



Congratulations, we are so excited to assist you with your pregnancy. We will be glad to answer any questions you may have. In this packet you will find just an overview of what to expect in pregnancy. There is a list of non-prescription medications that you can take while pregnant, tips for when you don't feel good, information on when to call the office, activities that are fine or should be avoided, tips to help with nausea and vomiting, and what will take place at your OB appointments.

Thank you for choosing Bay Area Physicians for Women for your care.

***Prenatal Vitamins:** Are important to supplement your pregnancy. They can help prevent birth defects. Your vitamin should have at least 600 mcg folic acid, DHA, and no more than 8000 IU of Vitamin A.

***Pregnancy Nutrition:** Adequate weight gain in pregnancy prevents IUGR (Intrauterine Growth Restriction). Normal weight gain is 25-35 pounds (approximately 10 pounds in the first ½ of pregnancy and 1 pound per week in the second ½ of pregnancy). If you begin the pregnancy overweight (BMI > 27), weight gain should be 15-25 pounds total. If you begin the pregnancy underweight (BMI < 15), weight gain should be 35-40 pounds total.

*** Calorie Requirements:** Non-pregnant = 2200 calories, First trimester = 2300 calories, Second and Third trimester = 2500 calories, Breastfeeding mother = 2600 calories

*** Staying Hydrated:** We recommend you consume at least 64 ounces or 8 cups of water to keep from getting dehydrated. Dehydration can cause fatigue, uterine contractions and UTIs.

ACTIVITIES

- Traveling, even flying, is okay until you are 34 weeks into your pregnancy as long as you have no complications. Make frequent stops, if possible, and walk around for a few minutes. Remember to drink of plenty of liquids.
- Painting in a well-ventilated area is usually alright. Stop what you are doing or leave the area if the fumes bother you.
- Exercising is fine. There are many prenatal fitness classes available. Low impact exercises are recommended. Do not plan to begin strenuous new activity just because you are pregnant. Activities you should avoid: more than light weight lifting, hyperextension activities, raising body temperature > 30 minutes, starting a strenuous exercise program you were not doing before pregnancy, scuba diving, travel to altitude > 13,000 feet.

Warning signs to stop exercise: chest pain, vaginal bleeding, dizziness, headache, decreased fetal movement, leaking amniotic fluid, muscle weakness, calf pain or swelling, preterm labor, regular uterine contractions.

- Perms and hair coloring are okay as long as there is good ventilation. However most hairdressers will not guarantee them due to the changes in hair texture while you are pregnant.
- Intercourse is not harmful. Occasionally you may experience some spotting. If you have bleeding that is more than spotting, please call the office.
- Pet Care- If you have a cat, plan to have someone else empty the litterbox. Always wash your hands after handling your pets.
- Dental Treatment- Be certain to let your dentist know if you are pregnant. Do not use gas. Your dentist CAN use local anesthesia. An abdominal shield should be in place if you must have x-rays. Try to postpone dental work until after your first trimester.

Things to Avoid in Pregnancy:

- Hot tubs, Jacuzzi, and tanning beds
- alcohol, and tobacco products.
- Unpasteurized soft cheese, unpasteurized milk, raw eggs, raw sprouts
- Hot dogs, lunch meat – unless heated until steaming hot.
- Raw meat, fish, or shellfish

When To Call The Office

- Spotting in early pregnancy is common, however, if bleeding becomes heavier you should report it to your doctor.
- Nausea and vomiting not helped by suggestions included in “When You Don’t Feel Well”.
- Abdominal pain that is severe and not helped by suggestions included in “When You Don’t Feel Well”.
- Frequent urination or burning when you use the restroom.
- Any gush of water from the vagina.
- A cold that does not respond to the approved over the counter medications.
- Regular contractions. These will last 30-60 seconds and are felt as tightening of the stomach. Call if contractions are regular at 5 minutes apart for an hour.
- Decreased fetal movement. Although “quite times” are normal for babies, call if there is a definite decrease in baby’s activity.
- Temperature elevation of 101 or higher.

***IF It’s After Hours And You Think You Are In Labor Please Head To The Hospital. No Need To Call The Answering Service. ***

Help Us Help You

- Make the call yourself and have the number of your pharmacy available.
- Call during office hours if possible.
- Do NOT eat or drink if you think you are in labor.
- Have a list of allergies available.

