

# NOW THAT YOU'RE PREGNANT....

## NORMAL BODY CHANGES THAT OCCUR DURING PREGNANCY

Body changes occur during pregnancy. If you are aware of these changes you will be less likely to worry. Your breasts can increase in size and become tender. Mood changes are also normal. You may get tired more easily. Skin changes can occur such as stretch marks, pigment changes, acne or body hair can increase.

### **Morning sickness**

Nausea occurs in pregnancy and can be worse in the morning. However, it can last the whole day. Try eating small, more frequent meals. Bland, low-fat foods are usually retained best. (Bananas, rice, applesauce, and toast). Keep crackers, melba toast, or dry cereal within reach of your bed. Eat some before getting out of bed. Stagger the times you eat and drink. Drink liquids mainly between meals. Avoid drinking coffee and tea. Try to take adequate fluids in even if you can not handle solids. Try food with high water content like watermelon, grapes, cantaloupe, lettuce and tomatoes. Use Sea-bands or acupuncture devices that put pressure on the wrist to help relieve nausea.

### **Constipation**

Prevent or relieve constipation by drinking 2-3 quarts of fluids daily. Warm or hot fluids are especially helpful right after you get up. Increase your fiber by eating high fiber cereals and generous amounts of whole grains, legumes, fruits and vegetables. Fiber can also be added through pills, powders, etc. Take part in physical activities such as walking or swimming.

### **Heartburn**

Avoid heartburn in pregnancy by eating small, more frequent meals rather than three large meals. Avoid certain foods that are highly seasoned, fried or fatty. Drink fluids mainly between meals and avoid coffee. Avoid lying down for 1-2 hours after eating or drinking, especially before going to bed. Sleep with your head slightly elevated.

### **Varicose Veins**

To prevent or reduce discomfort with varicose veins wear support maternity hose or knee highs. Avoid sitting or standing for long periods of time, heavy lifting, or crossing legs and ankles.

### **Backache**

Backaches can be common complaints during pregnancy. It is important to maintain proper posture, wear low heels, and use good body mechanics. Avoid standing or sitting for long periods of time. Sleep on a firm mattress. You can use a heating pad or take a warm bath. Pelvic tilt exercises can be helpful. Belly bands or other maternity girdles are strongly recommended.

### **Difficulty Sleeping**

Finding a comfortable position and sleeping become increasingly difficult as your pregnancy progresses. Decrease lights and noise and use pillows under your knees, back, and abdomen. Decreasing stress, exercising, and using relaxation techniques can be helpful. Avoid caffeine and try drinking hot water with lemon or warm milk before bed. Taking short naps can also help you sleep better at night.

## VISITS DURING PREGNANCY

Routine prenatal care consists of once monthly visits until your 28<sup>th</sup> week of pregnancy. At that point you will be seen every two weeks. During your last week of pregnancy, you will be seen once weekly. Pelvic exams can be expected at that time. A urine sample will be collected at each office visit; your weight gain and blood pressure will be monitored through the pregnancy. Fetal heart tones can be heard in the office after the 12 week of pregnancy.

## TESTING DURING PREGNANCY

TEST	WHEN	PURPOSE
Routine physical exam Prenatal blood work	First prenatal visit	Blood tests done are blood count, blood type, sugar, HIV syphilis, hepatitis, & rubella
Genetic carrier Screen	First prenatal visit	<i>Optional</i> blood test to detect gene for Cystic Fibrosis (CF), Fragile X and Spinal Muscular Atrophy (SMA)
Sequential Screen Blood test and ultrasound	11-13 weeks 16 weeks	<i>Optional</i> screening test to detect risk for certain birth defects.
Quad screen	15-20 weeks	<i>Optional</i> screening test to detect risk for certain birth defects.
Ultrasound	20-22 weeks	Allows us to check growth and anatomy of the baby's major organs including sex of the baby if desired.
Gestational Diabetes screen Rhogam injection (Rh- patients only)	28 weeks	Screen for diabetes in pregnancy Prevent Rh sensitization
TDAP vaccine	28-36 weeks	Provided at PCP or Summit Co. Health Dept. (330-375-2363)
Group B Strep culture	35-37 weeks	To determine if antibiotics are required in labor.

