



The Women's Center

Delivering Joy, Convenience and Peace of Mind

Prenatal Care Handout

(407) 857-2502

www.wcorlando.com

Office Locations:

Altamonte Springs	1188 Commerce Park Dr. Ste 3001, Altamonte Springs, 32714 630 Main St. Altamonte Springs, 32701
Celebration	1148 Celebration Blvd. Celebration, 34747
Downtown Orlando	1118 S. Orange Ave. Ste 205, Orlando, 32806
Hunter's Creek	3000 Hunter's Creek Blvd. Orlando, 32837
Ocoee	10000 W. Colonial Dr. Ste 395, Ocoee, 34761
Oviedo	2572 W. State Rd. 426 Ste 3000, Oviedo, 32765
St. Cloud	2916 17th St. St Cloud, 34769

Overview of Prenatal Care

At your first visit, your pregnancy will be confirmed. To establish your due date, an ultrasound will be performed. You will be examined by a provider, who will answer any questions you may have.

Around the 12th week of your pregnancy, you will have blood drawn for routine prenatal testing, including blood disorders and STD testing. If you chose to opt out, please inform your provider. This includes testing for Down's Syndrome, neural tube defects and Trisomy 18. We do not offer DNA testing. These labs are recommended per the American College of Obstetrics and Gynecology. Your provider will discuss these tests with you.

At 20 weeks, you will be scheduled for an anatomy sonogram. At this appointment, the brain structures, heart chambers, and vital organs are assessed. The baby's gender may be seen on this exam, but it's not always possible.

At 28 weeks, you will have a 1 hour glucose test for gestational diabetes. If you fail the 1 hour glucose test, you will be notified and scheduled for a 3 hour glucose test. This test will require you to fast (no eating or drinking). Be sure to schedule your appointment with a provider.

At 35 weeks you will have a culture of the vagina and peri-rectum for Group B strep. If the test is positive, you will need antibiotics in labor. After this appointment, you will have your cervix checked at every visit.

Pregnant patients are usually seen once a month until approximately 32 weeks. Then appointments will be every two weeks until 36 weeks. After this, until you deliver, you will be seen weekly.

At each visit, your weight, blood pressure, and urine sample will be checked.

This is the template for normal uncomplicated care. If your pregnancy becomes complicated or problems develop, you will be seen on a more frequent basis and may need additional testing. We will make every attempt to schedule your testing here, but there are some tests that must be done elsewhere.

If at any time you have any questions or concerns, please log in to your patient portal found on our website: wcorlando.com to send a message to our nursing staff or you can contact our office directly at: 407-857-2502.

During your pregnancy, we will also see you for any general medical problems such as: flu, colds, bladder infections, etc.

Your family is welcome to come with you to any of your visits. A few visits may be longer than others.

By 35 weeks, you need to pre-register at one of our affiliated hospitals listed below.

After you deliver, call your insurance company and notify them about the birth of your baby. Also call our office to schedule your postpartum visit. Finally, we hope that we can make your pregnancy a satisfying event for you and your family.

Delivering Hospitals

Winnie Palmer Hospital
83 W. Miller Street
Orlando, 32806 (In Downtown Orlando)
(321) 843-9792

AdventHealth for Women
601 E. Rollins Street
Orlando, FL 32803
(407) 303-5600

AdventHealth Celebration
400 Celebration Place
Celebration, FL 34747
(407) 303-4000

Adventhealth Winter Park
200 N. Lakemont Ave
Winter Park, FL 32792
(407) 646-7000

If you would like to share your delivery experience and/or photos of your baby, please send to: comments@wcorlando.com.

When should I go to the hospital?

In the third trimester, go directly to your preferred hospital for:

- **Bleeding more than spotting**
- **Constant lower back ache**
- **Water breaks or slow trickle of fluid**
- **Tightening or "balling up" of the uterus (more than 5 times per hour)**
- **Chills, fever, constant vomiting and diarrhea**
- **Decreased fetal movement less than 10 times in a 2 hour period**
- **Headaches, blurred vision, or swelling of the hands and face**

Nutrition

Eating healthy is important during pregnancy. Weight gain should be about 2-3 lbs a month, which is about 25-35 lbs for the entire pregnancy. If you are overweight when starting your pregnancy, your weight gain should be around 15 lbs.

Try to avoid fast, fried, and processed foods. If you eat lunch meat, buy it fresh at the deli and plan on eating it within 3 days of purchase. Do not eat raw meat or fish-this includes sushi. The FDA recommends consumption of 8-12 oz of fish a week. Fish that have the lowest amount of mercury include shrimp, pollock, salmon, canned light tuna, tilapia and cod. Fish with the highest mercury levels are tilefish, shark, swordfish, king mackerel and albacore tuna.

Soft, crumbly cheeses and cheese spreads should be avoided, as they carry the most bacteria.

Hydration is also important in pregnancy. We recommend that you drink 6-8 glasses of water a day. We also advise you limit your caffeine intake to less than 16 oz (2 cups) a day.

Calcium is also important in pregnancy, for mom as well as baby. Recommended daily calcium intake is 1200 mg a day which would be:

- 4-8oz glasses of milk or
- calcium supplement with vitamin D or
- 2 Tums twice a day

Small frequent meals may help with indigestion, as well as nausea.

