



## Mary Grace Bridges, MD

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**Please Refer to This Booklet  
Throughout Your Pregnancy!**

# **PREGNANCY INFORMATION SHEET**

## **Congratulations on your pregnancy!**

We welcome you and look forward to the opportunity of providing care to you and your family during this important time in your life. Please read the following information carefully and keep it for future reference. It will answer many of the questions that will arise during the course of your pregnancy.

## **ALCOHOL AND DRUGS**

We strongly recommend that you do not drink alcohol or use drugs such as marijuana or cocaine during your pregnancy as they can have harmful effects on your health and the health of your baby.

## **BLEEDING**

The blood supply to the cervix increases significantly during pregnancy and bleeds very easily. Therefore, it is not unusual to have a small amount of bleeding after intercourse or after a vaginal exam. If at any time you have any bleeding that is comparable to your period or if your bleeding is accompanied by cramping or passing blood clots, please call the office at (432) 337-2628. If this occurs after office hours, you will be directed to our answering service and the physician or nurse practitioner on call will speak with you. If you experience severe abdominal pains or back pain that does not go away and you have vaginal bleeding, please go to the hospital for evaluation.

## **CAFFEINE**

Avoid excessive caffeine intake during pregnancy and limit intake to less than 200 mg per day. One 8oz cup of coffee contains about 150 mg of caffeine.

## **CALL SCHEDULE**

Like any health care provider, your doctor is not always available. Therefore, he or she may not be the physician who delivers your baby. Your physician shares “call coverage” with other qualified OB/GYNs.

## **CATS**

If you own cats, please be sure that you **do not** change their litter box. Their stool may contain a parasite that can become airborne at the time the litter box is changed. If this parasite is inhaled, it can lead to problems with your pregnancy including stillbirth. If you feel that you may have been exposed, please consult with your physician.

## **CONSTIPATION**

Constipation during pregnancy can be very uncomfortable for many women. Increasing your fluid and fiber intake will help to keep it under control.

## **DENTAL WORK**

You may seek dental care in pregnancy. X-rays are okay with your abdomen shielded. Amoxicillin/Ampicillin are okay to take if NO ALLERGY.

## **EXERCISE**

Regular exercise during your pregnancy will benefit you during labor and postpartum as well as throughout your pregnancy. Exercise will also help to control your weight, improve sleep, control your blood pressure and relieve constipation.

We recommend that you have an elevated, sustained heart rate for 20 to 30 minutes, 3 to 4 times per week. If you cannot speak during exercise due to shortness of breath, you need to slow down. In general, we do not recommend any activities where you can be put at risk of abdominal trauma or high temperatures. Walking and swimming are excellent forms of exercise during pregnancy.

## **FETAL MOVEMENT COUNTS**

We recommend starting at 28-32 weeks gestation and perform every day. Counting all your baby's movements is an important way to determine the well being of your baby.

- Lay on your left side and put both hands on your abdomen
- Concentrate on your baby. No TV/radio/visiting
- Count each movement you feel, even if you don't feel the movement with your hands. Every movement counts
- Count for up to 3 hours to a count of 10
- If you feel 10 kicks prior to 3 hours, stop counting for the night

\* IF YOUR BABY MOVES LESS THAN 10 TIMES, GO TO THE HOSPITAL IMMEDIATELY!  
DO NOT WAIT! \*

## **HAIR TREATMENT**

Research indicates the chemicals found in both semi-permanent and permanent dyes are not highly toxic and are safe to use during pregnancy.

## **ILLNESS**

You may use the following measures to treat the cold or flu:

- Plain or extra strength Tylenol (acetaminophen) as directed on the bottle
- Robitussin DM, as directed on the bottle
- Throat lozenges or Chloraseptic throat spray
- Gatorade
- Cool air humidifier

- Other medications listed in this sheet.

If you have not improved in 48 hours, or if you have persistent vomiting for greater than 12 hours, please call us.

