

RIVERVIEW WOMEN'S HEALTH

For Our Obstetrical Patients

Welcome

Welcome to our practice. We are glad you have chosen Riverview Women's Health for your obstetrical care. Within this handout you will find answers to commonly asked questions as well as valuable information. Our practice consists of a team of physicians, registered nurses and other allied health professionals who share the common goal of delivering high quality, personalized prenatal care. We view your pregnancy as a partnership between our practice and you the patient. Working together will provide you with the best care possible.

Appointments

Your prenatal care will consist of a series of visits beginning at approximately the 8th week of pregnancy.

Week 8 through 28: office visits every four weeks

Week 29 through 36: office visits every two weeks

Week 36 through delivery: office visits every week

Your first prenatal appointment will consist of a thorough history and physical, including a pap smear, as well as a panel of blood tests performed at a laboratory. Future visits will consist of a weight check, blood pressure reading, testing of a urine sample and measurements of the uterus and fetal heartbeat. Other tests may be recommended at various times during your pregnancy. Lab slips will be provided and further details will be explained at the appropriate appointment. These may include:

- Nuchal Translucency and bloodwork (to measure possible increased risk of Down's Syndrome or open neural tube defects)
- Ultrasound (to determine size of fetus and the presence of certain abnormalities)
- Amniocentesis (only if indicated to rule out birth defects)
- Glucose challenge (to check for gestational diabetes)
- Group B strep vaginal culture to test for maternal infection

General Guidelines

Alcohol	No amount is considered safe during pregnancy; therefore, we ask that you do not use alcohol during your pregnancy.
Smoking	Including second hand smoke – tobacco is linked to a variety of problems in the fetus and is strongly discouraged. We have programs to help you quit, so please ask as soon as possible.
Caffeine	Limiting caffeine intake in the forms of coffee, tea and soda is recommended. Decaffeinated substitutes are acceptable, although soda is discouraged in general due to its lack of nutritional value.
Travel	Restrictions may apply depending on your destination and trimester of pregnancy. In general, you will be most comfortable traveling during your 2 nd trimester. Most airlines restrict travel after 36 weeks. Please discuss travel plans with us as soon as possible.
Sex	You may continue sexual activity unless the condition of your pregnancy limits you.

Working	You may continue to work unless there are conditions that interfere with your ability to work or the well being of the fetus.
Pets	Do not handle cat litter due to possible contact with a virus which could harm the fetus.
Exercise	Exercise is encouraged. Walking and swimming are excellent all around exercises at any stage of pregnancy. Follow your usual pattern of exercises. As your pregnancy progresses you may need to decrease the length of time spent exercising or the intensity, or both. Allow for changes in your weight, balance and increased need for fluids. Do not use hot tubs or saunas – the high temperature poses a risk to the fetus. Do not perform exercises flat on your back after the 4 th month – it tends to decrease blood flow to the heart and may result in dizziness and/or decreased blood flow to the fetus.
Nutrition	<p>Some women experience nausea during the first 8-12 weeks. Frequent, small meals tend to work the best. Salty, crunchy foods and tart beverages (i.e. pretzels and lemonade) help to reduce nausea for some women. A tea of fresh ginger root steeped in water or acupressure bands may be helpful as well. Vitamin B6 has also been shown to provide relief. Don't worry if your diet varies from your norm or ideal at this time. Usually by 12-16 weeks nausea has disappeared and you can resume a normal healthy diet. Please discuss any nutritional concerns with the doctor or nurse.</p> <p>*Sugar substitutes: Sucralose (Splenda) is safe in pregnancy. The safety of aspartame (Equal, Nutrasweet), saccharin (Sweet and Low), and stevia is currently unknown, so it is best to avoid these sugar substitutes in pregnancy. Very small amounts of any of these is considered most likely safe.</p>
Vitamins/ Supplements	We do not recommend the use of herbal supplements or homeopathic remedies during pregnancy. Prescription prenatal vitamins will be given to you. Over the counter prenatal vitamins with folic acid and DHA are also acceptable in place of the prescription prenatal vitamins.
Hair Dye	Hair coloring and permanents are generally considered safe in pregnancy.
Medications	<p>The use of certain medications during pregnancy, while not preferred, may be necessary or appropriate. During your 1st TRIMESTER please contact the office for advice concerning the use of over the counter or prescription medications. The following list contains medications and preparations that are generally considered safe AFTER the 1st Trimester providing you are not allergic.</p> <ul style="list-style-type: none"> • Allergies/Sinus: diphenhydramine (Benadryl), pseudoephedrine (Sudafed), chlorpheniramine (Chlor-Trimeton) • Cough: Guaifenesin (Robitussin) • Constipation: docusate (Colace), milk of magnesia, sennosides (Senokot) • Diarrhea: loperamide (Immodium) • Dental work: local anesthetic is okay without epinephrine. X-rays only if necessary – use a double shield. • Fever/Headache: Acetaminophen (Tylenol). NO aspirin and ibuprofen. • Heartburn: ranitidine (Zantac) • Hemorrhoids: Preparation H, Anusol 1% cream. • Nausea: calcium carbonate (Tums, Maalox, Rolaids), ginger root, vitamin b6. • Sore Throat: chloroseptic spray, throat lozenges • Antibiotics (prescription): Cephalosporins, Penicillins, Erythromycin, Zithromax, Clindamycin