# Screening Options for Genetic Tests

## **Option #1 Sequential Screening**

Sequential Screen is a screening test which shows if you are at increased risk of having a baby with Down syndrome, Trisomy 18, or an open neural tube defect. It is a noninvasive test performed in two steps. You would receive an early preliminary result in the first trimester, and a final result in the second trimester. Sequential Screen leads to detection of approximately 90% of Down syndrome and Trisomy 18 cases and 80% of open neural tube defects. If the screening test is abnormal, it does not necessarily mean that the baby has one of these birth defects. If you have a “positive” screen you will be referred to Maternal Fetal Medicine and will be offered further testing. A “negative” result does not guarantee the birth of a healthy baby.

### **How it is done:**

Between 11-13 weeks of your pregnancy, a blood sample and ultrasound measurement, called nuchal translucency\*, will be taken. If you are not identified to be at increased risk during the first part of the test, you will come back in at 16 weeks for a second blood test. You will receive preliminary results after the first part of the test and final results after part two.

## **Option#2 Quad Screen**

The quad screen is an optional screening test offered around 16 weeks of pregnancy. The test screens primarily for open neural tube defects, Down syndrome, and Trisomy 18. The Quad screen offers about 75-80% detection rate. If the screening test is abnormal, it does not necessarily mean that the baby has one of these birth defects. If you have a “positive” screen you will be offered further testing. This typically includes a very targeted ultrasound and the possibility of Amniocentesis. A “negative” result does not guarantee the birth of a healthy baby.

### **How it is done:**

A blood sample is obtained between the 16-20<sup>th</sup> week of pregnancy. A calculation is made based on certain medical information and this blood work.

## **Option #3 Alphafetoprotein (AFP) Blood Test**

The AFP blood test screens for open neural tube defects only. The two main types of defects are Spina Bifida and anencephaly. Babies with anencephaly usually will die at birth or shortly afterward. Spina Bifida results in a spinal column defect and may range from mild to severe. Mild defects can be corrected with surgery.

### **How it is done:**

A blood sample is obtained between the 16-20<sup>th</sup> week of pregnancy. A calculation is made based on certain medical information and this blood work.

## **Trio Panel Carrier Screen:**

Carrier screening is a mouthwash/saliva test that looks at your genes to see if you may carry a disease that you could pass on to your child. The Trio Panel looks specifically at Cystic Fibrosis, Fragile X Syndrome and Spinal Muscular Atrophy. A positive test does not mean that your child will have the disease. Having your partner tested would typically be the next step. If your partner is also a carrier for the same disease, there is a 1 in 4 chance that your child could be affected and genetic counseling would be recommended.

## Medications in Pregnancy

<b>Allergy:</b>	Diphenhydramine (Benadryl®), Loratidine (Claritin®), Cetirizine (Zyrtec®), Fexofenadine (Allegra®)
<b>Congestion:</b>	Diphenhydramine (Benadryl®), Loratidine (Claritin®), Pseudoephedrine ([Sudafed®] after 1st trimester, avoid if have high blood pressure), Saline nasal drops or spray
<b>Cough:</b>	Dextromethorphan (Robitussin®), Guaifenesin (Mucinex® [plain]), Vicks Vapor Rub® mentholated cream, cough drops
<b>Headache:</b>	Acetaminophen (Tylenol regular or extra strength, daily max 3000mg), Excedrin Tension Headache (Aspirin free)
<b>Sore Throat:</b>	Gargle 1 tsp salt dissolved in 8 oz warm water, throat lozenges, Chloraseptic® spray, Cepacol®
<b>Constipation:</b>	Methylcellulose fiber (Citrucel®), Docusate (Colace®), psyllium (Fiberall®, Metamucil®), polycarbophil (FiberCon®), may also use polyethylene glycol (MiraLAX®), Milk of Magnesia, (Dulcolax®) or glycerin suppositories
<b>Diarrhea:</b>	Loperamide ([Imodium®] after 1st trimester, for 24 hours max)
<b>Heartburn:</b>	Famotidine (Pepcid AC®), Aluminum hydroxide/magnesium hydroxide (Maalox®), Calcium carbonate/magnesium carbonate (Mylanta®), Calcium carbonate (Tums®)
<b>Nausea/Vomiting:</b>	Vitamin B6 25 mg three times per day plus Doxylamine (Unisom®) 25 mg (1-2 tabs) at bedtime or every 6 hours as needed, Acupuncture wristbands
<b>Hemorrhoids:</b>	Phenylephrine/mineral oil/petrolatum (Preparation H®), Witch hazel (Tucks® pads or ointment), Hydrocortisone (Anusol®), Americaine ointments
<b>Leg/Calf Cramps:</b>	Calcium 500mg twice per day
<b>First Aid Ointment:</b>	Bacitracin, Neomycin/polymyxin B/bacitracin (Neosporin®)
<b>Rashes:</b>	Diphenhydramine cream (Benadryl®), Hydrocortisone cream or ointment, Oatmeal bath (Aveeno®)
<b>Sleep:</b>	Doxylamine (Unisom®), Diphenhydramine (Benadryl®), Tylenol® PM, Melatonin
<b>Yeast:</b>	Miconazole (Monistat®)

These are only suggestions of over-the-counter products to use during pregnancy.