## **NAUSEA**

Nausea can be quite debilitating for some patients and is caused by hormone changes associated with pregnancy. This usually resolves by 12 to 14 weeks into your pregnancy. If you don't feel that solid foods can be eaten, please be sure to keep up with your liquids.

### ***What can be done to help the nausea?***

- Keep crackers beside your bed. Eat a few every morning
- Take your prenatal vitamins before bedtime
- Take Vitamin B6
- Ginger candy or liquid ginger
- Try to eliminate fats and oils from your diet
- Eat small amounts of food throughout the day, rather than eating three large meals
- Sip on Gatorade or other sports-type drinks throughout the day, especially if you are having problems with vomiting.

### ***When do I call the doctor?***

If you find that you are vomiting within 20 to 30 minutes whenever you eat or drink, or that you are experiencing weight loss of several pounds, please call the office.

## **NUTRITION**

Nutrition during your pregnancy is very important for both you and your baby. It is important to eat a well-balanced diet and avoid non-nutritional food choices such as cakes, candy, processed food and foods high in salt and sugar. Add fruits and vegetables, along with plenty of protein.

Raw or undercooked meat or fish and unpasteurized milk should be eliminated from your diet while you are pregnant. All pork should be cooked to well-done and any beef should be cooked to at least medium.

## **PAINS**

During your pregnancy, you may encounter sharp pains that will occur in your abdomen throughout the day. This is a 'stretching' of the ligaments that hold the uterus in place. It is a normal pregnancy condition and may continue throughout your pregnancy.

## **SEX**

Sex during pregnancy is safe unless your bag of water breaks or you are being monitored for preterm labor. You may experience a small amount of bleeding after intercourse due to the

increase in blood supply to the cervix. During your pregnancy, your sex drive may decrease and vaginal lubrication can be a problem. There are personal lubricants sold over the counter that are intended primarily for intercourse and are safe to use without any worry of effects on your baby.

## **SAFETY**

State law requires that you wear a seat belt in the car. Please buckle up! As your abdomen enlarges, the shoulder harness goes above and the lap belt below your belly.

## **SKIN**

Your skin may be drier and itchier in pregnancy. Lotions such as Curel or Eucerin may help relieve these symptoms. Avoid sun tanning booths or beds.

## **SMOKING**

Avoid smoking and street drug use during pregnancy. Tobacco smoke has been associated with preterm labor, low birth weight, and increased incidence of sudden infant death syndrome. Avoid second hand smoke.

## **TEMPERATURE**

During your pregnancy, you do not want your body temperature to rise above 100 degrees. This means no saunas or hot tubs. During the summer months, limit your time in the sun and cool off by going in either water or shade periodically. If you run a fever over 100 degrees, please take Tylenol to bring your fever down. If there are no other symptoms (such as sore throat) to explain the fever, please call the office.

## **TRAVEL**

In the absence of obstetric or medical complications, occasional air travel is safe for pregnant women. It is not recommended to travel after 36 weeks gestation. Avoid long trips after 20 weeks gestation without approval. Women should check with specific carriers for airline requirements related to pregnancy.

## **VACCINES**

Influenza flu vaccine is recommended during flu season and can be given by your local pharmacy. Tdap (tetanus, diphtheria, pertussis) vaccine is recommended to all pregnant patients during each pregnancy and is given between 27-36 weeks of gestation. Partners, family members, and infant caregivers should be vaccinated at least 2 weeks before coming in contact with the newborn.

