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PLEASE KEEP FOR YOUR REFERENCE THROUGHOUT YOUR PREGNANCY

CONGRATULATIONS ON YOUR PREGNANCY! The following information will provide you with helpful guidelines and answer questions for you as your pregnancy progresses.

WEIGHT GAIN: Ideal weight gain for your pregnancy is approximately 25 pounds. The majority of weight gain occurs in the second half of the pregnancy. Remember, eat healthy with a goal of three meals per day, including 2-4 glasses of milk (skim milk is as good as whole milk for calcium). Avoid fried foods, fatty foods, and excess sugar. Try to drink 8-10 glasses of fluids a day.

EXERCISE: Exercise is good. Try to avoid activities such as jumping, downhill skiing, water skiing, snow-mobiling, skating, or high speeds on a boat. Swimming, walking, golf, low impact aerobics are all acceptable. Also, avoid hot tubs, Jacuzzis, and saunas because of the heat.

OFFICE VISITS: Each office visit is very important as we monitor the growth of your baby. Visits will be monthly until the seventh month of your pregnancy. At that time your office visits will increase to every two to three weeks. In your last month of pregnancy you will be seen on a weekly basis. In an effort to familiarize you with all of our Physicians, you will rotate seeing all of the Physicians throughout your pregnancy. Your baby will be delivered by one of our Physicians, but it is dependent on who is on call when you go into labor.

DISABILITY/TIME OFF WORK: The American College of Obstetrics and Gynecology (ACOG) has studied this matter and set these guidelines. It has been found absolutely safe for women to work throughout their pregnancy up to their due date. We recommend not lifting more than 30 pounds and to limit work to 40 hours per week. Specific complications such as high blood pressure, lack of fetal growth, twins, etc. are indications to be taken off work and treated with bed rest. In the event you would like to take a leave of absence from work during your pregnancy, we are happy to provide you with a letter confirming your pregnancy and expected due date. However, we will not be able to take you off work and/or fill out disability paperwork unless it is medically necessary. Unfortunately, fatigue, swelling, nausea are common occurrences during pregnancy and do not meet criteria for disability.

TESTING: During your office visits we will be doing testing or providing you with orders to track you pregnancy and ensure the health of you and your baby:

AFP SCREENING: This is a voluntary test performed between 15-20 weeks. It is a blood draw done in our office to rule out neurological fetal defects. It is not proven to be 100% accurate. An abnormal result would require amniocentesis for more specific results.

ULTRASOUND: An ultrasound test uses high frequency sound waves to produce images of the baby in the uterus. It is usually performed in our office between 18-20 weeks gestation. This test provides us with information such as due date, the location of the placenta, multiple fetuses, etc. Additional ultrasounds may be needed throughout your pregnancy.

FIRST TRIMESTER SCREENING: This is a prenatal test that offers early information about a baby's risk of certain chromosomal conditions (Down's syndrome and extra sequences of chromosome). The first



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screen is done in two steps: a blood test to measure pregnancy-associated plasma protein-A and human chorionic gonadotropin (HCG).

Then an ultrasound to measure the size of the clear space in the tissue at the back of the baby's neck. This is done between 11 and 14 weeks gestation.

GENETIC COUNSELING: This is offered to any pregnant woman who are over the age of 35 or has a history of genetic abnormalities. It can also be performed in the first trimester if any screening tests come back abnormal. These test are voluntary. Amniocentesis is a procedure to remove fluid from the amniotic sac by inserting a needle through your tummy. This procedure is not done in our office but performed by a specialist at one of the area hospitals and is done at 14-16 weeks gestation. Chronic villi sampling is performed at 10-11 weeks gestation by removing placental tissue through the cervix. These tests are used to evaluate chromosomes of the baby to rule out abnormalities such as Down's syndrome. These test are voluntary.

NONINVASIVE PRENATAL TEST: This is a prenatal test that also offers early information about baby's risk of certain chromosomal conditions (Down 's syndrome, Trisomy 13, Trisomy 18, and sex chromosome abnormalities). This test is intended for higher risk pregnancies (i.e. 35 years of age or older or family history of genetic abnormalities), but is available for all pregnancies. This test ca be performed once you are at least 10 weeks pregnant. Keep in mind that this test may not be covered by insurance, especially if your pregnancy is low risk.

DIABETIC SCREENING: This is a blood test performed at 24-28 weeks gestation to determine diabetes in pregnancy. Your blood will be drawn in our office on hour after drinking a bottle of glucola. You will be given written instructions prior to the test. If the test is elevated a three hour glucose tolerance test will be necessary for further evaluation.

NONSTRESS TEST: (Also known as fetal heart rate monitoring), is a simple noninvasive way to check your baby's health. The test records your contractions, baby's movement, and heartbeat. This test is used for several conditions for example, post term pregnancy, decreased fetal movement and/or growth, multiple fetus, underlying medical issues such as high blood pressure and diabetes, as well as advanced maternal age of 35 or greater. This is done beginning at 32 weeks.

INSURANCE COVERAGE/OUT OF POCKET COSTS: With the increase in insurance and billing changes one of our staff members will check your benefits and provide you with an estimated out of pocket cost, for office based fees. This does not include hospital fees, unplanned visits, or any additional testing and/or labs. Please keep in mind these are estimated charges. We understand that this can be quite confusing and you receive a lot of information in the beginning of your pregnancy. So, if you have any questions or would like to set up payment arrangements please speak with someone on our billing team.

WE WISH YOU A HAPPY HEALTHY PREGNANCY!