

**DR. CAPET'S PREGNANCY GUIDE
FOR THE NEWLY PREGNANT
PATIENT**

APPOINTMENT SCHEDULE

Date	Gestational Age	Appointment Plan	Education
	8 Weeks	<ul style="list-style-type: none"> - Pelvic ULTRASOUND - OB screening lab panel - Assigning a due date 	<ul style="list-style-type: none"> - New OB packet - Safe Meds/Diet - Prenatal vitamins
	10 Weeks	<ul style="list-style-type: none"> - Genetic questionnaire - Carrier screening/genetic testing - Listen to baby's heartbeat - Exam, pap smear & vaginal culture 	Review labs
	12 Weeks	<ul style="list-style-type: none"> - Departmental NT ULTRASOUND - First Screen 	Review genetic labs
	16 Weeks	<ul style="list-style-type: none"> - Listen to baby's heartbeat - MSAFP/QUAD screening test 	Review labs
	20 Weeks	<ul style="list-style-type: none"> - Departmental ANATOMY ULTRASOUND/ GENDER - Start measuring fundal heights. 	<ul style="list-style-type: none"> - 2nd trimester packet - Gestational diabetes screen instructions
	24 Weeks	<ul style="list-style-type: none"> - Gestational diabetes & anemia screening - Listen to baby's heartbeat 	<ul style="list-style-type: none"> - Schedule 3-hr diabetes screen if indicated. - Preterm labor Sx

APPOINTMENT SCHEDULE CONT.

	28 Weeks	- Listen to baby's heartbeat - RHOGAM if RH negative	Start fetal kick counts
	30 Weeks	- Listen to baby's heartbeat - Anemia screening - HIV & RPR testing mandated by the state of Texas	- Class registration - Pedi selection - Cord blood banking
	32 Weeks	- Listen to baby's heartbeat - TDAP (whooping cough) vaccine	Lab review
	34 Weeks	- Departmental GROWTH ULTRASOUND - Start Valtrex if HSV positive - Birthing preference handout	3rd trimester educational packet
	36 Weeks	- Listen to baby's heartbeat - First cervical exam - GBS Screening	Term labor precautions and FKC
	37-41 Weeks	- Listen to baby's heartbeat - Cervical exam	Term labor precautions and FKC

*** In addition, we will check your blood pressure, urine (for protein & glucose), and weight at every appointment! Always leave a urine sample labeled with Name/DOB ***

COMMON QUESTIONS IN PREGNANCY

Can I eat fish during pregnancy?

- You may eat up to 12 ounces of low mercury fish per week such as salmon, shrimp, tilapia, lobster, and catfish.
- You should avoid fish high in mercury such as shark, swordfish, and king mackerel, yellow fin, and tuna steaks.
- If you want to eat tuna you may get albacore tuna that is low in mercury.

Can I eat cheese and lunch meats?

- You may eat cheese that is pasteurized only.
- Lunchmeat should be fresh, properly stored, and heated before eating.
- Avoid delis where lunchmeat sits out in the open, refrigerated pates, meat spreads, unpasteurized milk, or raw undercooked meats.
- Do not eat meats that have been open for longer than 5 days.

Can I drink beverages with caffeine?

- 1-2 cups of caffeinated beverages per day or <200mg/day are safe during pregnancy.
- Keep in mind that sodas also have high amounts of sugars that increase weight gain for you and your baby.

Can I get in the hot tub?

- Do not get into a hot tub during your first trimester. Limit soaking times during your second and third trimester. Temperature should always be below 100 degrees Fahrenheit.

