

PREGNANCY TIMETABLE

- First Visit:** You will meet the Dr. or Nurse-Midwife. Your medical history will be reviewed in detail and you'll have a complete head-to-toe physical. A pap smear will be done if it is due. Initial Laboratory work will be performed. An ultrasound may be performed in the office if you are high risk or have had any history of pregnancy loss. First-trimester screen is optional and will be discussed.
- 10-12 weeks** Baby's heartbeat is heard. Information regarding childbirth classes is given. Laboratory results are reviewed with you.
- 16 weeks** Alpha fetoprotein test (a screen for neural tube defects) or a Quad screen will be offered. It is optional and should be discussed with your Dr. or Nurse-Midwife.
- 20 weeks** A detailed ultrasound examination of the baby is performed. Most insurance permit you to have this exam right here in our office. It will usually be scheduled separately, usually right before your appointment with the Dr. or Nurse-Midwife.
- 20-24 weeks** Arrange for your prenatal classes and pre-register for you hospital admission.
- 26-28 weeks** Diabetes screen. This is a one-hour glucola test. You will get your drink after signing in at the front office. One-hour after we will draw blood. We ask that you wait in our office for the complete hour. If you are Rh negative, we will draw for an Rh negative antibody screen. A rhogam shot will be given if this is the case on either this visit or next.
- 30 weeks** Two-week visits begin.
- 36 weeks** One-week visits begin. Group B Strep culture is done.
- 37-42 weeks** It's time to have a baby!!! Cervical exams to see if you have dilated usually begin at 38 weeks. At 41 weeks, if you are still undelivered, special tests (an ultrasound and non-stress test) will be scheduled to check on the baby's well-being. Induction will usually be recommended at 41-42 weeks, depending on your personal history and cervical exam. This will be discussed with you by your Dr. or Nurse-Midwife at the 41 –week visit.

GUIDELINES FOR THE USE OF OVER-THE-COUNTER MEDICATIONS

No medication is considered 100% safe in pregnancy; therefore we ask that you consult us prior to taking any medications not listed below. All medications listed here should be taken in very small doses and only when absolutely necessary.

FOR INDIGESTION – Try to eat smaller, more frequent meals. Avoid spicy or greasy foods. If these suggestions fail, Mylanta, Maalox or Roloids can be used sparingly.

FOR NAUSEA OR “MORNING SICKNESS” – Eat smaller, more frequent meals and never skip meals. Eating a cracker or a piece of toast before getting out of bed may be helpful. Ginger snaps, ginger ale, Gatorade, Emetrol or Vitamin B-6 (50mg **2** at bedtime and **1** in the morning) may help. If vomiting and/or diarrhea persist for more than 24 hours contact us. (See reverse)

FOR CONSTIPATION – Increase the fiber in your diet by eating whole grain breads and cereals, cooked and raw fruits and vegetables. You should drink between 2 and 3 quarts of liquids per day. As a last resort, you may take Metamucil or Effersyllium. If constipation is a persistent problem, please contact us.

FOR DIARRHEA – Diarrhea can be caused by viruses, bacteria, medications, food poisoning or irritating foods. Try clear liquids, bananas, rice, applesauce, and toast. Avoid milk products, juices, and rich foods. If your diarrhea is severe or lasts more than a day or so, you may need to be seen in our office.

FOR HEMORRHOIDS – Usually when there are problems with constipation, hemorrhoids develop. Hemorrhoids are enlarged veins at the rectal opening. Most often burning, itching and irritation occur. Keep the bowel movements soft and regular, and avoid straining. You may try taking warm tub baths 2-3 times per day and using Witch Hazel, Tucks or Preparation H after bowel movements.

FOR HEADACHES – Headaches commonly occur in pregnancy. If they are persistent or not relieved by Tylenol (acetaminophen) 650mg, please call us.

If you have any questions about medications you may have taken or that another physician has prescribed for you, please call us.

NAUSEA & VOMITING

Nausea can be a normal symptom in pregnancy. It is often related to the increases in pregnancy hormones (HCG). It is important for you and your baby to receive nutrition and the following suggestions may help. Most nausea decreases considerably after the first trimester (after 12 weeks). If after the following you remain unable to keep any fluids in your stomach after 48 hours, please call our office.

