

# PREGNANCY HANDBOOK



YOUR GUIDE TO A HAPPY, HEALTHY  
PREGNANCY

## CONGRATULATIONS

Welcome to a WONDERFUL, NEW chapter in your life!

Thank you for choosing Orange Coast OBGYN for your OB care. We are excited to guide you through one of the most amazing and fulfilling times in your life. Our top priority is to ensure that you have a safe, healthy and joyful journey through your pregnancy.

Please contact us with any questions or concerns at: 714-378-5552. We are available Monday through Thursday 9:00am-5:00pm and Fridays from 9:00am-4:00pm. We also have an on-call physician available afterhours. In the event you need to reach us after hours, please leave a message with the answering service and our on-call physician will contact you directly. We welcome your calls, but for emergency situations only, please.

Our handbook is meant to serve as a guide to answer many commonly asked questions and concerns during your pregnancy, trimester by trimester. You are welcome to contact us with any other questions.



## FIRST Trimester {Conception - 12 weeks}

### NUTRITION & DIET

- A well balanced diet and regular exercise are key to a healthy pregnancy
- Proposed weight gain during pregnancy is 25-35 lbs. This is recommended, but may vary by weight and body type.
- Prenatal vitamins with Omega 3, Folic Acid and Iron are recommended
- Dietary Restrictions Include:
  - Fish/Shellfish
    - Avoid seafood with high levels of mercury, such as albacore tuna and swordfish
  - Unpasteurized Dairy
    - Avoid soft cheeses such as Goat, Feta and Brie as they can contain harmful bacteria
  - Raw or Uncooked Foods
    - Avoid uncooked foods such as sushi
  - Caffeine
    - Limit caffeine to one beverage per day

### EXERCISE & ACTIVITIES

Regular exercise will help you sleep better, improve your mood, increase your energy level and add flexibility and stamina, which you will need for labor and delivery. It will make labor easier on you and you will bounce back much quicker afterward. You can continue to do almost everything you did pre-pregnancy. We recommend low impact exercises like swimming, spin, yoga and light weights..



Sexual relations may continue throughout your pregnancy, as long as it is comfortable and unless we tell you otherwise.

Steam rooms, saunas and Jacuzzi's are not recommended during pregnancy.

## SECOND Trimester {13 weeks – 24 weeks}



The “Honeymoon Period” of Pregnancy

### FETAL MOVEMENT

First movements are typically felt between 17-20 weeks. It is often described as a fluttering sensation. More frequent movement will be felt after approximately 26 weeks.

### CONTRACTIONS

- Braxton Hicks - normal contractions that occur with the growing uterus. They are like a dress rehearsal for labor and delivery - your uterine muscles are flexing in preparation for the big job.
- Premature Labor - contractions occurring more than 4 times per hour or that are painful may be signs of premature labor. Fluid leakage, increased discharge and pelvic pressure should be reported to us immediately.
- Round Ligament Pain - Many women experience mild pain on one or both sides of the abdomen starting between 16-20 weeks. This is normal and due to the stretching of the supporting uterine ligaments as the baby grows.

### BLEEDING

**If bleeding occurs, please go to Labor & Delivery immediately.**

## THIRD Trimester {24 weeks – 40 weeks}

### FETAL MOVEMENT

**Kick Counts:** Around 26 weeks, you should start to monitor baby's movements. Select a time when you can lay down and relax after you have eaten. Twice per day, count the number of kicks. You should feel about 10 per hour. Kicks = movements, rolls, turns and twists.

**Go to the hospital if you notice a decrease in fetal movement. The baby's well-being can be checked by fetal monitoring. Please see next page about "Fetal Kick Counts."**

### CONTRACTIONS

#### Premature Labor (24-36 weeks)

If you are feeling more than 4-5 contractions per hour, go home, rest and drink lots of fluids. If contractions continue over the next hour, you may be in premature labor. Please go to Labor & Delivery.

#### Term Labor (37-40 weeks)

Labor pains are not subtle and come in regular patterns. They typically last 30-60 seconds and are quite painful. Labor will also start if your water breaks. Please go to Labor & Delivery when contractions are 2-5 minutes apart for at least 2 hours, if you have a gush of fluid or if you are experiencing a consistent dribble of liquid.



### BLEEDING

#### Premature Labor

(24-36 weeks)

Any bleeding at all, please go to the hospital.

#### Term Labor

(37-40 weeks)

Prior to labor, your "Mucous Plug" may start to loosen. If this occurs, you will notice a mucous discharge with a bloody streak. It is not an indication of when labor will start, although some women's labor does start with bleeding, often referred to as "The Bloody Show."



## FETAL KICK COUNTS

Counting fetal kicks is an important way to monitor the health of your baby. Counting each day will create a baseline for normal activity during the final weeks of your pregnancy.



### INSTRUCTIONS

- At the same time daily, after a meal, count the number of minutes it takes for your baby to kick 10 times.
- Kicks = moves, twists, rolls and flutters.
- Lay on your left side in a quiet space.
- Place your hands on your stomach to help feel the kicks.
- Note the time of the 1<sup>st</sup> kick.
- Note the time of the 10<sup>th</sup> kick.
- Record the amount of time it took your baby to make 10 kicks.

