



## Prenatal Package

### Congratulations!

Many patients find it helpful to know the details about the 'routine' obstetrical care we provide. Your needs may be different and the routine may be altered to fit your individual situation. If you have concerns about any of our recommendations, please feel free to discuss them with our doctors or nurse practitioner. We urge you to contact our office with any concerns or questions at any time.

#### **LABORATORY TESTS**

The first obstetrical panel will be drawn at or prior to your first prenatal visit at our office - called the New OB panel. This will include a test for anemia, measles immunity, your blood type, VDRL, Hepatitis B, thyroid function and toxoplasmosis screening. A test for the antibody to AIDS or HIV is recommended. A sample of urine will be obtained at the first visit to test for infection.

The alpha fetoprotein (AFP) blood test is drawn between 16 and 20 weeks if you elect to have this test. Please read the AFP handout in your folder. If you do not find a handout, please request one.

Diabetes screening and a test for anemia is collected between 26 and 30 weeks. Also, if you are RH negative, expect to have an antibody screen and Rhogam injection.

#### **SPECIAL TESTING**

**First trimester screening** for genetic defects is an optional screening intended to identify potential genetic abnormalities without invasive measures. This technique is especially helpful to all women regardless of age or those who are undecided about more invasive testing such as chorionic villus sampling (CVS) or amniocentesis. Using this method, blood is drawn from the mother by a finger stick and tested for the beta subunit of human chorionic gonadotropin and pregnancy associated plasma protein-A (PAPP-A). An ultrasound of the fetal nuchal fold (an area at the back of the fetal neck), at 12 weeks of gestational age provides a detection rate for Down's syndrome, Trisomy 13 and Trisomy 18 of 91%. The nuchal fold thickness may also indicate a higher risk for major heart defects in the fetus. A positive test allows a woman to decide if a CVS or amniocentesis is appropriate. A negative test indicates that the unidentified risk of having a child with Down's syndrome, Trisomy 13 or Trisomy 18 is reduced. While this is not a diagnostic test it does represent an improvement over screening tests previously offered. The first trimester screen has a false positive rate of 2% and does not test for Spina Bifida or other genetically linked chromosomal abnormalities. The AFP test is still recommended.



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**A chorionic villus sampling or amniocentesis** will be offered if you are more than 35 years of age, have an abnormal first trimester or second trimester quadruple screen, or a family history of certain genetic diseases. If you are less than 35 years of age and interested in undergoing genetic testing, please feel free to discuss this with the doctor or nurse practitioner.

**Cystic Fibrosis** screening is offered to anyone even without a known or suspected family history of cystic fibrosis.

### **APPROXIMATE APPOINTMENT SCHEDULE**

(These visits may need to be slightly altered depending on holidays and schedules.)

#### **8 weeks New OB Labs and Ultrasound**

Please refer to Laboratory Tests for information on New OB labs. Typically, a transvaginal ultrasound is also obtained at or prior to your first visit to confirm proper dating of your pregnancy.

#### **10 weeks NT Lab/New OB History and Exam**

If you choose to have the first trimester screen, you will have your finger pricked before your visit. A medical, surgical and obstetrical history will be gathered. Instructions will be reviewed with you by one of our staff. If indicated, based on personal history or risk factors, a complete physical examination may be performed by one of the physicians or the nurse practitioner which may include a Pap smear and or cervical cultures.

#### **12 weeks NT Ultrasound Only-No provider visit**

#### **SUBSEQUENT VISITS**

Weight, blood pressure, fetal heart tones and uterine growth will be assessed at each visit. A urine sample will also be collected at each visit to monitor for protein and glucose, but does not assess for infection. If you have symptoms of a urinary tract infection, please tell your doctor or nurse practitioner.

#### **16 weeks Monthly OB Visit /AFP**

Please refer to Laboratory Tests for information on this test.

#### **20 weeks Monthly OB Visit/ Gender Check (if interested)**

#### **24 weeks Monthly OB Visit**

#### **28 weeks Monthly OB Visit/Glucose**



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Please refer to Laboratory Tests for information on receiving your glucose test. If you are RH negative, expect to have an antibody screen and Rhogam injection.

We recommend you select a pediatrician and contact his or her office to inform them of your decision. Arrange for childbirth classes. There are many classes available in the community relating to breastfeeding, childcare, infant CPR and other topics if you are interested. If you will be returning to work after your child is born, now is the time to think about arranging for childcare.

