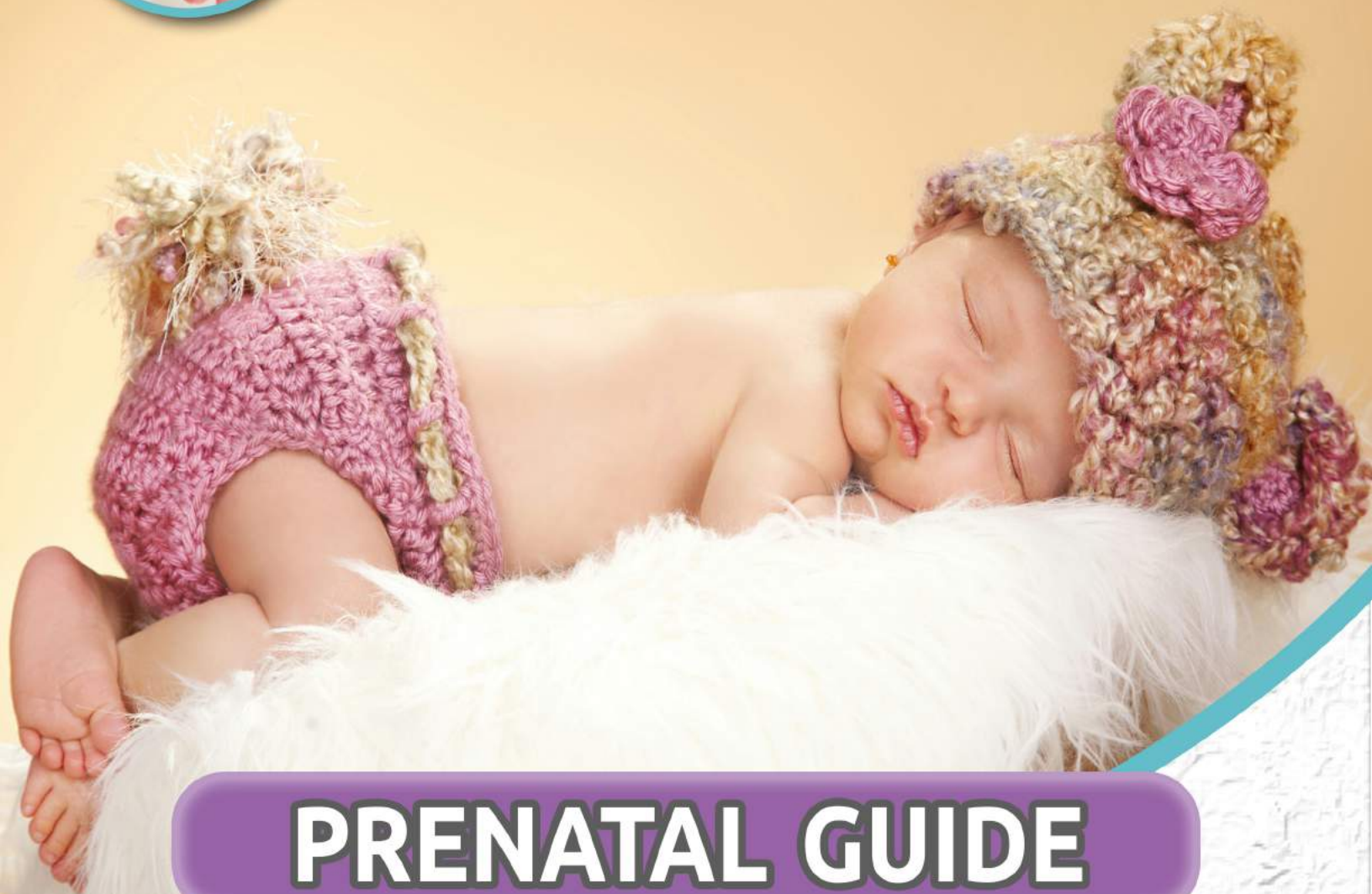
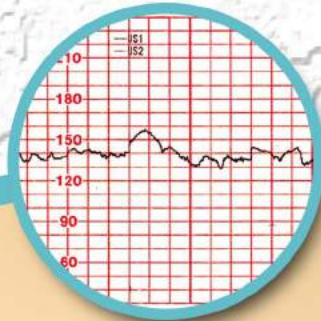


# Boro Park & OB/GYN

Doctors She Trusts. Care She Deserves.



