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FIRST TRIMESTER Obstetrics Booklet

Falls Church Office: 703-528-6300

Reston Office: 703-437-8080

www.myprivia.com/healthcareforwomenpc

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CONGRATULATIONS ON YOUR PREGNANCY!

This is intended to give you an overview of what to expect throughout your pregnancy here at Healthcare for Women. Please keep this packet as a reference throughout your pregnancy. More detailed information is available on our website at myprivia.com/healthcareforwomenpc.

We hope that this will be an exciting time for you. We look forward to working with you to provide the highest quality of medical care and a satisfying childbirth experience. We are a team of obstetricians who work together because we have very similar practice philosophies and we like to involve our patients and their partners in decision making regarding care. Throughout your pregnancy, we do ask that you see all our physicians. It is important for your physicians to know you and your preferences, and, perhaps more importantly, for you to be familiar with all of us so that you will feel comfortable on the day of your delivery. We choose to do all of our deliveries and inpatient hospital care at Virginia Hospital Center. We use Virginia Hospital Center because it offers high caliber care with a personal touch. The location and address for triage and delivery is:

**VHC Health
1701 N. George Mason Dr
Arlington, VA 22205**

L&D is located on the 3rd floor

If you have a concern that arises between your appointments, you may call our office. During business hours our triage nurse will assist in helping with your concern and discuss with a physician as needed. If an **emergency** arises, one of our physicians is on-call 24 hours a day that you may contact by dialing the same office phone number:

Falls Church Office: 703-528-6300

Reston Office: 703-437-8080

After hours, our answering service will contact the physician on-call. If you do not get a response within 15 minutes please call back so that your call can be managed. Please always call the office prior to going to the hospital.

We look forward to sharing with you such an exciting experience!

WHEN TO CALL THE OFFICE

If any of the following occurs, please call the office:

- Vaginal bleeding
- Leaking or gush of fluid
- Persistent abdominal pain
- Persistent vomiting (unable to keep fluids down for 24 hours)
- Fever greater than 100.4 that is unresponsive to Tylenol
- Severe or continuous headaches not relieved with Tylenol
- Blurred vision or visual disturbances

Pregnancy Calendar:
What to expect at your visits to our office

Gestational Age	Required / Expected	Optional
6-8 Weeks	<ul style="list-style-type: none"> • Schedule first appointment • Pregnancy confirmation • Ultrasound confirmation • Prenatal labs • Appointments every 4weeks 	
10-12 Weeks	<ul style="list-style-type: none"> • Review lab results from first appointment • Genetic counseling • Listen to fetal heartbeat with doppler 	<ul style="list-style-type: none"> • Cell Free DNA Testing
12-14 Weeks		<ul style="list-style-type: none"> • Nuchal Translucency Ultrasound • Chorionic Villus Sampling (10-13weeks at Maternal Fetal Medicine)
15-17 Weeks		<ul style="list-style-type: none"> • Alpha-fetoprotein (AFP) bloodwork • Amniocentesis (>16 weeks with Maternal Fetal Medicine)
19-22 Weeks	<ul style="list-style-type: none"> • Start feeling fetal movement • Anatomy Ultrasound (at HC4W or MFM) 	
26-28 Weeks	<ul style="list-style-type: none"> • Gestational diabetes testing (1hr office visit) • Rhogam administered - if indicated (given at VHC Infusion Center) 	
28-36 Weeks	<ul style="list-style-type: none"> • Appointments every 2 weeks • Fill out VHC Pre-Registration form • Find a pediatrician • Get Tdap vaccine (at pharmacy or PCP) 	<ul style="list-style-type: none"> • Take childbirth class(es)
36+ Weeks	<ul style="list-style-type: none"> • Appointments weekly • Group B Streptococcus (GBS) Vaginal Culture • Ultrasound to assess fetal growth and position • Cervical exams (as deemed necessary) 	
40 Weeks	DUE DATE	
40+ Weeks	<ul style="list-style-type: none"> • Weekly Biophysical Profile Ultrasound or Non-Stress Test 	

EXERCISE

For the mother, exercise has excellent physical and emotional benefits. It can help you remain healthy and feeling your best while your body rapidly changes. Women who were in good shape prior to their pregnancy may continue to work out at previous levels.

❖ The American College of Obstetrics and Gynecology Recommends:

- Moderate exercise for at least 150 minutes per week.
- When exercising, make sure you increase your water intake
- Exert yourself to the ability that you feel you could have a light conversation (it is not necessary to monitor your heartrate or temperature while exercising)
- Exercises while laying directly on your back after 12 weeks may make you feel dizzy or faint. Please modify any exercise to avoid dizziness

❖ Exercise generally considered safe in pregnancy:

- Aerobics/Pregnancy Fitness Classes
- Elliptical
- **Stationary** bike
- Jogging, Walking, or Hiking
- Swimming/Water Aerobics
- Yoga

NUTRITION

Eating well is one of the best things you can do during pregnancy. Good nutrition helps you handle the extra demands on your body as your pregnancy progresses. The goal is to balance getting enough nutrients to support the growth of your fetus and maintaining a healthy weight.

