



Congratulations on your pregnancy and **welcome to our practice!** We are so glad you chose to work with us for your pregnancy. We strive to answer all your questions, educate you about your pregnancy, and make you feel comfortable and relaxed when in our care.

We would like to give you some basic information about our group and review some of the more important general guidelines for a healthy pregnancy. We will also try to answer some of the more common questions that we are asked.

Our practice is composed of physicians, nurse practitioners and certified nurse midwives (CNM), all working together to make sure you have a healthy pregnancy. Visit www.guirguisobgyn.com to read more about our providers. We share on-call time as a group, so when you go into labor it may be any of us who attend your birth. For this reason we encourage you to try and meet each provider at least once in your pregnancy.

Dr. Peter Guirguis
Dr. Catherine Meleka

Kendall McCoy, CNM
Alexandra Moskaluk, CNM

Your birth will take place at New York Presbyterian/Brooklyn Methodist Hospital in Park Slope or Northwell/Staten Island University Hospital in Staten Island.

NY Presbyterian Brooklyn Methodist
506 6th Street
Brooklyn, NY 11215
718-780-3000

Northwell Health - Staten Island University
475 Seaview Avenue
Staten Island, NY 10305
718-226-9000

Contacting Us

Patient Portal

Please set up your portal today before you leave the office today. The portal is the easiest and quickest way to communicate with a provider for **nonurgent** matters. You can message us with questions, view your lab results, and request prescription refills through the portal. We generally respond within 3 days to portal messages. If you're unable to use the portal or have an urgent matter, please call one of our office locations. For nonurgent matters, we will return your call as soon as possible.

Office Phone Numbers

Bay Ridge office	718-680-8383
Park Slope office	718-768-8500
Staten Island office	718-355-8870

Emergency Situations

For **emergency situations** in pregnancy you can call the OB line at : 866-519-0831
Please leave a message and the on-call provider will call you back.

What to Expect at Visits

Schedule of visits

In general, visits are **every 4 weeks** for the first two trimesters, then **every two weeks** after 28 weeks, until the last month when **weekly** visits begin.

Visit Schedule:

Weeks 6-28	Visits every four weeks
Weeks 28-36	Visits every two weeks
Weeks 36- Birth	Visits every week

At each visit we will check your blood pressure, weight, urine, assess your baby's heartbeat and position.

Testing

Below is an outline of the basic tests we recommend. Further tests may be necessary for specific indications.

1ST TRIMESTER

- OB panel (includes: maternal blood type and Rh factor, antibody screen, blood count, infectious diseases immunity, immunizations, urine culture)
- Pap smear and chlamydia/gonorrhea testing
- Carrier screening for Cystic Fibrosis, Fragile X, Sickle Cell Disease, and Muscular Dystrophy
- Screening for risk of chromosome abnormalities with ultrasound (nuchal translucency) and blood work (Sequential Screening)
- Cell-free DNA tests for chromosome abnormalities (NIPT:Non invasive prenatal testing)

11-13 WEEKS

Sono for dating of pregnancy, Nuchal Translucency (NT)scan- (Level I Scan)

15 - 21 WEEKS

Maternal serum AFP screen for open neural tube defects (like spina bifida)

20 - 22 WEEKS

Ultrasound to check baby's major anatomic structures- (Level II scan)

26 - 28 WEEKS

One-hour glucose challenge test (to screen for diabetes in pregnancy), blood count. And a RhoGAM injection if Rh negative mother

30 - 32 WEEKS

Growth Sono

36 WEEKS

Vaginal/rectal culture for Group B Strep screening

40+ WEEKS

Non-stress test (NST) -fetal heart rate monitoring and ultrasound measurement of amniotic fluid level, twice a week if past 40wks

For more information on genetic testing, please visit - <https://www.marchofdimes.org/pregnancy/prenatal-tests.aspx>
<https://www.acog.org/Patients/FAQs/Prenatal-Genetic-Testing-Chart-Infographic>

Advice and FAQs

Activity:

We recommend maintaining your fitness routine. Walking, jogging, yoga and swimming are all great, safe options for exercising. Just avoid activities that make you so short of breath that you can't talk easily.

Sex is safe throughout pregnancy, unless you have certain complications that we would warn you about.

Travel :

Travel is generally fine up to 34 weeks of pregnancy. Please inform us of any travel plans and we can give you specific advice.

Diet/Vitamins:

It's important to stay well hydrated and to eat a healthy diet during pregnancy. Avoid raw/undercooked fish and meats, soft, runny cheeses and unpasteurized dairy. Fiber-rich foods may help avoid constipation and hemorrhoids, which are common in pregnancy. We recommend a daily prenatal vitamin and a marine omega-3 fatty acid supplement that contains at least 200-300mg/day of DHA (with NO added vitamin A, please avoid cod liver oil).

Weight gain:

The average weight gain recommended is between 25-35 pounds. This may be more or less, depending on your baseline weight. Most of the weight gain occurs in the second half of pregnancy.

Over-the-counter Medications: The following medications are considered safe to use in pregnancy.