## PRENATAL GUIDE



# WELCOME!

Boro Park OB/GYN is a practice of twelve doctors and six midwives. You may choose to see either type of provider, however, we recommend making your decision as early as possible. The midwives will accept transfers from the doctors and new patients up to 36 weeks if the patient meets certain medical criteria. There is always a doctor and midwife on call each day, 24/7, at Maimonides Medical Center.





For appointments, test results and general questions, please call our office at 718-972- 2700. To speak to a manager, please feel free to contact them at the extensions listed below:

**Boro Park Office Manager: Raizy Rosenberg**

☎ ext 1113 ✉ rrosenberg@bpobgyn.org

**Newkirk Office Manager: Denise DelValle**

☎ ext 1302 ✉ ddelvalle@bpobgyn.org

**Williamsburg Office Manager: Aliya Melikova**

☎ ext 1218 ✉ amelikova@bpobgyn.org

**Midwifery Pavilion Office Manager: Gina Siciliano**

☎ ext 1501 or 1502 ✉ gsiciliano@bpobgyn.org

**Clinical Manager: Bonnie Petrocelli**

☎ ext 1122 ✉ bpetrocelli@bpobgyn.org

**Medical Records Manager: Doreen Brancaccio**

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# CONGRATULATIONS!

Thank you for choosing Boro Park OB/GYN to care for you throughout your pregnancy. We recognize that women and their partners may have many questions and concerns throughout the pregnancy. We have created a brief guide of what you can expect at each prenatal visit. In addition, you will find several common discomforts that you may feel as your body grows and changes throughout this experience, along with various remedies and relief measures. Never hesitate to write questions down between visits so that we can address all of your concerns when meeting with you!



# YOUR PREGNANCY

Prenatal care in the United States and in many other countries occurs at a fairly predictable frequency...

*Monthly* until 28-32 weeks

*Bi- Weekly* until 36 weeks

*Weekly* until 40 weeks

*Twice a Week* until delivery



- ✓ Optimal timing of delivery is based on many factors and is therefore decided on an individual basis.
- ✓ There are certain tests that should be performed at each visit and other tests that are time sensitive and therefore occur at specific times.
- ✓ At every visit, expect to have your blood pressure checked, to be weighed and to have a urine test. Your provider will also listen to the fetal heart rate and assess fetal growth (either with hands or by ultrasound).

### Your first visit will include the following:

Medical history, physical exam (including pelvic exam for most patients), blood work, ultrasound.

- ✓ Please note that you will be contacted by phone or through the portal, if you prefer, with any abnormal results.
- ✓ This visit tends to be the longest of your pregnancy.

### 11-13 Weeks

We offer various genetic screening tests such as:

**Nuchal Translucency (NT):** Ultrasound screening test for Down syndrome.

**Sequential Screening:** A two part blood test that screens for Down syndrome and neural tube defects (such as spina bifida). The second part is drawn between 16-20 weeks.

**Noninvasive Prenatal Testing (NIPT):** A newer test that is very accurate and screens for Down syndrome, Trisomy 13 and 18 and can also identify the sex of your baby.

- ✓ It's important to note that the tests described above are screening tests that can only assess your baby's risk factor for the aforementioned issues. If there are indications for diagnostic testing such as amniocentesis or chorionic villus sampling, your provider would discuss this with you on a case by case basis.
- ✓ These tests are recommended but not required.

### 19-22 Weeks

We will be performing an ***anatomy ultrasound*** for fetal and placental assessment, which assesses the development of your baby for structural abnormalities. If you'd like, we can inform you of your baby's sex during this sonogram.

We request that you come on time for this 30 minute ultrasound. Babies and/or young children are not admitted in the ultrasound room and may not be left alone in the waiting room unattended.



### 24-28 Weeks

**Glucose Challenge Test:** Screening test for gestational diabetes (Some patients may require earlier testing based on their individual risk factors). When you check in, you will be given a sweet sugary drink. We will check your blood sugar levels via a blood draw exactly one hour after you finish your drink. Be prepared to stay in the office for the full hour. Bring reading material if you like. This test does not require fasting but we recommend that you avoid additional sugar intake prior to the exam.

**RhoGam:** An injection that is given to patients that are RH Negative with respect to their blood type. This is given at 28 weeks. If you are RH negative, your provider will discuss the relevance of this injection with you.