Go to the hospital if:

- Your baby does not kick at least 4 times within an hour or 10 times within 3 hours.
- You feel it is taking longer for your baby to kick times
- One day it takes much longer than usual for your baby to kick 10 times

### **DO NOT WAIT UNTIL TOMORROW TO CALL...**

There are times when your baby will be asleep and times when they are active. If you start counting and they are not kicking, walk around for 5 minutes and begin to count again.

## COMMON AILMENTS IN PREGNANCY

### COMMON COLD & FLU

This is highly unusual during pregnancy and does not usually harm the baby in any way. If you do develop a cold, please see our “Safe Medications in Pregnancy” list and use in moderation.

**If you have a fever of 101 for longer than 24 hours that doesn’t subside after taking Tylenol, please call our office. You may need further evaluation and treatment.**



### DIGESTIVE DISORDERS

#### CONSTIPATION

This can be managed with a diet rich in fiber. It’s best to take probiotics and eat lots of fruits and vegetables on a daily basis. Water intake is also essential. Aim for 8-10 glasses of water per day. Please refer to our “Safe Medications in Pregnancy” list for additional remedies.

#### DIARRHEA

Day 1 – Clear liquids and the BRAT diet (Bananas, Rice, Apples, Toast)

Day 2 – See “Safe Medications in Pregnancy” list. If the diarrhea persists despite treatment, please notify your physician.

#### HEARTBURN/INDIGESTION

Small frequent meals are usually the best remedy for these symptoms. Avoid spicy, greasy and acidic foods. Please refer to our “Safe Medications in Pregnancy” list for additional remedies. Avoid eating at least 2 hours before laying down.

#### HEMORRHOIDS

Straining during bowel movements can cause you to develop hemorrhoids.

Constipation should be avoided, although, it is very common during pregnancy. Sitz Baths can provide relief and are recommended. Please refer to our “Safe Medications in Pregnancy” list for additional remedies. Most times, hemorrhoids regress after pregnancy.

## NAUSEA & VOMITING

Nausea & vomiting occur in approximately 50-90% of all pregnant women. While it is generally considered a first trimester problem, it can often persist into the second trimester.

Here are some helpful relief remedies:

- Increase rest and sleep (listen to your body)
- Eat small frequent meals. Avoid spicy foods
- Adequate fresh air or A/C
- Ginger helps – ginger ale, ginger chews, ginger teas and ginger cookies. Avoid ginger capsules.
- Sea bands – typically used for sea sickness, but helpful with nausea
- Acupuncture
- Avoid strong perfumes or odors
- Vitamin B-6 (50mg 2-3 times per day)
- Unisom (25 mg at night)
- Tums EX
- Other meds may be prescribed by our office

Please go to Labor & Delivery if you are unable to eat or drink for 24 hours or feel weak or dizzy.

## BLEEDING

Many women experience light bleeding during the 1<sup>st</sup> trimester. Many times this is just a sign the placenta is attaching or the uterus is enlarging. If any bleeding occurs, please call the office. You may need an ultrasound and/or blood work. However, if bleeding occurs in the 2<sup>nd</sup> or 3<sup>rd</sup> trimester, please go to the hospital.

## NOSE BLEEDS or GUM BLEEDS

Both are common in pregnancy. Please schedule an appointment if it is persistent.

## PAIN

Mild cramping is normal as the uterus grows in early pregnancy. Please go to Labor & Delivery if you experience any intense pain.

## DISCHARGE

Most women will notice an increase in vaginal discharge during pregnancy. If you have irritation, discomfort, noticeable odor or a yellowish, green discharge: please contact us for an evaluation. Douching and tampon use are not recommended.

## DIZZINESS

This can be a common symptom in pregnancy, often caused by dehydration or blood sugar changes. Avoid rapid, sudden movements. Increase fluids and snacks. Also, try eating smaller, more frequent meals.



### EDEMA (SWELLING)

Hands and feet frequently swell as pregnancy progresses. Increasing water intake and reducing salt & caffeine can help. If you develop headaches or visual disturbances, please go to Labor & Delivery.

### DENTAL DISORDERS

It's okay to see the dentist during pregnancy. Please notify your dentist when you become pregnant. If you need a note from our office, please notify us before your dental appointment. Should x-rays be necessary, an abdominal shield should be used. It's okay to get Novocain, take antibiotics and get some pain pills. However, please have your dentist call us to discuss medications first,

Routine cleanings are also recommended, however only necessary dental work should be performed during your pregnancy.

## SAFE MEDICATIONS IN PREGNANCY

The following medications may be taken during pregnancy. However, we recommend that you try non-drug treatments first.