- **Cough, cold, congestion, allergies:**
 - Cough syrup containing dextromethorphan (Robitussin DM)
 - Saline nose drops, Flonase
 - Zinc lozenges (use as soon as symptoms start; allow to dissolve in mouth every 2hr x 2-3 days)
 - Cough drops or anesthetic throat sprays or gargles
 - Antihistamine like Claritin, Zyrtec, or Benadryl
 - Chest rubs or breathing steam
 - Supplements: echinacea, Vitamin C (max 1000mg/day), Emergen-C
 - Homeopathic Oscillococcinum for flu symptoms of body aches and fever
- **Indigestion or Heartburn:** Tums or Rolaids, Mylanta or Maalox, Zantac or Pepcid, chamomile tea
- **Constipation:** Colace, Metamucil or Citrucel
- **Diarrhea:** Imodium, Pedialyte
- **Hemorrhoids:** Preparation H, Anusol, Cortaid
- **Aches and Pains:** Tylenol
- **Yeast infection:** Monistat, Gyne-Lotrimin - 7 day treatments work best in pregnancy
- **Nausea:** Ginger (1g total daily), Vitamin B6 (50 mg 1-3x daily) and Unisom (12.5mg which is a ½ tablet at bedtime daily)
- **Anemia:** Floradix (easy on digestion), Ferro-Sequels (contains stool softener), Slo-Fe (time release iron)

Immunizations

The following vaccines are recommended in pregnancy.

- **Tdap:** Protects against whooping cough and is recommended in the 3rd trimester of each pregnancy. Partners should also be vaccinated.

- **Flu Shot:** Is safe in any trimester and is strongly encouraged. If you are diagnosed with the flu during pregnancy, it is safe and recommended to take Tamiflu as prescribed.
- **Covid Vaccination:** It is safe to get the Covid vaccine in pregnancy and recommended.

Common Discomforts in Pregnancy

Hormonal and physical changes during pregnancy may cause common discomforts. Although bothersome, most of these discomforts are harmless. Some, however, may indicate an underlying condition. Please call us with any concerns.

- **Back pain:** Belly band for support, warm compresses, warm bath with epsom salts, prenatal massage, good body mechanics, yoga, firm mattress w/ pillow between knees, and lumbar support in chair/car.
Call us if you experience any pain or burning with urination, pelvic pressure, abdominal cramping.
- **Constipation:** Increase fiber in diet, increase fluid intake, increase physical activity.
- **Frequent urination:** Avoid caffeinated beverages, stop drinking 2-3 hours before you go to bed.
Call us if you have symptoms of a urinary tract infection including blood in the urine, fever, pain or burning when you urinate.
- **Vaginal discharge:** Vaginal discharge that is clear, white or sticky is normal during pregnancy.
Call us if the discharge is not clear or white, smells bad, associated with itchiness or pain/soreness.
- **Shortness of breath:** Take calm, slow breaths, maintain upright posture, raise arms to shoulder level, use pillows for comfort at rest, avoid lying flat.
Call us if you have chest pain, sweating, anxiety, or feeling like your heart is racing.
- **Swelling of the legs:** Rest with feet elevated, lay on left side, wear support stockings, avoid tight clothing.
Call us if you have swelling in legs accompanied by redness or calf pain, headache, vision changes, right upper abdominal pain.
- **Nosebleeds:** Saline nasal spray, ice with pressure to bridge of the nose. Prevention: Use a humidifier in the bedroom.
Call if bleeding lasts more than 20 minutes despite above interventions.
- **Heartburn:** Avoid high-fat and spicy foods, avoid caffeine, eat small, frequent meals, maintain upright positioning for 1 hour after meals.
- **Hemorrhoids:** Ice packs, warm sitz baths, epsom salt compresses, Tucks pads, increase fluids and fiber
- **Insomnia:** Sleep hygiene, chamomile tea, warm bath with epsom salts, yoga, acupuncture or acupressure, massage therapy, increase Vitamin B intake.

- **Leg cramps:** Flex foot during cramping, hamstring and calf stretches before bedtime, warm bath with epsom salts, increase magnesium and calcium intake, exercise.
Call us if you experience muscle spasms, swelling, pain or redness in leg.
- **Nausea/vomiting:** Most symptoms will resolve by 12-16 weeks. Until then, take prenatal vitamins at night or discontinue until symptoms resolve, eat small amounts of bland, dry, high-protein foods every 2 hours, sip small amounts of fluid, drink cold, clear carbonated or flat fluids. Alternative therapies: Acupressure wristbands, chamomile or peppermint tea, Vitamin B-rich foods, ginger products, hard sour candy.
Call us if unable to keep down food or fluids for more than 12 hours, if you experience signs or symptoms of dehydration, abdominal pain, weakness or lightheadedness.
- **Round ligament pain:** ranges from sharp, knife-like pain to dull, intermittent pain in lower abdomen and inguinal area. Try a belly band for support, slow movement and position changes, counterpressure, yoga, swimming, red raspberry leaf tea, massage, pelvic tilt, positioning: knees to abdomen, bending toward pain to ease tension, side lying with pillow under abdomen and between knees.
Call us if you have contractions/cramping, persistent abdominal or groin pain, fever, nausea or vomiting, vaginal bleeding
- **Varicose veins:** Rest and sleep with legs elevated, wear compression stockings daily, exercise regularly, avoid tight clothing, avoid crossing legs while sitting.
Call us if you have persistent or worsening pain, swelling, localized tenderness, redness or heat, fever.

Web Resources

American College of Obstetrics and Gynecology www.acog.org/Patients/Patient-Education-FAQs-List
 American College of Nurse Midwives <http://ourmomentoftruth.com/share-with-women>
 March of Dimes www.marchofdimes.org
 Breastfeeding www.kellymom.com
 Evidence Based Birth.org

Best wishes for an enjoyable, healthy pregnancy!