### 32-34 Weeks

**Growth Ultrasound:** Measurements are taken of the baby's head, abdomen and femur bone. The amount of amniotic fluid around the baby is also measured.

**Bloodwork** to assess for anemia, thyroid function and certain infections.

### 35-37 Weeks

**Group Beta Strep (GBS) Culture:** A normal bacteria that is commonly found in the intestines, vagina and rectum. Anywhere from 10-30% of pregnant women have GBS. Although this bacteria is harmless to adults, if a newborn is exposed to it, although it is uncommon, it can make a baby sick. If you test positive, you will be given antibiotics while in labor. This helps to prevent newborn infection.

If you go past your due date, we will see you twice a week to monitor you and your baby using ultrasound and electronic fetal monitoring (non-stress test).



# Over the Counter Medication Permitted During Pregnancy

It is best to limit medication use during pregnancy, especially in the first trimester. However, many medications are considered safe during pregnancy if taken as directed. Below is a list of safe medications listed by condition.

## Aches, Pains, Fever

Tylenol-regular or extra-strength

DO NOT USE: Ibuprofen, Motrin, Advil, Naprosyn, Aleve or Aspirin

## Cough, Cold, Allergies

Throat lozenges, Sudafed-regular (do not take "D"), Robitussin-regular, Benadryl, Claritin, Zyrtec

Non-medicinal options include: saline nasal spray, salt water gargles, neti-pot

## Gas

Mylicon, Gas X, Mylanta, Drinking 8-10 glasses of water per day, Avoid gas inducing foods

## Constipation

Citrucel, Miralax, Colace, Philips MOM, Metamucil, Senokot-regular

Non-medicinal options include: Drinking 8-10 glasses of water per day and increase dietary fiber, such as fruit with skin-on, fiber fortified cereal, prune juice

## Heartburn

Tums, Pepcid, Prilosec, Zantac, Maalox, Rolaids, Mylanta, Gaviscon. Non-medicinal options include papaya enzyme tablets after meals (can be found at health food stores).

## Hemorrhoids

Preparation H, Tucks Pads (with Witch Hazel), Anusol HC

## Diarrhea

Immodium, BRAT diet: bananas, rice, apple-sauce, toast  
Adequate fluid intake, especially with electrolytes such as Gatorade

*Any medication prescribed by physicians outside of Boro Park OB/GYN, please check with us prior to filling that prescription.*

Call the office if:

- ✓ You have questions about medications
- ✓ Temperature over 100.4
- ✓ Productive cough
- ✓ Your symptoms do not improve after 48 hours
- ✓ You live with someone who has tested influenza positive during flu season



# Common Discomforts of Pregnancy

## Braxton Hicks Contractions

These contractions are irregular uterine contractions that may be uncomfortable. Some describe them as abdominal tightening. Braxton Hicks may worsen at nighttime, if you're dehydrated or over-exerted. Usually a change in activity, a warm bath, drinking two glasses of water, or resting will make them go away or space out. Uterine contractions at less than 36 weeks that do not go away with the above relief measures need to be reported to your provider.

## Breast Tenderness

Increasing levels of estrogen can cause the breast and nipples to be tender. Your breasts may also increase in size and start leaking colostrum, a precursor to breast milk. Your nipples and areola may darken, stretch marks may appear and the areola may develop bumps known as Montgomery's Glands. All of these signs are normal. It will be helpful to look for a larger bra with good support. As labor nears, if you intend to breastfeed, you may want to purchase a nursing bra or two and bring these to the hospital with you. You will generally want to increase by one full size.

## Carpal Tunnel Syndrome

This is caused by an increase in fluid in the body during pregnancy which puts added pressure on the nerves in your wrist and hands can cause both pain and numbness. Try reaching your arms above your head while rolling your wrists. Gently stretch and massage your hands. Some women find relief with ice packs or orthopedic wrist braces. You may also find that eating lots of fruits and vegetables, removing excess sodium and only salting food to taste and increasing your protein intake can help.

## Constipation

Pregnancy causes your digestive system to slow down. In addition, your digestive tract has to rearrange itself in order to accommodate a growing baby. An unpleasant side effect of these natural changes is constipation. Increasing fiber (fruits, vegetables, whole grains, beans, and legumes), water (at least 8 glasses per day), and regular exercise will help prevent the problem. Fiber supplements such as Benefiber, Metamucil, Konsyl, or Colace (stool softener), magnesium supplements (250 mg twice a day) are safe to use during pregnancy.