CARRIER SCREENING

Being a genetic carrier means that you could pass certain conditions to your child. These tests can determine your carrier status. If you test positive, your partner would be tested to determine the risk of having a child with the condition. Information on the Horizon screening and financial information can be found here:

<https://www.natera.com/horizon-carrier-screen>

FIRST TRIMESTER GENETIC TESTING OPTIONS

First Trimester Screen & Nuchal Translucency: (Please see pamphlet)

The first trimester screen is the current standard of care for low risk individuals under the age of 35 with no family history. This is a maternal blood-screening test that is completed between 11th-13th week in conjunction with an ultrasound to evaluate the risk for Down's syndrome (trisomy 21), Edward's Syndrome (trisomy 18), and cardiac disorders and other fetal abnormalities. This test is around 94% accurate with a 5% false positive rate. This test works by testing HCG and PAPP-A hormones in combination with two measurements from ultrasound. The Thickness of the nuchal (neck) fold and presence or absence of the nasal bone, weight, and gestational age are also used in the measurements. Abnormal measurements can also be seen in a normal fetus and abnormal testing raises suspicion but does not diagnose a chromosome abnormality.

Cell free DNA Prenatal Testing:

This is a maternal blood-screening test that looks at fetal DNA to determine the risk of downs syndrome (trisomy 21, trisomy 18, and trisomy 13). In addition, this test looks for sex chromosome disorders and can tell you the gender at just 10 weeks! This testing is around the 99th percentile for accuracy. The Panorama prenatal test is \$350 for individuals whose insurance does not cover the testing. This includes Humana, Tricare, Medicaid, Medicare, & VA insurance and anyone under the age of 35. If you are over the age of 35 and your insurance covers the testing, your out of pocket may be more but it will go towards your deductible.

<https://www.natera.com/panorama-test>

SAFE MEDICATIONS IN PREGNANCY

Aches & Pains

Tylenol

Excedrin Migraine

** No Aspirin or ibuprofen

Sudafed (**3 day max, avoid in the first trimester)

Cough drops (cepacol)

Chloroseptic spray

** Increase fluid intake

** Clear liquid diet

** Call if last longer than 3 days.

*** Diclegis substitute:

Unisom 10mg & Vitamin B6 25mg

Allergy Medications

Benadryl

Claritin

Allegra

Zyrtec

Flonase

Nasacort

Nasal Sprays

Saline Nasal Spray

Afrin Nasal Spray (3 day max)

Heartburn

Step 1: Tums, Rolaids, Mylanta,

Maalox

Step 2: Zantac or Pepcid

Step 3: Nexium

Yeast Infections

Monistat 7- day treatment

Cold/Cough/Congestion

Mucinex – Cough expectorant

Delysum- Cough Suppressant

Robitussin

Constipation

Colace 100mg (up to 3 times per day)

Surfak

Fiber supplements

**Increase water intake

Hemorrhoids

Tucks pads

Anusol

Preparation H

Nausea & Vomiting

Dramamine

Diclegis, Zofran, or Phenergan (as prescribed)

Diarrhea

Imodium

HERBAL SUPPLEMENTS TO AVOID

Agave- steroid

Aloe- Laxative

Angelica- promotes menstruation

Asafoetida

Barberry- liver function

Black Cohosh- promotes menstruation

Buchu- diuretic

Buckthorn- Laxative

Cascara sagrada- laxative

Chamomile- Uterine Relaxant

Coco Butter-Fetal arrhythmias

Dandelion- increases Vitamin A

Ephedra- antihistamine

False Unicorn- hormone supplement

Feverfew- promotes menstruation

Ginger supplements- promotes menstruation, decreased platelets

Ginseng- steroid

Goldenseal- stresses liver & kidneys, raises WBC's, causes contractions

Guarana- stimulant

Horsetail- diuretic

Hops- steroid

Hyssop- promotes menstruation

Juniper Berries- diuretic

Kola- stimulant

Licorice Root- steroid

Ma Guang- antihistamine

Melatonin- Risk for developmental disorders

Mugwort- Uterine Stimulant

Nettles- Increases Vitamin A

Osha Root- antihistamine

Pennyroyal- promotes menstruation

Sage- steroid

Saw Palmetto- Hormonally active

Senna- laxative

Sheperd's Purse- diuretic

St. John's Wart

Tansy- Uterine Stimulant

Uva Ursi- diuretic

Yerba Santa- Antihistamine

TOXOPLASMOSIS-

BY THE PARASITE TOXOPLASMA GONDI.