Please note: No drug can be considered 100% safe to use during pregnancy

Use only as directed on the package unless otherwise instructed by physician.

Please inform our office if you are taking prescription medications from another doctor or dentist or if you develop a medical condition during your pregnancy before taking any of these over-the-counter products.

# Nutrition and Pregnancy

Eating a healthy diet during pregnancy will ensure that you are taking in enough nutrients to support the demands pregnancy places on your body. It is important to eat healthy foods and vary your diet to get all the nutrients you need (Refer to chart for recommended servings). Remember, you only need to increase your calorie intake by 300 calories per day.

## Diet Recommendations

- A healthy diet should include high fiber foods that are enriched. Examples include cereals, pasta, rice, whole grain breads, fruits and vegetables.
- Iron rich foods will help you get enough of this important element to needed during pregnancy and breastfeeding. Sources include red meats, green leafy vegetables, molasses, liver, and nuts such as almonds, pistachios, and cashews.
- Choose a diet low in fat, saturated fat, and cholesterol.
- Use sweets, sugars and soft drinks only in moderation.
- Eat small to moderate sized meals at regular intervals.
- Caffeine should be limited to 2-3 servings or less daily. Coffees, colas, teas, and chocolate are sources of most caffeine intake.
- Prenatal vitamins ensure you are consistently getting enough vitamins and minerals everyday.

## Special Food Considerations

- Artificial Sweeteners can be used in moderation in pregnancy. Approved sweeteners include aspartame (Equal or Nutrasweet), sucralose (Splenda), and acesulfame (Sunett). Saccharin (Sweet-N-Low) should be avoided during pregnancy.
- Unpasteurized milks and cheeses should be avoided during pregnancy. Most soft cheeses are often unpasteurized. Pasteurized cheeses including most hard cheeses, processed cheese, cream cheese, and cottage cheese need not be avoided.
- Raw, undercooked, deli meats and hot dogs are examples of foods to be avoided unless they are reheated until steaming hot.
- Watch for mercury in fish. Certain fish should be avoided due to high levels of mercury content. Swordfish, shark, king mackerel, and tile fish should be avoided. Check with local health department before eating game fish (trout, salmon, or bass). Limited tuna and albacore to 6 oz. per week. Cooked shellfish is fine when limited to 12 oz per week. Avoid raw fish like sushi, oysters, and clams.

## Nutrition and Pregnancy (Cont'd)

<u>Food Group</u> <u>servings</u>	<u>No. of Servings</u>	<u>Example of single</u>
Bread cereal,	9	1 slice of bread, ½ cup rice, or pasta
Vegetables 1 vegetables.	4	½ cup cooked vegetables or cup of raw
Fruit raisins	3	1 medium fruit, ¼ cup 4 ounce glass of juice
Meat, Eggs, & Nuts	3	2-3 ounces of poultry, fish, or meat, 1 egg, 2 tbs peanut butter
Dairy products	3	1 cup of milk or yogurt, 1 ½ ounce low-fat cheese

## Weight Gain In Pregnancy

<b>Weight Status</b>	<b>Weight Gain (in pounds)</b>
Underweight	28-40
Normal Weight	25-35
Overweight	15-25
Obese	15
Carrying Twins	35-45

# Pregnancy and Exercise

## ADVICE FOR EXERCISE DURING PREGNANCY

- We recommend women stay active during pregnancy. Most women can safely continue or begin mild to moderate exercise during pregnancy.
- Swimming, stationary cycling, walking, running, hiking, low-impact aerobics, yoga, and pilates can all be enjoyed during pregnancy.
- Try exercising a minimum of 30 minutes at least three times a week.
- Avoid potentially dangerous sports activities. No horseback riding, downhill skiing, scuba diving, or contact sports. Avoid activities where you could potentially be hit in the abdomen or are at risk for falling.
- Do not lie flat on your back to exercise after 20 weeks gestation.
- Drink water liberally during exercise.
- Vigorous exercise should not be performed in hot, humid weather.
- Stop exercising if any of the following are experienced during exercise:
  - Vaginal bleeding
  - Shortness of breath
  - Dizziness
  - Headaches
  - Chest pain
  - Signs of preterm labor

# **FOR YOUR INFORMATION...**

## **AROUND THE HOME**

Keep things well ventilated. Avoid fumes from household cleaning products, oil based paints, etc. Do not lift anything over 40 pounds. If you have cats, please find someone else to change the litter box. Do not get new cats during pregnancy. Wear gardening gloves and wash hands after handling dirt. Always wash hands before and after handling raw meat. Cool all meats thoroughly. Wash all raw vegetables thoroughly.