## **Dehydration**

It is easy to become dehydrated during pregnancy. Dehydration can cause uterine contractions among many other undesired side effects common to pregnancy. Be sure to increase your water intake. Your blood volume will increase by 50% and your body will be busy replacing the amniotic fluid that surrounds your baby. You will need a minimum of 8 glasses of water per day.

## **Dental Problems**

You may notice that your gums bleed more easily in pregnancy. This is normal. It is the increased blood flow that causes this. It is important to continue good dental hygiene (brushing and flossing after meals and bedtime). Do not avoid dental check-ups/cleaning during pregnancy. At the discretion of your dentist, X-rays can be done during pregnancy. Always advise your dentist that you are pregnant. If you require dental work during your pregnancy, you may request a letter describing what procedures and medications are safe for you and your baby.

## **Dizziness**

You may feel dizzy early in your pregnancy. This is often related to nausea and the ways in which your eating patterns change. During the second and third trimester, your growing uterus can put pressure on blood vessels which can also make you feel dizzy. Low blood sugar, being overheated, and/or standing up too quickly can cause dizziness. Relief of dizziness depends on the cause. A first step is to sit down. This will help the dizziness subside and keep you from falling. Consider eating small frequent meals, keep yourself hydrated, stepping out for a breath of fresh air, and being careful to get up slowly are all measures which you may take to ease these dizzy spells. Call your provider if you have persistent dizziness or dizziness accompanied by blurred vision, headaches, or heart palpitations.

## **Exhaustion**

During the first three months of pregnancy, you may feel like sleeping most of the time. Even though you have not started to show, hormones can produce an overwhelming feeling of tiredness. It's important to realize that your body is working very hard and is busy multiplying cells to form a new life. Fortunately, this feeling of fatigue usually disappears around the fourth month. You may also notice that you slow down during the last two months of pregnancy because of the size and weight of the baby. Listen to your body and try to provide the rest that it needs.



## Headaches

Hormone fluctuations, sinus troubles, tension, fatigue, hunger, dehydration, and emotional or physical stress can all contribute to headaches in pregnancy. Increase your water intake to at least 8 glasses of water per day. You may take Tylenol. Try resting in a quiet dark space with a cool washcloth over your eyes as soon as symptoms begin. Yoga, meditation, or other relaxation techniques may be helpful. Many women who have given up caffeine at the onset of pregnancy develop withdrawal headaches. One small cup of caffeine (think Starbucks “tall”) is safe throughout pregnancy. If an unexplained headache persists for more than a few hours after treatment, increases in severity, or if it is accompanied by visual disturbances, puffiness of the hands and face, notify your provider.

## Heartburn

Your growing baby will sooner or later leave little room for a hearty meal. In addition, increased progesterone and relaxin tend to relax the gastrointestinal system. Therefore, food may move more slowly through the GI tract. Try breaking up your meals into 6 small frequent ones. Eliminate any food that you notice causes GI discomfort. Common offenders are spicy, deep-fried, very rich foods, fatty foods, caffeine and /or carbonated drinks. Avoid meals close to bedtime. It may also be helpful to use Tums or Roloids 30 minutes before meals and at bedtime. Sleep with your head elevated and lying on your left side as much as possible. Also avoid bending at the waist or wearing tight clothing around your abdomen or waist.

## Insomnia

Many mothers have difficulty falling asleep or staying asleep during their pregnancy. With a growing and active baby, who seems to wake up when you want to rest, it may be hard to settle in for a good night’s sleep. Daily exercise, stretching exercises, fresh air and warm baths may help. Try to develop a bedtime routine. You may try Tylenol PM or Unisom for several nights to see if you can establish a sleeping pattern.

## Lower Back Pain and Sciatica

The pressure of an enlarging uterus and the position and size of your baby can cause lower back pain that sometimes radiates through the buttock and down the leg. It can be sharp and persistent throughout the pregnancy or it may resolve as your baby’s position changes. You may try an abdominal pregnancy support garment to realign your center of gravity, pelvic tilt exercises, rest, Tylenol, ice packs or a heating pad applied to the back or hip. Be mindful of keeping your hips in proper alignment by not crossing your legs, sleep with a pillow between your knees and under your abdomen. Yoga, swimming, chiropractic care, therapeutic massage may also be beneficial. Occasionally, if severe and interfering with daily activities of life, physical therapy may be recommended.