TOXOPLASMOSIS IS AN INFECTION CAUSED

Toxoplasmosis may be spread in several ways:

Cats play an important role in the spread of toxoplasmosis. Cats become infected by eating rodents, birds, or other small animals that are already infected. The parasite is then passed in the cat's feces. Cats and kittens prefer litter boxes, garden soils, and sand boxes for elimination and you may be exposed unintentionally by touching your mouth after changing a litter box or while gardening without gloves.

Eating fruits and vegetables if they are not washed or peeled.

Eating under-cooked meat and even by handling raw meat and not washing your hands afterwards.

Contaminating food with knives, utensils, cutting boards, and other foods that have come in contact with raw meat.

Drinking water that is contaminated

Prevention

Have someone who is healthy and not pregnant change the cats litter box. If this is not possible, wear a mask and gloves to clean the litter box every day, because the parasite found in cat feces needs one or more days after being passed to become infectious. Wash hands well with soap and water afterwards.

Wash hands with soap and water after any exposure to soil, sand, raw meat, or unwashed vegetables.

Cook all meat thoroughly; that is to an internal temperature of 160 degrees Fahrenheit and until it is no longer pink in the center or the juices become colorless. Do not taste the meat until it is fully cooked.

Freeze meat for several days before cooking to greatly reduce the chance of infection.

Wash all cutting boards and knives thoroughly with hot soapy water after each use.

Wash and peel all fruits and vegetables before eating.

Wear gloves when gardening or handling sand from a sandbox. Wash hands well afterwards.

Avoid drinking untreated water, particularly when traveling in less developed countries.

TRAVELING PRECAUTIONS

HOW LONG CAN I TRAVEL

Flying and driving within the continental United States is safe by until 36 weeks as is International travel until 32 weeks. After 36 weeks we ask that you do not travel more than 1.5 hours away from the hospital by car only.

CRUISES are contraindicated during pregnancy

THINGS TO REMEMBER WHEN TRAVELING

Pregnant women should always wear seatbelts, when available, on all forms of transport, including airplanes, cars, and buses.

Preventive measures to prevent blood clots from stationary positions include frequent stretching, walking and isometric leg exercises, and wearing graduated compression stockings.

Always keep your bladder empty to prevent contractions while traveling.

Older airport security machines are magnetometers and are not harmful to the fetus. Newer security machines use backscatter x-ray scanners, which emit low levels of radiation; most experts agree that the risk of radiation exposure from these scanners is extremely low.

CONTRAINDICATIONS TO TRAVELING

Always buy refundable tickets or trip insurance during pregnancy as conditions may change suddenly

Abruptio placentae

Threatened labor

Incompetent cervix

Placenta Previa

Preeclampsia

Premature labor

Premature rupture of membranes

Suspected ectopic pregnancy

Threatened abortion, vaginal bleeding

PREGNANT? READ THIS BEFORE YOU TRAVEL



What we know about Zika

- Zika can be passed from a pregnant woman to her fetus.
- Zika infection during pregnancy can cause certain birth defects.
- Zika is spread mostly by the bite of an infected *Aedes aegypti* or *Aedes albopictus* mosquito.
 - » These mosquitoes bite during the day and night.
- There is no vaccine to prevent or medicine to treat Zika.
- Zika can be passed through sex from a person who has Zika to his or her sex partners.



What we don't know about Zika

- If there's a safe time during your pregnancy to travel to an area with risk of Zika.
- If you do travel and are infected, how likely it is that the virus will infect your fetus and if your baby will have birth defects from the infection.

Travel Notice

CDC has issued a travel notice (Level 2-Practice Enhanced Precautions) for people traveling to areas where Zika virus is spreading.

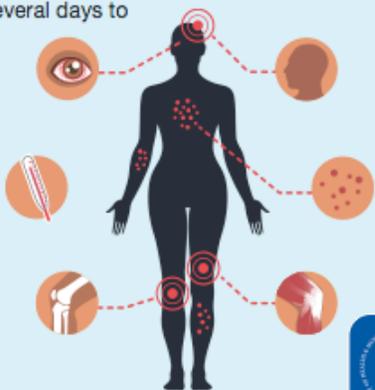
- For a current list of places with Zika outbreaks, see CDC's Travel Health Notices: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

Symptoms of Zika

Most people with Zika won't even know they have it. The illness is usually mild with symptoms lasting for several days to a week.

