) \$100 for a 40 minute scan including printed images and a flash drive

Can't decide when you want to see the baby?

D) \$150 for one 20 minute scan in each trimester with printed images and receive a new flash drive at each visit.
(\$180 value)