DIETARY GUIDELINES

1. Small Frequent meals
2. Place crackers or toast next to bedside
3. Don't drink fluids with meals as your stomach fills quickly. Try sipping fluids in between meals.
4. Low fat foods are easier to digest (low fat milk, lean meat, broiled or canned fish, and poultry without skin).
5. Eat carbohydrates that are easy to digest (rice, pasta, potatoes, cereals, crackers and ginger snaps).
6. Avoid highly seasoned foods
7. Avoid foods that give you gas (cabbage, broccoli, onions, sweet potatoes, buttermilk, pinto or pork beans).
8. Eat protein snack before going to bed
9. Peppermint tea, ginger tea, Gatorade, 7-Up, ginger ale
10. Guard against dehydration

GENERAL RECOMMENDATIONS

1. Get plenty of fresh air
2. Remove odors from surroundings
3. Rise slowly from bed, give yourself a few minutes to adjust
4. Wear non-restrictive clothing
5. Rest
6. Heating pad or hot water bottle to soothe sore abdominal muscles from vomiting

MEDICATIONS

Do not take any anti-nausea medicines without consulting your provider.

1. Vitamin B-6, 25mg – 1 in AM and 1 in PM
2. Unisom – ½ tablet a day (Check with MD or midwife first)
3. Acupressure bands (sea bands) or copper wrist bands
4. Ginger root capsules – up to 20 a day.

TREATMENT OF COLDS & FLU IN PREGNANCY

Influenza (flu) is a viral infection of the throat, tracheas and bronchi. A “Cold” is a viral infection of the nose and throat. Flu and the common cold are annoying but do not pose a health danger to most healthy people. The Flu or Cold will usually run its course in 7-10 days. It is usually most advantageous to treat the troubling symptoms. Antibiotics do not treat the Flu or Common Cold because these are viral and actually antibiotics taken for the wrong reason can rid your body of its natural flora which can decrease your body’s ability to fight.

Important things to remember:

1. Coughing, fever & excess secretions may lead to dehydration. Drink at least 10-12 glasses of water or juice a day.
2. Tiredness and difficulty sleeping are common side effects of all viruses. Rest and sleep are needed.
3. During pregnancy it is best to avoid medications if at all possible but if the symptoms become severe use this information as a guide and whenever in doubt call your provider
4. Call your care provider if you experience any of the following:
 - Temperature over 100.5 or lasting more than 3 days
 - Breathing becomes difficult or severe shortness of breath occurs
 - Severe sore throat WITH a temperature above 100.5.

Avoid medications before 12 weeks if possible. Make sure you read the labels and avoid products with alcohol, aspirin, or Ibuprofen. Please call our office with any questions.

TREATMENTS OF COLD & FLU

Aches & Pains

- Warm bath
- Tylenol 325mg (2 tabs) every 4-6 hours
- Heating pad (on low)

Runny Nose

- Humidifier
- Sudafed 30mg 1 every 4-6 hours, not to exceed 4 doses in 24 hours

Stuffiness/Congestion

- Vicks to chest with a warm towel
- Cool mist humidifier/vaporizer (may add eucalyptus oil for added relief)
- Saline nasal wash (½ tsp salt in ½ cup warm water)
- Saline nasal spray
- Decrease milk intake for a few days as this can increase mucous production
- Hot lemon drink
- Sage tea
- Sudafed 30mg 1 every 4-6 hours, not to exceed 4 doses in 24 hours
- Tavist D 1 tab every 12 hours, not to exceed 2 in 24 hours

Cough

- Warm honey tea
- Non-caffeinated beverages
- Peppermint tea
- Menthol to chest with warm towel
- Robitussin plain (guaifenesin 100mg) 2-4 tsp every 4 hours.

Sore Throat

- Warm chicken broth
- Suck on hard candies or popsicles
- Gargle with warm salt water (½ tsp in ½ cup warm water)
- Chloraseptic throat spray
- Lozenges such as Chloraseptic, Ludens, Robitussin or natural ones like Ricola or eucalyptus

Allergies/Sinus

- Rinse eyes frequently with warm water
- Visine eye drops to soothe red eyes
- Sudafed 30mg 1 every 4-6 hours, not to exceed 4 doses in 24 hours
- Benadryl Allergy & Sinus 2 capsules every 6 hours, not to exceed 8 in 24 hours
- Comtrex 2 tabs every 4 hours, not to exceed 8 in 24 hours
- Contac 1 capsule every 12 hours, not to exceed 2 in 24 hours

Difficulty Sleeping

- Warm bath/Chamomile bath
- Warm milk or Chamomile tea, no caffeine