## **TRAVEL**

Travel is generally safe in pregnancy. We ask that you consult with a doctor closer to your travel time for any trips after the 6<sup>th</sup> month. Make frequent stops. You should walk 10-15 minutes every two hours. Always wear a safety belt in proper fashion even as your abdomen grows. Use sunscreen when in the sun for any length of time. Stay hydrated during travel as well as in the sun. We ask that you do not travel any further than 2 hours away during the last month of your pregnancy.

## **ALCOHOL AND SMOKING**

Avoid drinking alcoholic beverages during pregnancy. No amount of alcohol is considered safe. Alcohol has been linked to several problems; fetal alcohol syndrome, premature labor, mental retardation, and low birth weight in babies. We recommend that you stop smoking in pregnancy. Smoking is associated with several health problems for infants. Smoking can interfere with the blood flow to the placenta. This can cause small babies, placenta can separate from the uterus, babies suffer apnea after birth, and are more likely to die from SIDS (Sudden Infant Death Syndrome).

## **FLU VACCINE**

In order to protect you and your baby from serious complications and hospitalization, it is strongly recommended that you receive the flu vaccine during pregnancy.

## **TDAP VACCINE**

The Tdap vaccine is an effective and safe way to protect you and your baby from serious complications of pertussis (whooping cough, a life-threatening illness). The vaccine should be administered between 27 and 36 weeks of gestation during each pregnancy. \*Please contact your PCP or the Summit County Health Dept. (330-375-2363) to schedule these immunizations.

## **BEFORE BABY ARRIVES**

Make sure you have chosen a pediatrician before delivery. Have a small bag packed and ready with a few essentials inside to help avoid confusion when it is time to go to the hospital. We recommend taking childbirth classes and pre-registering at the hospital between 24 and 28 weeks gestation.



# **WHEN TO CALL THE OFFICE...**

## **NAUSEA AND VOMITING**

Nausea and vomiting can be normal occurrences during pregnancy. They can also be signs of problems that require medical attention. It is possible to become dehydrated during this time. If you experience persistent nausea and vomiting for over 24 hours, please call the office for advice.

## **PAIN WITH URINATION**

Urinating more frequently typically occurs during pregnancy. Notify us if you are experiencing burning or pain with urination or if urinating in very small amounts.

## **ABDOMINAL PAIN AND CRAMPING**

Mild cramping or discomforts can be normal in early pregnancy as your uterus grows and stretches. Severe cramping or abdominal pain can be signs of threatening miscarriage. If you are between 24 and 36 weeks, report more than 4-6 contractions and hours.

## **BLEEDING**

Any bleeding should be reported to us. If you are near your due date, light bleeding/spotting may follow an exam done in the office. If you experience heavy bleeding like a period at any time, call immediately.

## **LEAKING OF FLUID**

Sudden gush of fluid or persistent leaking from the vagina should be reported immediately, or if you think your water breaks.

## **DECREASED FETAL MOVEMENT**

Fetal movements are normally felt by 20-22 weeks gestation. You should feel some movements daily. After 28 weeks we would like you to count fetal movements. Call if there are fewer than 10 movements in 3 hours, if overall the fetus' movements are slowing and it takes longer to note 10 movements, if fewer than 3 movements in 8 hours, or no movement is felt. To perform "kick counts" begin by counting at the same time daily preferable on hour after a meal. Lie quietly on your side. Record the first 10 kicks. Movement varies considerably, but most women feel fetal movement at least 10 times in 3 hours.

## **OTHER TIMES TO CALL**

Fever or chills that cannot be easily explained by cold or flu symptoms need to be reported. Temperature of 101.0 degrees not relieved by Tylenol. After the 24<sup>th</sup> week, you need to report persistent headaches or any visual changes, upper abdominal pain, or swelling of hands and feet that does not resolve after rest.

**AFTER HOURS NUMBER: 330-379-0328**

