

Welcome to *Northwestern Women's Health Associates, S.C.*

phone: (312) 440-9400 fax: (312) 440-0423

Your due date (40 weeks) is _____.

***We deliver at Prentice Women's Hospital: 250 E. Superior St. Chicago IL 60611. (312) 472-0800.

OFFICE VISIT SCHEDULE:

8 weeks: first prenatal visit, routine testing (blood work, pap smear and dating ultrasound).

12 weeks: optional Down syndrome testing may include ultrasound, blood test or cell free DNA.

16 weeks: optional Down syndrome and spinal cord defect testing.

20 weeks: ultrasound for anatomy.

24 weeks: 1-hour glucose test (do not eat or drink for 2-3 hours prior to appointment).

24-28 weeks: due for tdap vaccine during the 3rd trimester

28 weeks: Due for RhoGAM if blood type is Negative. Discuss fetal movement.

30-36 weeks: visits every 2 weeks.

36 weeks: Group B Strep test and beginning of weekly cervix checks. Discuss labor and delivery.

36-40 weeks: weekly visits with cervix checks.

40+ weeks: twice-weekly visits with fetal heart rate and fluid monitoring.

41-42 weeks: to reduce risk of complications, we will recommend induction of labor if still pregnant.

To prevent fetal morbidity or mortality you will need to deliver by 42 weeks.

** Tdap vaccine is recommended in the third trimester.

** Influenza vaccine is recommended for ALL pregnant patients during flu season.

** You will have an ultrasound at your first visit and at 20 weeks. Additional ultrasounds are only done if medically indicated.

A Birth Plan is not necessary. If you have one be sure to discuss it with your physician by 36 weeks to be sure we can accommodate your requests.

Things to do at various gestational ages

After 20 weeks

- Start side sleeping
- Register for delivery at Prentice
- Select a Pediatrician

After 24 weeks

- Register for Prenatal Classes
- Submit FMLA paperwork (small fee)
- Check with insurance regarding coverage for breast pump
- Consider cord blood banking

After 28 weeks

- Fetal movement counts

Good Books to Read

- “Your Pregnancy and Childbirth, Month to Month” 6th Edition (ACOG)
- “Mayo Clinic Guide to a Healthy Pregnancy”
- “Mayo Clinic Guide to Your Baby’s First Year”
- “What to Expect when you’re Expecting”

Pregnancy Do's and Don'ts

- take prenatal vitamins daily for the entire pregnancy and breastfeeding period. If you are nauseous, temporarily switch to either a gummy prenatal vitamin or Flintstones chewables
- stay active! Walking a minimum of 30 minutes each day. Exercise is safe within reason (don't train or exercise harder than you did before pregnancy)
- sex is OK unless we tell you otherwise
- travel is OK until 32 weeks (walk/stretch every 1-2 hours when on car rides or planes)
- cats: avoid contact with feces, don't change the litterbox
- dogs: address any aggressive traits
- avoid hot tubs, saunas, and hot yoga
- when to tell people you're pregnant: there is no right answer

If you have any of the following

Call us right away at 312 440-9400 (available 24/7)

- bleeding, severe pain, fever, chills
- uncontrolled nausea or vomiting, persistent diarrhea
- trauma, falls, car accident
- heart palpitations or feeling like you're going to pass out
- severe headaches with vision changes
- asymmetric leg swelling (one leg/foot looks much bigger than the other) with pain
- painful contractions every 10-15 minutes for 1-2 hours if under 34 weeks, or painful contractions every 5 minutes for 1-2 hours if at least 34 weeks
- baby is not moving as well as usual and you are at least 28 weeks
- leaking or gushing fluid from the vagina
- severe skin itching
- other urgent questions

DIETARY GUIDELINES

- Up to 12 weeks: NO extra calories needed.
- After 12 weeks: up to 300 extra calories per day.
- Limit caffeine and artificial sweeteners to 1 serving a day.
- NO alcohol
- Drink lots of water

FDA RECOMMENDATIONS:

- Cook meat until at least medium done.
- If you eat hot dogs and luncheon meats – they need to be reheated until steaming hot.
- Do not eat soft cheese, such as Feta, Brie, Camembert, "blue-veined cheeses," "queso blanco," "queso fresco," and Panela - *unless it's labeled as made with pasteurized milk.*
- Do not eat refrigerated pâtés or meat spreads.
- Do not eat refrigerated smoked seafood - *unless it's in a cooked dish, such as a casserole.* (Refrigerated smoked seafood, such as salmon, trout, whitefish, cod, tuna, or mackerel, is most often labeled as "nova-style," "lox," "kippered," "smoked," or "jerky." These types of fish are found in the refrigerator section or sold at deli counters of grocery stores and delicatessens.)
- Do not drink raw (unpasteurized) milk or eat foods that contain unpasteurized milk.
- Don't eat shark, tilefish, king mackerel, and swordfish.
- It is okay to eat other cooked fish/seafood as long as a variety of other kinds are selected during pregnancy or while a woman is trying to become pregnant. She **can eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.** Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week.
- Have someone else change the litter box. If you have to clean it, wear a mask and gloves. Wash your hands with soap and warm water afterwards. Don't get a new cat while pregnant.
- Wear gloves when gardening or handling sand from a sandbox

How to Manage Common Symptoms in Pregnancy

NAUSEA: Avoid foods with strong smells. Eat frequent, small meals. Stay well hydrated (2-3 liters of water per day). Eat ginger candies. Wear anti-nausea wristbands. Take vitamin B6 (25-50mcg) twice a day. Take Unisom (doxylamine) at bedtime as needed (causes drowsiness).

PAIN: Stay well hydrated. Do not skip meals. One cup of caffeinated beverage is OK to drink to help with headaches. You can use Tylenol (Extra Strength every 8 hours or Regular Strength every 6 hours). Try massage, physical therapy, acupuncture, chiropractic care, yoga or stretching.

HEARTBURN: Eat multiple small meals throughout the day, no skipping meals. Avoid greasy foods, red sauces, pizza and spicy foods. Sleep with your head elevated on multiple pillows. You can take Tums up to 4 times per day. If Tums is not enough, add Zantac 75-150mg twice a day or Pepcid twice a day

CONSTIPATION, HEMORRHOIDS: Increase dietary fiber (fruits, veggies) and water. Avoid fried, greasy and cheesy foods. Take a fiber supplement (Metamucil, Fibercon, Konsyl). Try Colace 100mg twice a day or Miralax powder once a day. Topical Tucks pads and Preparation-H cream for hemorrhoids.

SWELLING: Decrease salt intake and drink more water. Sleep on your side. Exercise. Try compression stockings (start with knee-high mild compression Jobst stockings)

VARICOSE VEINS: Try compression stockings. Keep your feet elevated when possible. Avoid hot tubs.

LEG CRAMPS: Stay well hydrated. Slowly stretch the crampy area at least 1-2 times daily. If leg cramps do not resolve with stretching, call your doctor.

CONGESTION: Unlimited use of saline nasal sprays or neti pot. Try nose strips. If those don't work, try Sudafed, Robitussin or Chlor-Trimeton (use as little as possible, avoid in the first trimester).

ALLERGIES: Saline nasal sprays or neti pot. If that doesn't work, you can use Flonase (use as little as possible). You may take Zyrtec or Claritin for daily use if needed. Benadryl as needed (causes drowsiness). Chlor-Trimeton as needed.

INSOMNIA: Practice good sleep hygiene – quiet, dark room. Use plenty of pillows, including a body pillow. If needed, use Benadryl or Unisom to help you sleep.