## Leg Cramps

Very intense muscle spasms or leg cramps can interfere with a good night's sleep. Commit to drinking at least 8 glasses of water a day. Avoid carbonated drinks, as they may interfere with your calcium/phosphorous balance. Eat foods rich in calcium, such as fish with edible bones (salmon, sardines), greens (collard, mustard, kale and spinach), broccoli, pinto beans, tofu and skim milk products. In addition to calcium, it is important to get enough magnesium in your diet. Sources include nuts, legumes, whole grains, dark green leafy vegetables, meats, seafood, and dairy products. You may also want to increase your intake of potassium rich foods, such as bananas and lime. If you are awakened by a cramp, straighten your leg and flex your ankle and toes slowly up towards your nose. If you do not feel relief by stretching, try standing about two feet away from the wall with your hands pressed against the wall, leaning forward while keeping your heels on the floor, creating a slight stretch in your calves.

## Morning Sickness

Nausea during pregnancy usually occurs in the morning, but may occur at anytime of the day. Mild to severe nausea, with or without vomiting usually occurs during the first 12-14 weeks of pregnancy, rarely, it can continue throughout pregnancy. This is caused by hormonal changes and normal fluctuations in blood sugar levels. You can reduce your frequency and severity of morning sickness by avoiding an empty stomach. Eat something every 2 hours if necessary. Avoid greasy, fried or spicy foods and unpleasant food odors. Get plenty of fresh air, take short walks, do not smoke and avoid people who do smoke. Acupuncture and wristbands such as "Seabands" can be helpful. Snack on raw almonds and drink ginger ale or ginger tea. You can take Vitamin B6, 25-50 mg., 2-3 times a day with 1/2 tab Unisom in the evening. Medication is usually not necessary, however, notify our office if you experience the following:

- ✓ Morning sickness that does not improve despite the above mentioned measures
- ✓ You vomit blood or material that resembles coffee grounds
- ✓ You are not urinating at least 4-6 times a day
- ✓ Nausea and vomiting are so bad that you cannot tolerate food/fluids at all

## Nasal Problems

Nasal congestion and nosebleeds are common in pregnancy. Keeping the nasal passages clear with daily steamy showers, saline nasal sprays or neti-pots, Breathe Right Nasal Strips, and Tylenol Sinus can help relieve symptoms.



## **Pubic Pain**

Some women have pubic pain towards the end of pregnancy. The loosening of the pelvic joints is caused by an increase in the hormone relaxin. This hormone facilitates the birthing process by softening the cartilage. The result is a more flexible and roomy pelvis in preparation for the birth of your baby. A pregnancy support belt or girdle may help shift the baby off the pubic bone. Tylenol, warm baths, and resting with a heating pad set on low may help. Keep your hips and pelvis in proper alignment by not crossing your legs or feet and sleep with a pillow between your knees and under your abdomen.

## **Round Ligament Pain**

This sharp pain in the lower abdomen can be very uncomfortable. It can occur with position changes of any kind, especially when getting up from a chair or turning from side to side in bed, coughing or sneezing. The pain usually goes away quickly. The resulting dull ache that sometimes follows these episodes may stay with you for a while. This pain is normal in pregnancy and is caused by stretching ligaments that hold the uterus in place. As the uterus grows, the ligament stretches. A pregnancy support garment may help. If the pain persists and is not relieved by sitting down or resting, please discuss your symptoms with your provider.

## **Shortness of Breath**

Hormones cause changes in the respiratory system to increase the frequency and depth of your breathing pattern. This may result in a feeling of breathlessness or feeling like you are breathing hard. You may find it easier to breathe if you sit straight up, sleep in a semi-propped position and avoid over exertion. If you experience severe shortness of breath accompanied by rapid breathing, blue lips and fingertips, chest pain, and/or rapid pulse, immediately call your provider or go to the emergency room.

## **Swollen Feet and Ankles**

Swelling is common as the baby grows and moves lower into the pelvis. It is important to wear comfortable shoes, with plenty of space for your feet to spread out and made of a material that breathes. Heels should be no higher than 2 inches high. You may consider orthotic inserts especially made for pregnancy. You may notice increased swelling after walking or standing for prolonged times during the day. Make sure to elevate your legs when you get home, as this can relieve the fluid. If your swelling comes on quickly, is noticeable in your face and hands and is associated with headaches or blurred vision, call your provider immediately.