The most common symptoms of Zika are

- Fever
- Rash
- Headache
- Joint pain
- Red eyes
- Muscle pain



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

CDC recommends special precautions for pregnant women and women trying to become pregnant

Pregnant?

Pregnant women should not travel to areas with risk of Zika.

Pregnant women and their sex partners should strictly follow steps to prevent mosquito bites.

If you have a sex partner who lives in or travels to an area with risk of Zika, you should use condoms from start to finish every time you have sex, or do not have sex during the pregnancy.

If you develop the symptoms of Zika, see a healthcare provider right away for testing.

Trying to become pregnant?

Women trying to become pregnant and their male partners should consider avoiding nonessential travel to areas with risk of Zika.

Strictly follow steps to prevent mosquito bites.

Talk to your healthcare provider about plans to become pregnant.



Your Best Protection: Prevent Mosquito Bites

Clothing

- Wear long-sleeved shirts and long pants.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
 - » Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
 - » If treating items yourself, follow the product instructions carefully.
- Do NOT use permethrin products directly on skin. They are intended to treat clothing.



Indoor Protection

- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.



Repellent

Use Environmental Protection Agency (EPA)-registered insect repellents. When used as directed, these insect repellents are safe and effective for pregnant and breastfeeding women.

- Always follow the product label instructions.
- Reapply as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen before applying insect repellent.
- Use a repellent with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone.



Protect yourself from mosquito bites



Daytime is most dangerous

Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.



Use insect repellent It works!

Look for the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone



Wear protective clothes

Wear long-sleeved shirts and long pants and use insect repellent. For extra protection, treat clothing with permethrin.



Mosquito-proof your home

Use screens on windows and doors. Use air conditioning when available. Keep mosquitoes from laying eggs near standing water.

MINOR CHANGES IN PREGNANCY

- Nausea & Vomiting
 - Eat 5-6 small meals per day
 - Avoid greasy foods
 - Take medications as prescribed by your doctor
 - Call the office if you are unable to keep food and water down
- Heartburn
 - Avoid lying down after eating
 - Avoid fried, fatty, or greasy foods
 - Eat 5-6 smaller meals per day
 - Talk to your doctor about medications that may help.
- Leg cramps
 - Make sure you are drinking 64 oz
 - Increase your calcium and magnesium intake
 - Try magnesium rubs over the counter
 - Elevate your legs while sitting

MINOR CHANGES IN PREGNANCY

- **Headaches**
 - Make sure you are drinking 64oz of water per day
 - Take 1000mg of Tylenol and lie down to rest
 - Call our office if your headache does not resolve
- **Constipation**
 - Make sure you are drinking 64oz per day
 - Eat 5-8 servings of high fiber foods per day
 - Exercise 30-45 minutes per day
- **Hemorrhoids**
 - Eat a high fiber diet
 - Use tucks pads
 - Apply ice packs

HEALTHY DIET IN PREGNANCY

A healthy diet in pregnancy should be around 2000 calories. Make sure that you have at least 80grams of protein per day and less than 100 carbohydrates per day.

What is a Carbohydrate?