## WHEN TO CALL YOUR DOCTOR

- Fever/chills
- Persistent vomiting
- Painful urination
- Vaginal bleeding
- Sudden or persistent loss of fluid
- Decreased fetal movement
- Severe, continuous headache not relieved with Tylenol
- Vision changes
- Severe upper abdominal pain unrelated to food or fetal position

PROBLEM	SAFE MEDICINE TO TAKE WHEN PREGNANT
<b>Heartburn, gas and bloating, upset stomach</b>	Antacids for heartburn (Maalox, Mylanta, Rolaids, Tums)  Simethicone for gas pains (Gas-X, Maalox Anti-Gas, Mylanta Gas, Mylicon)
<b>Cough or cold</b>	Guaifenesin, an expectorant (Mucinex, Robitussin)  Dextromethorphan, a cough suppressant (Robitussin Maximum Strength Cough)  Guaifenesin plus dextromethorphan (Robitussin DM)  Cough drops  Vicks VapoRub  <b>Not safe to take:</b>  <i>Cold remedies that contain alcohol</i>  <i>The decongestants pseudoephedrine and phenylephrine, which can affect blood flow to the placenta</i>
<b>Pain relief, headache, and fever</b>	Acetaminophen (Tylenol)
<b>Allergy relief</b>	Loratadine, an antihistamine (Alavert, Claritin)  Cetirizine, an antihistamine (Zyrtec)  Diphenhydramine, an antihistamine (Benadryl)
<b>Constipation, hemorrhoids, and diarrhea</b>	Psyllium (Metamucil)  Polycarbophil (FiberCon)  Methylcellulose (Citrucel)  Other laxatives and stool softeners (Colace, Dulcolax, Milk of Magnesia)  Hemorrhoid creams (Anusol, Preparation H, Tucks)

	Loperamide, antidiarrheal medication (Imodium, Kaopectate, Maalox, Pepto Diarrhea Control)
<b>Yeast infection and other fungal infections such as athlete's foot</b>	Clotrimazole (Lotrimin) Miconazole (Monistat 7)
<b>Insomnia</b>	Diphenhydramine (Benadryl, Unisom SleepGels) Doxylamine succinate (Unisom SleepTabs)
<b>Itching</b>	Hydrocortisone (Cortaid, Lanacort)
<b>Cuts and scrapes</b>	Polysporin

# WHAT TO EXPECT DURING YOUR PRENATAL CARE VISITS

- At each visit, your blood pressure, weight, and urine will be checked
- Fetal heart tones will be evaluated either by Doppler or ultrasound
- Ultrasounds will be performed at 20, 30 and 36 weeks to evaluate growth
- A high-risk pregnancy specialist will perform an ultrasound between 18-22 weeks
- Additional blood work and testing may be necessary
- A test for diabetes will be performed at 24-28 weeks
- Rhogam injection will be given if your blood type is Rh negative
- A Group B Strep (GBS) swab in the vagina/rectum will be performed at 35-36 weeks to determine if antibiotics are needed during delivery
- During the last month of your pregnancy, you will be seen every week. Your cervix may be examined if you are experiencing frequent contractions or pelvic pressure.

**Any patient paperwork needing to be filled out by our nurses will need to be sent or brought in to our office 2 weeks in advance before the due date. Our nurses have within 2 weeks to return paperwork to the patient.**



## PEDIATRICIANS/NEWBORN CARE

<p>Jose Benigno, MD          115 West 42<sup>nd</sup> Street          Odessa, TX 79764  <b>(432) 367- 4817</b></p>	<p>Eileen Li, MD          540 W. 5<sup>th</sup> Street, Suite 360          Odessa, TX 79761  <b>(432) 332- 7337</b></p>
<p>Jose Bueno, MD          808 Tower Drive, Suite 1          Odessa, TX 79761  <b>(432) 580- 4170</b></p>	<p>Migdalia Monzon, MD          850 Tower Drive, Suite 107          Odessa, TX 79761  <b>(432) 580- 0212</b></p>
<p>Manuel Castillo, MD          303 E. 7<sup>th</sup> Street          Odessa, TX 79761  <b>(432) 582- 2929</b></p>	<p>Vinh Nguyen, MD          420 E 6<sup>th</sup> St, Suite 200          Odessa, TX 79761  <b>(432) 582- 8998</b></p>
<p>George Choumarov, MD          414 East 8<sup>th</sup> Street          Odessa, TX 79761  <b>(432) 332- 2332</b></p>	<p>Victor Raul Ramos, MD          540 W 5<sup>th</sup> St, Suite 330          Odessa, TX 79761  <b>(432) 580- 5400</b></p>
<p>Vivekananda Dasari, MD          420 E 6<sup>th</sup> St, Suite 201A          Odessa, TX 79761  <b>(432) 582- 8670</b></p>	<p>Odumusi Kolawole, MD and Kingsley Okonkwo, MD          2461 E 11<sup>th</sup> St, #A          Odessa, TX 79761  <b>(432) 334- 8845</b></p>
<p>Manisha Desai, MD          420 E 6<sup>th</sup> St, Suite 100          Odessa, TX 79761  <b>(432) 580- 0985</b></p>	