<b>COLD/SINUSES</b> Tylenol Cold Sudafed/Actifed Saline Nasal Spray Breathe Right Spray Vicks Vapo Rub	<b>INSOMNIA</b> Tylenol PM Benadryl Unisom	<b>YEAST INFECTIONS</b> Mycelex Gyne-Lotrimin Monistat 7 Day
<b>COUGH</b> Robitussin DM	<b>ALLERGIES</b> Claritin **NOT Claritin D Zyrtec Tylenol Allergy/Sinus Chlor-Trimeton Benadryl Tavist	<b>ACHES/PAINS/FEVER</b> Tylenol
<b>INDIGESTION</b> Tums Mylanta Maalox	<b>HEARTBURN/GAS</b> Mylanta Maalox Tums Pepcid AC Tagamet Zantac	<b>HEADACHE</b> Tylenol *2 tabs every 4 hours **Do NOT take Aspirin or Advil
<b>SORE THROAT</b> Halls Drops Chloraseptic-Spray Cepacol	<b>DIARRHEA</b> Kaopectate BRAT diet (Bananas, Rice, Applesauce, Tea or Toast) Imodium	<b>CONSTIPATION</b> Konsyl Easy Mix Colace Milk of Magnesia Fibercon Metamucil Fiberall Ducolax Citrucel
<b>HEMORRHOIDS</b> Preparation H Annusol HC Epsom Salts	<b>LEG CRAMPS</b> Calcium & Magnesium	<b>NAUSEA/VOMITING/ MOTION SICKNESS</b> Vitamin B6 Ginger + Ginger Tea Emertrol Unisom Dramamine

Any medications prescribed by our physicians are safe to take - for example, antibiotics.

## TRAVEL



Travel is usually safe until 35 weeks of pregnancy. However, it is recommended that you remain within an hour's drive of the hospital during the last 4-8 weeks. If traveling to foreign countries, caution should be exercised when eating raw or undercooked foods. Bottled liquids are preferred.

### BY LAND

We recommend you stop and walk around every couple hours for about 15 minutes. Seat belts should be worn at all times, with the lap belt positioned below the abdomen, especially later in pregnancy.

### BY AIR

We recommend you every couple hours for about 15 minutes. Hydration is essential – at least 8-10 glasses per 24 hours. Leg exercises while seated are also helpful for circulation as well as compression stockings.

### BY SEA

Motion sickness is common. Please refer to our “Safe Medications in Pregnancy” list for helpful remedies.

## POISONS & CHEMICALS

### FUMIGATION

If fumigation is necessary, leave the premises for at least 8 hours or as recommended by the exterminator. Have another person enter the home and open the doors and windows to ventilate before you enter.



### PAINTING

Plan to paint when the weather is good. We recommend having the doors and windows open for good ventilation.

### SALON TREATMENTS

Hair Color, permanents and nail care should only be done in well-ventilated areas.

## COMMON DO'S and DON'TS

- ♥ NO Aspirin, NO Ibuprofen
- ♥ NO Jacuzzi's
- ♥ Do exercise, just be careful NOT to do anything where you could fall or hit your stomach! We like target heart rate below 140.
- ♥ Sexual intercourse is OK, unless we tell you otherwise
- ♥ Travel is OK until 35 weeks!
- ♥ DO NOT change cat litter
- ♥ Always wear your seat belt with the lap belt!
- ♥ NO RAW FISH, however, cooked fish is great!
- ♥ Do stay away from fish high in mercury (Ex: Shark, Mackerel, Albacore Tuna)
- ♥ Lunch meats need to be warmed before eating
- ♥ NO unpasteurized cheese
- ♥ NO alcohol or drugs - Caffeine in small amounts is OK
- ♥ Hair dye is OK after 1<sup>st</sup> trimester
- ♥ DO take your prenatal vitamins and omega 3 fatty acids
- ♥ Over the counter prenatal vitamins are OK as long as there is 800mcg of folic acid and 300mg of omega 3 fatty acids in them.
- ♥ You can buy over the counter Omega 3 fatty acids called Expecta.
- ♥ Recommended reading: "Your Pregnancy and Birth" American College of Obstetrics and Gynecology
- ♥ OK to get flu shot anytime during pregnancy. Whooping cough is recommended anytime after the 2<sup>nd</sup> trimester or postpartum.



## PREGNANCY VISITS



### OVERVIEW

For those of you who are new to Orange Coast OBGYN, welcome! If you are a returning patient, welcome back! We look forward to working with you throughout your pregnancy and to providing you with excellent prenatal care.

You will have approximately 13 visits during your pregnancy. These visits will entail:

1. Checking your weight and blood pressure
2. Urinalysis testing
3. Listening to fetal heart rate
4. Measuring growth of the baby
5. Answering any questions you may have

You will have approximately 4 ultrasounds during your pregnancy:

- First visit to confirm pregnancy
- Nuchal Translucency ultrasound at 12-13 weeks and 6 days (optional)
- Anatomy ultrasound between 18-20 weeks
- 37 weeks for presentation and size

Your Nuchal Translucency ultrasound and Anatomy ultrasound will NOT be done by Dr. Connor or Dr. Moore. We will send you to an outside facility for these ultrasounds. If you have PPO insurance, our in house ultrasound technician can perform these ultrasounds for you.

Additional ultrasounds for your entertainment including, 15 week gender scans are also available for \$65.