Desserts



Fruits



Potatoes



Pasta



Tortillas



Pizza



Bagels and Breads



Cereal



Yogurt

My Pregnancy Plate

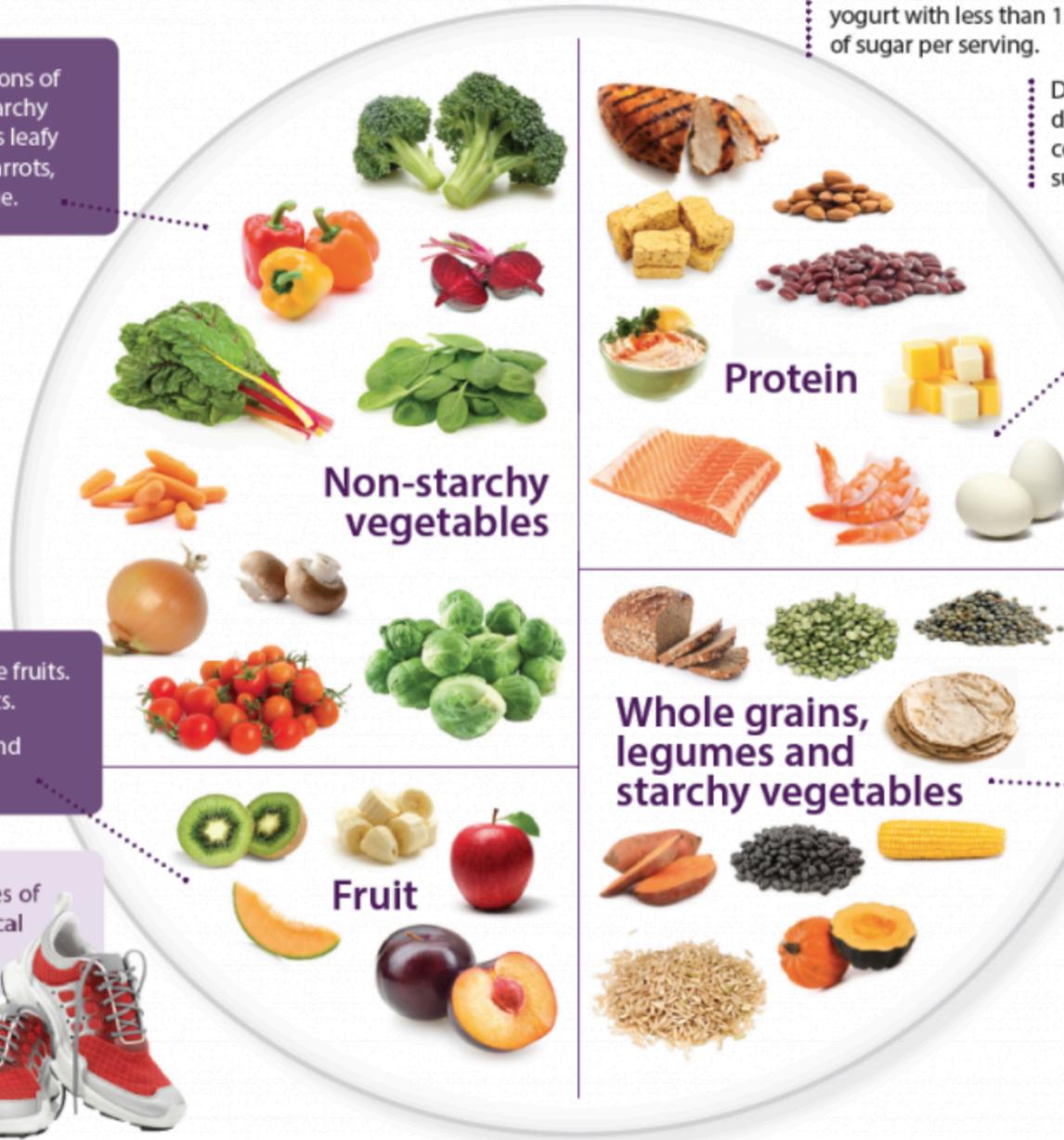
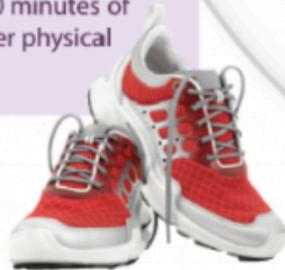
Choose large portions of a variety of non-starchy vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage.

Choose small amounts of healthy oils (olive and canola) for cooking or to flavor foods. Nuts, seeds and avocados contain healthy fats.



Choose a variety of whole fruits. Limit juice and dried fruits. Fruit is great for snacks and dessert, too.

Aim for at least 30 minutes of walking or another physical activity each day.