## Urinary Tract Infection (UTI)

Pregnant women are more vulnerable to UTI. Women with the sickle cell trait or have diabetes are at increased risk. UTI can lead to preterm labor and kidney infections. You can help prevent the uncomfortable and annoying symptoms of a UTI by drinking at least 8 glasses of water a day, voiding before and after sexual intercourse and excellent personal hygiene (wiping from front to back).

## Vaginal Discharge

An increase in white mucoid discharge is due to the hormonal changes in your body and actually protects you and your baby from infection. This can be particularly noticeable as you get closer to your due date. The mere presence of increased discharge alone is not necessarily due to infection. Remember to wipe front to back to prevent infection and wear cotton underwear. If you have itching, irritation, burning or odor, please call your provider.

## Varicose Veins

It is possible to experience swollen veins in your legs, rectum (hemorrhoids), and/or vulva. Avoid sitting with crossed legs. If you stand for long periods, try elevating one foot, then the other on a small step stool. Full-length compression stockings can help decrease discomfort in legs and a special support can be purchased to alleviate pain and pressure in the vulva. Witch hazel can also provide soothing relief when applied to varicosities, as it has anti-inflammatory properties.





# FAQ



## **Can I Dye my Hair During Pregnancy?**

You'll read many different opinions on this issue, however, we feel it is probably best to wait until after the first trimester. Nausea has usually subsided by then and exposing yourself to fumes of the dye shouldn't cause any problems at this time. Research on this subject is fairly limited.



## **Can I Exercise?**

Regular exercise (at least 3 times a week) has been shown to be beneficial in low risk pregnancy. Avoid contact sports or starting strenuous new sports that your body is not accustomed to. If you are a professional athlete, you may continue your activity with some modifications. If you do aerobics or yoga, be sure to advise your instructor that you are pregnant and he/she will make the necessary modifications in your routine. Walking and stretching are excellent exercises during pregnancy. Please feel free to discuss any activity that you are unsure of with us. Stay well hydrated before and after exercising.



## **Can I Get Into a Hot Tub Or Take a Hot Bath?**

A nice warm bath at home is perfectly acceptable. Commercial hot baths (such as those at spas) should be avoided because of the extreme temperature of the water. Very hot water raises your internal temperature and also that of your baby's.



## **What if I Have Spotting (Light Vaginal Bleeding)?**

If you bleed at any time during pregnancy, please notify your provider. Although it is common and not always dangerous, it can be a sign of miscarriage or other complications of pregnancy. It is not uncommon to experience bleeding after intercourse. The bleeding should not be heavy or associated with moderate or severe cramping. If the bleeding is very light, we recommend notifying us during our regular office hours.



## Can I Have Intercourse?

Intercourse is safe during pregnancy, unless your provider advises against it for a specific reason. It is normal and not uncommon to feel cramping and mild staining for a short time afterwards, especially close to term. Many women may also find that using a water-based lubricant or something natural, such as coconut oil, can improve any vaginal dryness during intercourse while pregnant.



## Will I Get Stretch Marks?

Unfortunately, striae (stretch marks) cannot be prevented. The degree to which a woman experiences stretch marks is determined genetically. Stretch marks usually occur when weight is lost or gained quickly. Using creams and gels rarely makes a difference. Fortunately, striae fade with time.



## Can I Travel?

In most cases, you don't need to cancel your travel plans because you are pregnant. In most cases you can travel until 34 weeks. The safety and means of travel depend on whether you have any problems that need special care, how far along you are in your pregnancy, and your comfort.

### *Travel Recommendations:*

- ✓ While you are en route, try to walk around every hour. Stretching your legs will lessen the risk of blood clots and make you more comfortable. It will also decrease the amount of swelling in your ankles and feet.
- ✓ Wear comfortable shoes and clothing. You may want to wear support or pressure stockings.
- ✓ Drink plenty of fluids to help prevent urinary tract infections.
- ✓ If you are traveling outside the U.S. make sure that the country you are visiting is one in which you would feel comfortable receiving health care. Please refer to the CDC website regarding current updates and travel precautions.



## How Much Weight Should I Gain?

Recommendations for the range of total weight gain and the pattern of weight gain should be based on pre-pregnancy weight for height. Most weight gain will occur in the second half of the pregnancy.