Changes In Your Body

- Headaches- Headaches occasionally seem to get worse in pregnancy, especially during the first few months. This is probably related to hormones. Tylenol should alleviate these. If headaches persist, please call.
- Dizziness- Dizziness and spells that make you feel like you are going to faint are common. Try lying down for a moment, eating a snack, and getting up slowly.
- Shortness of Breath- This is very common, especially close to delivery. Slow, deep breaths and pillow props to sleep will help.
- Extreme Tiredness- Especially during the first part of your pregnancy, you may feel very tired and want to sleep all of the time. This is very normal.
- Mood Swings- Crying and extreme moodiness are not unusual. Getting plenty of rest, eating well, and exercise should help somewhat. Severe depression may first appear during pregnancy. Call your physician if you have any thoughts of harming yourself or others.
- Trouble sleeping- Most women do not sleep well at some point in their pregnancy. This usually resolves after delivery.
- Rash- A red, sometimes itchy rash develops in some women, especially on the abdomen. This will disappear after delivery.
- Nosebleeds and Bleeding Gums- Sudden nosebleeds are common during pregnancy, and there's no cause for alarm. Usually, cold compresses and pressure will relieve these. Bleeding gums are very common in pregnancy. Both should resolve after delivery.

When You Don't Feel Well

- Nausea and Vomiting- This is very common and does not necessarily occur only in the mornings. Try eating some dry crackers or toast before getting up. Eat small meals and drink liquids such as Gatorade while nauseated. Avoid spicy and greasy foods with a lot of preservatives. Try not to eat very late at night if you tend to become nauseated then. Remember that no medications will cure the nausea, but if extreme, we can make you comfortable. Nausea and vomiting usually improve around the third or fourth month of pregnancy. Call your doctor if vomiting is frequent (three or more times a day) and/ or you are unable to keep solids or liquids down.
- Gas, Belching, And Heartburn- Pregnancy is “tough” on your digestive system. Again, try to avoid greasy and spicy foods. Small meals will help. Approved antacids are helpful for heartburn.
- Constipation- Drink plenty of water and fruit juices (prune or apple) to help with constipation. Include fiber in your diet each day (example Bran cereal or muffin). Using an additive (Metamucil or Miralx) to you drink once a day or daily approved stool softeners are also safe during pregnancy. If you start to develop hemorrhoids you can try the over-the-counter options.
- Abdominal Pain- Abdominal pain is a common complaint in early pregnancy that is due to the rapid growth of your uterus. It is usually a sharp or grabbing pain on one side, in the lower abdomen, especially when coughing or sneezing. It may also be felt in your back and down your legs. This is called round ligament pain and can usually be relieved by rest and Tylenol. A heating pad may also be used. If it persists, please inform your doctor.
- Frequent Urination- This is due to pressure on the bladder from your uterus growing. No need to worry unless you also experience burning or stinging with urination. We will check your urine at each appointment to check to make sure you aren't developing a UTI, getting dehydrated, and keeping check on your protein and glucose levels.
- Vaginal Discharge- A heavier discharge is normal during pregnancy. However, if you also have any burning, itching, or unpleasant odor let us know.
- Swelling- This is normal during pregnancy, especially around your feet and ankles. Change positions often and elevate your feet, if possible, to relieve the swelling. Some women also complain of hands that are swollen that may have numbness or tingling; this is also normal. A large amount of swelling in the hands and face should be reported to us.
- Varicose Veins- These usually worsen or develop during pregnancy. Maternity support hose and rest helps.
- Leg Cramps- These occur frequently during pregnancy. Increase your calcium intake and try to massage your legs to relieve your cramps. With leg extended, try pointing toes toward the ceiling.
- Cold Symptoms- These are common during pregnancy. See medication list for approved treatments. Call your doctor if no improvement in 5-7 days.

Labor Precautions

- Rupture Of Membranes (when your water breaks) – A large gush of fluid or leaking (runs down leg; doesn't stop)- if its during office hours please call the office. If it's after hours, go to the ER to be admitted to labor and delivery. * Note: you may a white watery discharge that occurs late in pregnancy. It may make your underwear damp. This is normal.
- Vaginal Bleeding- Spotting due to intercourse, a recent vaginal exam by your doctor or early changes in your cervix can be normal. Bleeding like a period (soaking pads) needs to be evaluated immediately. If its during office hours, please call the office. If it is after hours, go to the ER to be admitted to labor and delivery.
- Mucous Plug- A blood-tinged or clear thick discharge may be noted. This is a sign of early cervical change only. It does NOT mean you are in active labor or that the baby will come soon.
- Contractions- Contractions occurring up to six times per hour or every ten minutes is considered normal uterine activity late in pregnancy. Contractions occurring every three to five minutes may indicate active labor. (Prior to coming to the hospital, lie on your left side and drink two glasses of water. If the contractions persist, contact the office during our office hours or if after hours head to the hospital.) If they ease or stop, this is false labor.
- Fetal Activity- If you feel the baby has not been moving as normal try the following: Lie on your left side and count each movement for 1 hour. If you count less than ten movements, eat or drink something sweet and count again. If your count is still less than ten for two hours, call the office.