Choose 2 to 3 servings of nonfat or 1% milk or yogurt (cow, soy or almond). A serving is 8 oz. Choose yogurt with less than 15 g of sugar per serving.



Drink mainly water, decaf tea or decaf coffee and avoid sugary beverages.



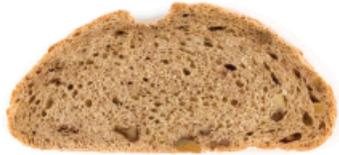
Choose protein sources such as poultry, beans, nuts, low-mercury seafood, eggs, tofu or low-fat cheese. Limit red meat and avoid cold cuts and other processed meats.

Choose whole grains, such as whole wheat bread or pasta, brown rice, quinoa or oats and other healthy starches like beans, lentils, sweet potatoes or acorn squash. Limit white bread, white rice and fried potatoes.

Healthy snack ideas

- When you are pregnant, you need about 300 extra calories each day starting in the second trimester.
- This is not really that much. It equals one large snack or two smaller snacks a day.

Large snack



1 slice whole wheat bread



1 Tbsp peanut butter



1 medium apple

Two small snacks

OR



1 cup cubed melon



12 almonds



6 oz. low-fat yogurt

What about sweets?

- You may be wondering whether there is room for cookies, candy, ice cream or other sweets in your pregnancy diet. You can eat sweets, but not every day. The goal is to use My Pregnancy Plate as your guide for healthy eating, be physically active and satisfy your sweet tooth with an occasional treat. This balance will help you achieve the recommended weight gain below.

Recommended weight gain during pregnancy based on pre-pregnancy weight		
Pre-pregnancy weight	Recommended weight gain	Recommended rate of weight gain after first trimester
Underweight (BMI <18.9 kg/m ²)	28–40 lbs	5.0 lbs/month
Normal weight (BMI: 18.9–24.9 kg/m ²)	25–35 lbs	4.0 lbs/month
Overweight (BMI: 25–29.9 kg/m ²)	15–25 lbs	2.6 lbs/month
Obese (BMI > 30 kg/m ²)	11–20 lbs	2.0 lbs/month

Food safety

Here are some tips for safe food handling:

- Wash your hands before preparing food and eating.
- Wash fresh produce thoroughly before eating.
- Cook food thoroughly, especially eggs and foods made with eggs, meat, poultry and seafood.

Avoid the following:

- Raw fish, especially shellfish and sushi
- Unpasteurized milk, juice and soft cheeses such as feta, bleu cheese, brie and queso blanco. Soft cheeses made from pasteurized milk are fine.
- Raw sprouts
- Herbal supplements and herbal teas, until you check with your provider
- Swordfish, tilefish, king mackerel and shark, due to high mercury content

Do include a source of DHA. This is a type of fat called “omega-3” that is very important for your baby’s healthy brain and eye development. Omega-3 fat is especially important from 20 weeks of pregnancy until you are done breastfeeding. Experts recommend that pregnant and nursing women get 300 mg of DHA every day.

The best sources of DHA are wild albacore tuna (make sure it says “troll-caught”) and wild salmon. These types of fish are safe for pregnant women. If you don’t eat fish, you can get DHA by taking fish oil capsules. Take enough to get 300 mg of DHA each day. If you don’t eat animal products, you can take DHA capsules made from algae.

BACK STRETCHES FOR BACKPAIN



Low back stretches



Backward stretch



Backward stretch with fitness ball



Standing pelvic tilt



Pelvic tilt with fitness ball



Torso rotation

ULTRASOUND DEPARTMENT

Most patients will visit our Imaging Department for a higher resolution ultrasound at around **12 weeks, 20-24 weeks and 34 weeks**

When you come to have your ultrasound, you will have TWO different options to choose from with how you'd like to receive your ultrasound pictures.

Option 1: Digital

Purchasing *Mobile Baby* allows us to send you digital images via a secure link* that we will text and email to you.

Clicking on the link takes you to an online gallery where you can view and download the images.

You can also forward the text and email to family and friends for easy sharing.