Exercise/Activity

- No heavy lifting greater than 20 lbs.
- Do not let pulse get over 140
- Sex is OK unless you are on pelvic rest due to a problem
- No amusement park rides
- Do not lie flat on your back
- Can do low impact aerobics (swimming, elliptical, yoga). Anything that bounces you could be harmful to the placenta. No jogging, mountain biking, horseback riding, or motorcycle riding. A stationary cycle that doesn't bounce on pavement is ok.

Beauty

- No restrictions on acrylic nails, make sure area is well ventilated.
- No tanning beds
- There is no literature on the safety of spray tans in pregnancy.
- The American College of Obstetrics and Gynecology recommends against using hair dye during pregnancy. The Women's Center abides by this recommendation.

Travel

Travel can pose risk to your pregnancy at any time simply because while you are on an airplane or an interstate highway you are too far away from a hospital in case of emergency. In addition, if you do make it to a nearby hospital, there could be quality of care issues and out of network insurance issues that may interfere with good medical decision making. **We discourage travel during all trimesters of pregnancy.** If you must travel, please heed the following advice:

- Make sure you drink plenty of fluids
- Move every hour by stretching your legs, calves, and feet
- Take a copy of your medical records with you
- Airline travel after 28 weeks has a high risk for preterm labor and midair delivery

After 34 weeks you must stay close to home.

Medications Safe To Use During Pregnancy

For headaches, body aches, fever:	Tylenol or Acetaminophen products
For colds and congestion:	Pseudoephedrine, avoid Phenylephrine & Dextromethorphan
For cough:	Robitussin plain cough syrup
For nausea:	Vitamin B6 50mg or Unisom 1 tab 2-3 times a day (Doxylamine) day or Emetrol as directed on label
For constipation:	Fiber stool softener or laxatives such as Senokol, Surfak, Metamucil or Fibercon
For hemorrhoid:	Preparation H or Anusol
For indigestion:	Over-the-counter antacids such as Tums, Rolaids, Mylanta, Riopan or Maalox
For insomnia:	Benadryl 25 mg 1 tab at bedtime (occasional use only)
For yeast infections:	Monistat or Gyne Lotrimin cream or suppository

NO aspirin, Advil/Motrin/Ibuprofen unless specifically prescribed by a high risk OB specialist.

NO Retin A or retinoid products.

NO herbs or over-the-counter medications unless approved on medication list

NO alcohol

NO supplemental Vitamin A

If the medications above do not work for you, call the nurses at 407-857-2502. Prescription medications are available if needed when you come in for your visit. Please contact the office if you have been prescribed medications from other physicians.

Common Discomforts of Pregnancy

Symptoms

What to do:

Nausea

Eat crackers, toast or cereal
Eat five or six meals a day
Drink lots of water between meals
Avoid strong food smells
Avoid greasy or spicy foods

Heartburn

Elevate the head of the bed
Do not lie down after eating
Eat smaller meals but eat more often
Avoid greasy or spicy foods

Dizziness

Change your position slowly
Eat regular meals, drink plenty of fluids
Do not stay in the sun
Report any dizziness to the doctor

Varicose veins

Avoid stockings, girdles with elastic bands
Use support hose specifically when laying down
Take short rests with legs raised
Do not cross your legs

Shooting pain down the legs	Change position: if sitting, stand up If standing, sit down
Lower leg cramps	Elevate legs often during the day Point toes upward and press down on kneecap Apply a heating pad for relief Avoid heavy meals at bedtime
Trouble sleeping	Do not eat right before bed Try drinking milk to help you relax Take a warm bath or shower before sleeping
Feel faint	Lie on your left side
Tender breasts	Wear a sports bra Try wearing a bra 24 hours
Leaking breast	Wear nursing pads
Frequent urination	Limit fluids before bedtime
Fatigue	Common in early and late pregnancy Try to exercise to keep from getting so tired Lie down at least once a day

Constipation

Eat raw fruits, vegetables, prunes, and whole grain/bran cereal

Exercise helps; walking is very good

Drink at least two quarts of water a day

A cup of hot water three times a day might help

Hemorrhoids

Try to keep bowel movements regular

Take short rests with hips lifted on a pillow

Sit on firm chairs

Practice kegel exercises

Lower backache

Rest often, raise legs

Move around: do not stand in one place too long

Keep knees higher than hips when sitting/reclining

Wear low-heeled shoes

Use pelvic rock exercise

Vaginal discharge

**(Itching, Discharge,
or odor)**

Bathe the outer vagina often

Use unscented soaps

Do not use colored or scented toilet paper

Do not use vaginal sprays or powder

Wear cotton underwear

Avoid tight or fitted clothing

Choosing a Pediatrician for your Baby

If you have not chosen a pediatrician for your baby, now is the best time to consider doing so. A lot of thought should be put into this matter, since your relationship with the physician will be a long one.

When you check into the hospital for the birth of your baby, a staff pediatrician will care for the baby while in the hospital.

The following are some questions to ask yourself when choosing a pediatric practitioner for your baby:

- What physicians have your obstetrician, friends, or family recommended?
- Which of these physicians are on your insurance?
- What are his/her hospital affiliations?
- Is the office location and hours convenient for you?
- Can a sick child get an appointment right away?
- What provisions are there in the office for a sick child?
- Does the physician relate well to children and their parents?

Contact your local office or ask your obstetrician for recommendations in your area for a pediatrician.