*Pregnancy Weight Gain Recommendations:*

Underweight (BMI <18.5)	28-40 lbs
Normal weight (BMI 18.5-24.9)	25-35 lbs
Overweight (BMI 25-29.9)	15-25 lbs
Obese (BMI 30 or >)	11-20 lbs

*General Nutritional recommendations for Pregnant Women:*

- ✓ Thoroughly cook raw food from animal sources, such as beef, pork, or poultry.
- ✓ Wash hands, knives, and cutting boards after handling uncooked foods.
- ✓ Wash raw vegetables thoroughly before eating.
- ✓ Keep uncooked meats separate from vegetables and from cooked foods and ready to eat foods.
- ✓ Avoid unpasteurized (raw) milk or foods made from unpasteurized milk.
- ✓ Certain fish contain increased levels of mercury, which can be harmful to the developing fetus. It is recommended that you keep your fish intake to no more than 12 ounces of fish per week. Safe fish to eat are salmon, sardines, and tilapia. Canned tuna should be limited to twice a week.
- ✓ DHA is a supplement that helps with brain and eye development. Many prenatal vitamins contain a DHA supplement. If you are taking a vitamin that does not contain DHA, you can take an additional supplement, if you choose.

**Will I get Anemic?**

Iron deficiency is the most common cause of anemia in pregnancy. Iron needs to be increased in pregnancy. Eat foods high in iron, such as, beef, lamb, organ meats, iron fortified cereals, dried beans, peas, lentils, dark green leafy vegetables, peanut butter, and molasses. Combine foods high in Vitamin C with iron rich foods. If you are vegan or vegetarian, you may require additional supplements so do not hesitate to share any specific diet regimens with your provider.

**How Much Water Should I Drink?**

Pregnant women need to drink at least eight glasses of water a day. Limit calorie rich beverages to one a day (soda, fruit juice, cappuccino, etc.) Water will help reduce constipation, avoid or limit contractions, relieve fatigue/dizziness, among many other ailments you may experience during the course of your pregnancy.



### **Can I Still Have Caffeine?**

Caffeine in pregnancy hampers your body's absorption of folic acid and iron and also constricts blood vessels. Chocolate, sodas, coffee and tea, decaffeinated or regular contain caffeine. Limit your intake of caffeine to one cup per day.



### **Fetal Movement and Fetal Kick Count**

The importance of fetal movements and when women typically begin perceiving fetal movements will be discussed at many of your visits. Many women begin feeling movement around 20 weeks, but this can fluctuate depending on whether or not you've had babies before. We want you to be aware of your baby's movements, and to inform us if you ever perceive less movement than what you are used to feeling.



### **Bleeding in Pregnancy**

After a cervical exam it is not uncommon to have some bloody vaginal spotting seen right away or even a few days later. It should not be heavy like a menstrual cycle. If it is, please call your provider. Bloody show during labor is expected and is a good sign that your cervix is changing. The bleeding should be light in amount.



### **How Will I Know If I Lost My Mucus Plug?**

The mucous plug is something many women read about. It is a part of the normal changes that occur during the end of pregnancy. It may be an actual plug or just heavier discharge. This is something that does not require a call to our office. It is normal, to be expected and not necessarily a sign of impending labor. It may be pink and/or brown and will be a very mucousy discharge. Bleeding that resembles heavy menstrual bleeding requires you to contact your provider.



### **How Will I Know If My Water Broke?**

Many women experience a large gush of water, other women experience very light leaking or trickling of fluid. Contact your provider if you think you have broken your water or if you are unsure. We are here to help you sort this out.





## How Will I Know When I am in Labor?

*Less than 36 weeks:*

Contractions may be experienced at any point during pregnancy. These are often described as feeling cramping, baby is balling up, or tightening. If you are feeling these frequently, drink two large glasses of water, lie down, preferably on your left side, and count the sensations you are feeling. If you have 4-6 uterine contractions in one hour or two hours in a row, contact your provider. Generally, increasing water intake will stop or significantly decrease the amount of contractions you feel.

*37 or more weeks (term):*

Contact your provider if you are experiencing regular, painful uterine contractions every 4-5 minutes for at least 1 to 2 hours. Also, if you are experiencing vaginal bleeding, a significant decrease in fetal movement, or if your water breaks, please call our office or the after-hours phone line. Of course, if you feel the situation is of an emergent nature, our physicians are at Maimonides 24/7, ready to see you to access your situation.

Thank you for choosing Boro Park OB/GYN. Our Providers, Administration, and Staff hope that with our support and encouragement you have a smooth pregnancy, healthy baby, and a quick recovery!





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