



TIPS FOR YOUR PREGNANCY

Pregnancy Hope Center is a great place to verify your pregnancy. Then it's important to establish prenatal care with the qualified provider of your choice. Typically, your first visit with the doctor is around 8-10 weeks. You will be seen every 4 weeks after your initial visit until 32 weeks, every 2 weeks until 36 weeks, then weekly until delivery. You may be seen more frequently if complications arise.

EXPECTED PRENATAL COURSE

Initial OB visit

- Full physical exam (Including breast exam)
- Pelvic exam, Pap smear and cultures
- Ultrasound for dates if indicated
- Initial OB labs if not already done

12-13 weeks: Nuchal translucency screening-if desired

16-18 weeks

- Quad marker or AFP blood test-if desired
- Schedule 20 week anatomy ultrasound

20 weeks: Anatomy ultrasound (usually at hospital)

24-26 weeks: Screening for gestational diabetes and anemia

28 weeks

- Rhogam injection-if blood type is Rh negative
- Sign up for birthing class-if desired

35-36 weeks

- Culture for Group B strep
- Screening for anemia
- Schedule remaining weekly appointments
- Cervical check

SAFETY ISSUES

- Continue to wear your seat belt, slipping it below your growing belly. Notify the doctor if you are in any type of motor vehicle accident.
- As your uterus and baby grow, avoid sleeping on your belly or flat on your back in order to provide optimal blood flow to your baby.
- Do not change cat litter boxes.
- Avoid hot tubs and saunas as extended use can raise your body temperature, which also raises your baby's temperature.

MEDICATIONS

- Take prenatal vitamin daily. If you cannot tolerate your prenatal vitamin please let your doctor know.
- Tylenol may be used. NO aspirin or NSAID's (i.e. Ibuprofen, Naproxen, Aleve, Advil, Motrin, etc)
- Saline nasal spray may be helpful for nasal congestion.
- As a general rule, over-the-counter herbal medications and remedies are not recommended due to the lack of information on their effects in pregnancy. However, ginger and mint tea used sparingly may be helpful with morning sickness.
- For colds we recommend Robitussin DM and cough drops.
- For allergies we recommend Benadryl or plain Claritin.
- For heartburn we recommend Tums and Zantac (ranitidine).
- An influenza vaccine is recommended for all pregnant women during flu season.
- Please advise the doctor whenever you are taking any over-the-counter medications.

DIETARY RECOMMENDATIONS

Diet DON'Ts -- Do not consume:

- Soft cheeses: blue cheese, feta, brie and non-pasteurized homemade cheese
- Tuna, shark and swordfish are safe when consumed no more than once a week. Wild caught salmon is best.
- Raw meat and sushi
- Lunchmeat, unless heated
- Non-pasteurized juices
- Artificial sweeteners
- Caffeine, alcohol and tobacco
- Alfalfa and other sprouts
- Excessive salt
- Remember a little fat goes a long way

DIET DOs

- Drink at least eight 8-oz glasses of water or caffeine-free liquid daily
- Eat foods rich in iron: spinach, oat bran, barley, cooked dried beans, cooked soybeans, dried fruits
- 3 servings of protein a day
- 4 servings of calcium-rich foods a day
- 3 servings of vitamin C foods a day
- Rinse all fruits and vegetables thoroughly under running water. Scrub skins when possible to remove surface residue.
- Remember those prenatal vitamins and water!!

WHEN TO CALL YOUR DOCTOR

- Bleeding or leaking of fluid
- Painful urination
- Cramping unresolved with hydration and rest
- Vaginal burning or itching
- Persistent nausea and vomiting; which can lead to dehydration
- Any trauma to your belly
- Decreased fetal movement (28 weeks or later)
- Regular painful contractions
- Visual changes
- Headache unrelieved by Tylenol
- Abdominal pain
- Swelling of the face
- Yellowing of the skin