OVER THE COUNTER MEDICATIONS DURING PREGNANCY

- Cold/Cough/Sore Throat: Tylenol Sinus, Plain Sudafed, Robitussin, Robitussin DM, Vick's vapor rub, Mucinex, Cough Drops, Chloraseptic Spray, Cepastat Lozenges.
- Nausea: Vitamin B6 and Unisom.
- Heartburn/Indigestion: Tums, Rolaids, Maalox, Mylanta, Zantac, Tagamet, Pepcid.
- Diarrhea: Imodium, Maalox, Kaopectate.
- Gas: Gas-X, Mylicon 80, Gaviscon, Phazyme.
- Constipation: Colace, Sufrak (Stool Softener), Milk of Magnesia, Kaopectate, Metamucil, Miralax .
- Hemorrhoids: Anusol Cream, Tucks Pads, Preparation H.
- Allergy: Zyrtec, Alavert, Claritin, Tavist ND, Triaminic Allerchews, Banophen, Benadryl, Cholrtrimeton.
- Pain/Fever: Tylenol, Extra Strength Tylenol, Panadol.
- Insomnia: Unisom, Tylenol PM, Nytol, Sominex
- Yeast Infections: Monistat 7.

WHAT NOT TO USE

- Aspirin
- Ibuprofen Products (Advil, Nuprin, Motrin, Aleve)
- Pepto Bismol
- Saccharin
- Tetracycline, Sulfa, Afrin Nasal Spray, and Accutane
- Tranquilizers and Sedatives
- Prescription Medications Not Approved By Your Doctor.
- Herbal/ Natural Compounds Not Approved By Your Doctor.

Labs, Ultrasounds, and Visits

Routine Testing during Pregnancy

1st trimester

- You Basic Ob Panel which includes: Hemoglobin and Hematocrit levels, Urine testing, Determination of Blood Type, Antibody screen, Determination to Rubella virus, Syphilis screen, Chlamydia screen, Pap smear (if needed), Hepatitis B virus, HIV testing, Diabetes screening, as well as any other testing necessary. These tests are to help us prevent or treat problems that can arise during pregnancy.
- We also offer the free cell DNA test that you do after 10 weeks. You can discuss with your doctor if you fall into any of the categories indicating for testing.
- During Flu season our office offers the flu vaccine. You can receive it during any trimester of pregnancy.

2nd trimester

- Quad screen (this is an optional test): this is drawn between 15-22 wks. The quad screen provides information about whether there is an increased risk for certain birth defects in the baby. This test is a screening test, meaning that it gives information about risk. It can only signal that further testing should be done to confirm a diagnosis. There is no risk to the baby from the test.
- Glucose and Hemoglobin test: This test is drawn between 24-28 weeks. It checks for diabetes during your pregnancy. We will give you a handout with the instructions for the test. If you fail the 1 hour you will be scheduled to do a follow up test which is the 3 hour.

* If you are Rh- you will be given your RhoGam injection around 27 weeks*

3rd Trimester

- Group B swab- Around 35 weeks we will do the vaginal swab to check for the Group Beta Strep bacteria. 1 in 3 women carry it as one of their normal bacteria's. While it doesn't cause problems for us it has been known to cause infections for babies. If you test positive, they will give you antibiotics while you are in labor.
- Once you reach your third trimester you can receive your Tdap vaccine. It is recommended to protect you and your baby against whooping cough. It is also recommended that all family members and caregivers are up to date with their vaccine.

Ultrasounds

- You will have your first ultrasound around 7 weeks to confirm your pregnancy and to provide a accurate due date.
- A second ultrasound is performed at 18-22 weeks to evaluate fetal anatomy, gender, growth, and placental placement.
- If you wish to find out the gender before your anatomy scan you can schedule a gender scan any time after 15 weeks. Insurance doesn't cover it but you can pay \$50.
- If you are interested in obtaining a 4D ultrasound, they are available in this office at your cost. 4D ultrasounds are recommended between 27-32 weeks but are overall best at 28-30 weeks. The price for the 4D ultrasound is \$175.
- Your last ultrasound will be around 35 weeks to check your fluid, the position of your baby, and get an estimated weight.

No other ultrasounds are indicated in pregnancy unless an indication arises. But at any time you are more than welcome to schedule a Sneak Peek ultrasound to see your little one for \$50.