❖ The American College of Obstetrics and Gynecology Recommends:

- 340 calories extra per day for singleton pregnancy starting in the 2nd trimester
- 600 calories extra per day for twin pregnancy starting in the 2nd trimester
- Weight gain in pregnancy depends on your health and body mass index (BMI) before pregnancy. Discuss what is appropriate for you with your medical provider
- 8-12 cups (64-96oz) of water daily

❖ Foods to avoid in pregnancy

- All alcohol
- Raw or undercooked meat, seafood, and eggs
 - Cooked sushi is safe
 - Hot dogs and deli meats can be consumed as long as they are steaming hot just prior to eating. Although, these foods typically contain nitrates, which in high amounts is unsafe in for a developing fetus. It is best to limit consumption of these meats throughout pregnancy.
- High mercury containing fish – swordfish, tilefish, shark, king mackerel, orange roughy
 - Limit white (albacore) tuna to 6oz a week
 - Other fish and shellfish are an excellent source of protein/nutrients and are encouraged to eat in pregnancy, 2-3 servings per week
- *Unpasteurized* milk and soft cheeses
 - Many soft cheeses (ie: blue cheese, brie, goat, feta) sold on shelves in US grocery stores are pasteurized and safe to eat. Check labels prior to consuming.

- Excessive caffeine
 - It is safe to consume up to 200mg per day of caffeine (the equivalent of one 12oz cup of coffee)
- High-calorie, low-nutrient snack foods – chips, cookies, candy
- Sugar sweetened drinks – fruit juice, lemonade, sweet tea, sports drinks, sodas

MISCELLANEOUS PRODUCTS

- When possible, avoid products that contain: phthalates, parabens, oxybenzone, triclosan
- Hair dye is usually safe in pregnancy but safest to avoid in first trimester and limit exposure throughout pregnancy
- Avoid products/chemicals that are designed to: make your skin lighter or hair straighter
- Acne treatments safe in pregnancy include the following *topical* agents: benzoyl peroxide, salicylic acid, azelaic acid, clindamycin, erythromycin. Unsafe in pregnancy: isotretinoin, topical retinoids, adapalene
- If painting in pregnancy, use paints that are labeled “low VOC” or “zero VOC or “water based”
- Paint in a well-ventilated area
- Be mindful or probably best to avoid using a ladder while pregnant
- Sunscreen is recommended in pregnancy
- Bug spray, including those with DEET, are safe and recommended in pregnancy

TRAVEL

You can safely travel **in the U.S.A.** until a month before your due date – up to 36 weeks. You can travel **outside the U.S.A.** up until 2 months before your due date – up to 32 weeks.

INTERCOURSE

Most sexual activity is safe for women with healthy pregnancies. The amniotic sac and the strong muscles of the uterus protect the fetus. If you have pregnancy complications, talk with your medical provider if it is safe to continue to be sexually active. It can be normal to have cramps or spotting after sex in pregnancy. If you have severe, persistent cramping, or if your bleeding is like a period, call Healthcare for Women.

MEDICATIONS / RECOMMENDATIONS FOR COMMON AILMENTS

Nausea/Vomiting:

- Eat small, frequent meals
- Ginger, crackers, dry toast, bland diet. Avoid foods/odors that make you feel sick
- Sea Bands (over the counter) and Emetrol
- Vitamin B6 10-25mg every 8 hours + Unisom (doxylamine) 12.5-25mg at bedtime. This combination therapy should be taken for 2-3 days to see optimal results and if helping, continue until all nausea has resolved and then take a trial off of the regimen. If nausea/vomiting returns, restart the regimen.
- If no relief, call the office for a prescription from your physician. If unable to keep ANY fluids down for 24 hours call office to speak to a nurse.

Headaches/Pain:

- Avoid skipping meals
- Make sure you have adequate hydration (8-10 cups of water a day)
- Tylenol/Extra Strength Tylenol 1000mg every 6hrs as needed (NO Motrin, Advil, or Aleve or Aspirin products unless prescribed by a physician)

Hemorrhoids:

- Warm Sitz Baths for 20 min 2-3x per day
- Preparation H
- TUCKS pads

Diarrhea:

- Increase clear fluids
- BRAT (Bananas, Rice, Applesauce, and Toast) diet
- Avoid spicy/greasy foods
- Avoid milk products, as well as sugary drinks
- Imodium

Allergies: Benadryl, Claritin, Zyrtec

Cough: Cough Drops, Throat Sprays, Robitussin DM, Mucinex, Mucinex D, Mucinex PM

Congestion: Saline Nasal Mist, Sudafed

Heartburn:

- Avoid spicy or fried food
- Eat smaller more frequent meals and do not lie down within 2 hrs of a meal
- Tums, Pepcid, Maalox, Mylanta, Gas-X, Tagamet

Combination Cold Medications: Tylenol Cold, Tylenol Sinus, Tylenol PM, Nyquil, Dayquil

Constipation:

- Increase fiber (bran cereal, fiber supplement)
- Increase fluid intake
- Increase exercise
- Metamucil, Fibercon, Colace, Citrucel, Benefiber

Toothache/Dentist:

- Orajel
- Novacaine
- Dental x-ray with lead shield

Sore Throat:

- Herbal tea with honey; Salt water gargle
- Chloraseptic throat spray, Throat lozenges, Tylenol (Regular or Extra strength)

Urinary Tract Infections:

- If you feel symptoms of a urinary tract infection, it is important you call the office to speak to a nurse. You can help prevent them by drinking at least 8-10 cups of water a day.

Spotting:

- Spotting is common in pregnancy especially early and late in the pregnancy and after intercourse; however, if you have any spotting please call the office to speak to a nurse.