We recommend that you choose your baby's pediatrician prior to your delivery. The above list of pediatricians has been provided to you but is not an exhaustive list.

## OFFICE POLICIES

Our mission is to provide exceptional medical care in a compassionate, professional, and safe environment. If this is not being provided, please contact our business manager, Maria Cadena.

In order to provide the best care to all of our patients, we ask that you review and sign our Office Policies.

- Clinical visits are by appointment only. Please arrive 15 minutes prior to your scheduled appointment. Please give at least 24-hour notice prior to your appointment for cancellations. We may charge for the visit if notice is not provided. Patients arriving 20 minutes past their scheduled appointment may be rescheduled.
- Please provide accurate and updated contact phone number and address.
- Disruptive or disrespectful behavior by patients and/or patient family members is not tolerated and will result in dismissal from our practice. The following list are examples, this is not an exhaustive list:
  - **Use of profanity, threatening behavior, shouting, slander in person or on social media, theft, property damage, refusal to comply with recommendations, payment refusal**
- Please DO NOT BRING FOOD OR DRINKS into our lobby or office. Bottled water is allowed
- For your child's safety, please provide childcare arrangements. Infants strapped into a carrier and children over 12 years are the only children allowed in the lobby and office. **Please take full responsibility for your child.** Staff will be happy to reschedule your appointment if necessary.
- We prefer a maximum of **only 1 additional guest** in the patient room. Exceptions may be made with permission for obstetric ultrasounds.
- If you do NOT SHOW for your appointment without notice on more than one occasion, you will receive 30 days' notice to follow up or we will no longer consider you as our patient. Extenuating circumstances are taken into account.
- **Dr. Bridges and the staff respect your time, but hospital emergencies, obstetrical deliveries and unexpected additional time for surgical cases and clinic visits are at times unavoidable and take priority.**
- Phone calls: We currently have multiple phone lines with an answering service available during non-business hours. If all lines are being used a busy signal may occur. We ask that you as the patient make the phone call and not a family member unless extenuating circumstances arise.
- For non-emergent medical questions or medication refills please call between the following times:
  - 8:00 am - 8:30 am
  - 11:30 am - 12:00 pm
  - 4:30 pm – 5:00 pm
- For emergent questions or to reschedule an appointment, please call as soon as possible. Do not hesitate to contact the hospital or the emergency room if medically necessary. We want to answer your questions and provide exceptional care in a timely manner. First priority is with the patients we are currently seeing in the office.
- **If you transfer care to another provider in the area, you will no longer be considered our patient and records may be faxed in a timely manner upon new provider request. We reserve the right to refuse anyone as a patient upon initial consultation. We have the right to dismiss any patient from our practice at which time you will be provided 30 days' notice to seek another provider.**

# ADDITIONAL INFORMATION

## **Odessa Regional Medical Center**

Labor & Delivery, 2<sup>nd</sup> Floor

520 East 6<sup>th</sup> St

Odessa, TX 79761



## **MCH Center for Women & Infants**

Labor & Delivery, 4<sup>th</sup> Floor

500 West 4<sup>th</sup> St

Odessa, TX 79761