Visits

- If pregnancy is progressing without complications, you should see your physician every 4 weeks until 30 weeks, then every 2 weeks until 36 weeks and then weekly until delivery.
- Each routine visit we will check your urine, blood pressure, and weight. On appointments that doesn't include an ultrasound they will measure your belly and check heart tones. After 35 weeks your doctor will also do cervical exams to check for dilation.
- Your doctor shares call with 8 other OB/GYN's in our practice. If at any point you are having a problem and he/she is off, not-on call, or on vacation you may talk to and/or be seen by one of them.
- Dr. Lenz and Dr. McCoy's clinic Nurse Practitioner, Daphne Hutto, works in our office 1-2 days week. You may see her for some of your routine OB visits.
- Between visits, if you need prescription refills or have routine questions, please call our office during normal business hours. Out of courtesy, reserve calls after hours and on weekends for emergencies. Our office number is (251) 344-5900.
- During your 3rd trimester is a good time to go ahead and fill out your hospital pre-registration, bring in any paperwork you will need filled out for work, and attend any classes and tours that Springhill Labor and Delivery has to offer.

Springhill Medical Center Childbirth Education Classes

Please register for these classes by leaving a message at (251) 340-7769 or email childbirthclass@springhill.org

- **Breastfeeding Class-** Benefits of breastfeeding, getting started, going back to work, and FAQs are covered.
- **Breastfeeding Support-** Lactation consultants answer questions, help with breastfeeding, and check baby's weight.
- **Your Amazing Newborn and Infant CPR-** Learn the basics of newborn care, including car seat safety, and infant massage. Covers infant CPR and choking.
- **Childbirth Preparation-** The class covers onset of labor, inductions, cesarean sections, relaxation, anesthesia, and postpartum.
- **Baby Prep Parade-** Take a tour of the hospital and learn more about what to expect during your stay.
- **Me, Too! Tour for Siblings-** A individualized tour and instruction for siblings ages 9 and younger, by appointment only. The event includes a tour of the maternity areas and tips on helping parents with the new baby.

Glucose Test Instructions

1. We give you your drink to take home with you. You don't have to keep it cold, but it tastes better cold.
2. You will drink it on your way to your next scheduled appointment. You have a 5 minute time frame to drink all of it. When you get to our office and check in let the girls upfront know what time you finished it.
3. We will draw your labs an hour after to finish (example: if you finish your drink at 10:15 you will be due to have your blood drawn at 11:15). Drinking it on your way makes sure you have plenty of time to get here, parked, and checked in. We do not want you to miss your time and have to reschedule for your test and to re drink the glucose drink.
4. It is fine to eat beforehand, but we suggest staying away from foods high in sugar and carbs. Stick with high protein and veggies.

Foods to avoid:

- Sugar, Honey, Jelly, Candy, Gum, Syrup
- Grits, Oatmeal, Breakfast bars, Sugared Cereals,
- Fruit juices of any kind, Regular Soda drinks, Chocolate milk, sweet tea
- Fruit (canned or raw), Corn, Carrots

Suggested items:

- Diet drinks, plain milk, Water,
- Sausage, ham, tuna salad, salads (chef, taco, green), eggs, peanut butter crackers, toast with butter
- Sugar free candy or gum

Post-Partum Instructions

- Activity- Take it easy for the first few weeks after discharge from the hospital. Then you can gradually increase your activity. Walking is very good exercise and can be done as soon as you get home. Avoid strenuous activity such as aerobics and weights for 6 weeks.
- Diet- If breastfeeding, continue to take your prenatal vitamins as long as you are breastfeeding. If not breastfeeding, continue to take your prenatal vitamins for three months. Remember if you are breastfeeding, you should adjust your diet to include more calories and protein. You should also drink more liquids: 8- 10 glasses of water, plus 2 glasses of milk and juice each day.
- Hygiene- You may shower at any time. No baths for two weeks. Do not use tampons or douches.
- Bowels- Try to keep your stools soft. Colace is a good over-the-counter stool softener. Prunes are a good natural laxative. Drink lots of fluids.
- Bleeding- Vaginal discharge may continue up to six weeks. You may wear a pad. It may be quite heavy. This is normal. Your first period may be somewhat heavy, and you may pass clots.
- Episiotomy- Sutures will be automatically absorbed. You may notice a pulling or sticking sensation. A warm sitz bath may help the pain. If your episiotomy or hemorrhoids are painful, you can try Tucks or Dermoplast spray. Once your episiotomy is longer painful, no special treatment is needed.
- Menstruation- If you bottle feed, you will probably resume your period by 8 weeks after delivery. If you breastfeed you may not have your period for at least 3 months after delivery, if at all. Your first period may be quite heavy.
- Sex/Birth Control- You may resume sex after 6 weeks if you are no longer sore. Be sure to discuss contraception with your doctor. Remember, nursing does not prevent you from getting pregnant.
- Circumcision- You may remove the white gauze on the circumcision after you get home, The circumcision site will be raw and may ooze a little blood. Wash with soap and water and apply Neosporin until healed.
- Mood- Do not be surprised if you feel a little blue after you get home. After all the excitement, it is normal to feel a little let down. Also, the fact that the baby's schedule is unpredictable makes it harder to get the rest you need. Remember this is normal and does not usually last long. If this does not improve, contact your doctor.