**Each link is active for 3 months*

The cost for using Mobile Baby is:

\$18 for a single ultrasound

\$32 for 2 or 3 ultrasounds up to 30 weeks**

(these are your regularly scheduled ultrasounds that are done at around 12, 20-24 weeks, and 34 weeks)

Option 2: Prints

For our patients who don't wish to purchase a digital option, we will provide you with 4 traditional black and white print outs at no additional cost.

Want more than 4 prints? You can purchase a total of 8 prints for \$10

Please remember that there is **NO RECORDING** in the exam rooms

We ask that our patients and their accompanying guests please turn off their ringers

MOBILE BABY ULTRASOUND FORM

Make sure you ask for this form prior to your ultrasound in the imaging department.

Tricefy™ your Ultrasound Images at
Austin Area OB/GYN & Fertility

For internal use only:		
_____ consent complete	_____ Aguirre	_____ Landherr
_____ images sent	_____ Akin	_____ Phillips
_____ active link confirmed	_____ Anderson	_____ Seeker
_____ note in Viewpoint	_____ Capet	_____ Tassone
	_____ Cowan	_____ Uribe
	_____ Garcia	_____ Wang
Tech initials		

Patient Name: _____ MR# _____

Please Select one:

- Single ultrasound - \$18 Package of 2 or 3 ultrasounds
(up to 30 weeks) - \$32

I want my ultrasound images delivered to me digitally as an email and/or text.

Mobile phone number: _____

Email address: _____

I authorize Austin Area OB/GYN & Fertility to transmit ultrasound images to me as a text or email during my current pregnancy.

I have read, understand, and agree to the terms and conditions of this disclaimer and I authorize the sending of images.

I understand that each link that is sent is active for 3 months and I must download all images and clips before the link expires, as AAOBGYN will not be able to resend those images once the link expires.

Signature: _____

Date: _____

I would like to purchase a
Set of 8 printed images for \$10

Initials and date

This consent for printed images is for today's exam only. If you would like to purchase prints at future exam, we will have you initial another consent form at that time.



ABOUT YOUR LAB WORK

**** Please note that we do not check individual benefits for lab work. We only order and code for what is medically necessary or the standard of care for your health and well-being. It is the patient's responsibility to know what items are covered by each individual plan.

Annual Labs

- Annual labs take 2-5 business days to return.
- If your labs are normal you will receive an email to view them on the patient portal.
- You may be asked to come in to the office to review your labs if they require follow up, treatment, or referral.
 - Please note that this does not mean there is something wrong, sometimes this just means that further testing is needed.

Pap smears & Cultures

- Pap smears and cultures take 3-7 business days to return.
- You will receive an email to view your results on the portal if everything is normal.
- You may be treated over the phone for certain infections.
- You may need to come in for follow up if you have an abnormal pap smear or an infection that must be retested after treatment. Make sure that you are not on your cycle when you come in for this follow up.

Genetic testing during pregnancy

- Genetic testing during pregnancy takes 7-10 business days to return.
- If you have normal genetic testing without gender results you will receive an email to check the patient portal.
- Any abnormal genetic testing will always require an appointment for follow up. Remember sometimes these are just screening tests and an abnormal result does not always mean that something is wrong.

Myriad Genetic testing

- Genetic testing for cancer risks takes 28 days to return.
- Before running the test, the laboratory will work with our office to complete prior authorizations for insurance.
- Once the testing is approved it takes 21 days to complete, interpret, and receive at the office.
- You will ALWAYS be asked to schedule an appointment to go over these results, your cancer risk and recommendations.
- If insurance denies the testing you will be contacted by the laboratory before running the test to see how you would like to proceed i.e. cash pay or cancel testing.

***CPL (adjacent to our office) Hours: 7am-5pm M-F 8am-12pm Saturday. You may take your orders to any CPL location, hour may vary.

INFORMATION ABOUT PRESCRIPTIONS

Your prescriptions have been sent to the pharmacy electronically.

If you are unable to pick up your prescription please call 512-533-4121 to speak with our nursing staff.

We will NEVER complete a prior authorization with discussing prior as there will be information we will need. Please call us if pharmacy tells you that you need a prior authorization.