**30 weeks Bi-Weekly OB Visit**

**32 weeks Bi-Weekly OB Visit/Growth Ultrasound**

**34 weeks Bi-Weekly OB Visit**

**36 weeks Bi-Weekly OB Visit**

We will perform a cervical culture for Group B streptococcus. If you are found to carry these bacteria, you will receive antibiotics during labor. You can expect to have your cervix assessed for dilation every week until delivery. Please visit our website and review our 'Signs & Symptoms of Labor' information.

**37 weeks Weekly OB Visit**

**38 weeks Weekly OB Visit**

**39 weeks Weekly OB Visit**

**40 weeks Weekly OB Visit**

### **PHYSICIAN CALL SCHEDULE**

Who will deliver your baby? Our group assigns one doctor to "call" on a rotating basis. The "on-call" doctor is responsible for all deliveries and emergencies during his or her shift. This system has proven to be the most efficient way to keep our office running as close to schedule as possible.



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### **EMERGENCIES: 227-7007**

The on-call physician is responsible for all true emergencies and deliveries. After normal business hours, your call will be transferred to our answering service. Call for any serious accidents or illnesses or for any of the symptoms noted below. An obstetrical triage nurse at Meriter's Birthing Center is available to answer your questions 24 hours per day and can be reached at **417-6228**.

### ***Symptoms to prompt a phone call:***

- Possible labor – symptoms of contractions every 5 minutes lasting 1 minute for 1 hour [5-1-1]
- Bleeding from the vagina at any time during pregnancy. Many times this is not threatening, but always warrants investigation
- Severe or continuous nausea or vomiting lasting 24 hours or more
- Severe headaches, blurring of vision, or spots/flashes of light before your eyes
- Extreme swelling of feet hands or face
- Fever greater than 101 degrees Fahrenheit
- Pain or burning during urination
- Sharp, continuous or worsening abdominal pain
- Sudden gush of fluid from the vagina after the first trimester
- Premature contractions after the first trimester (greater than four per hour)
- Lack of adequate fetal movement after 30 weeks gestation (less than eight fetal movements in a two hour period after lying down and having something to eat or drink)

### **WEIGHT**

It is important to gain adequate weight during pregnancy. For women who are of normal weight, twenty-five pounds is a good average. Normally, ½ to 1 pound per week after the first 12 weeks is gained in order to adequately nourish the baby. For women who are greater than average weight, we suggest that you not attempt to lose weight during pregnancy. You can expect to gain about 15 pounds even if overweight.

### **EXERCISE**

We encourage exercise during pregnancy unless your healthcare provider has told you otherwise. Your heart rate should not exceed 150 beats per minute. Avoid contact sports or activities where injury to the abdomen may occur, such as horseback riding, skiing, volleyball, etc. Rest if you become short of breath or if significant sweating occurs. Make sure you are well hydrated prior to and after each exercise period. Exercise typically should not increase over that of your pre-pregnancy level.



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### **TRAVEL**

Normal activity is encouraged. If you are travelling for a long period, move around at least once every hour. Consult your provider if you are planning a trip during the last two months of your pregnancy. Check with your insurance company regarding coverage if you travel outside of the service area after your 35th week of pregnancy. Typically air travel, using a commercial airline, is without concern until 35 weeks of pregnancy.

### **BATHING**

Showers or tub baths are encouraged. No douching unless specifically instructed to do so. Hot tubs, saunas and Jacuzzi spas are discouraged. The excess heat typically found in these facilities is not healthy for you or your baby.

### **DENTAL CARE**

We recommend you have your teeth checked early in pregnancy if you have not done so recently. Proper dental care can have a positive influence on perinatal outcomes. Be sure to tell your dentist that you are pregnant. Avoid dental x-rays during pregnancy. Novocain is considered safe, but avoid gas anesthesia.

### **INTERCOURSE**

There are no restrictions on sexual intercourse during pregnancy unless you have been specifically instructed to avoid intercourse. If you notice any vaginal bleeding, cramping or abnormal discharge of fluid from the vagina, notify your provider.

### **INFECTIOUS ILLNESS**

Avoid contact with individuals suffering from a contagious illness. Concerns arise from toxoplasmosis, chickenpox and viral illness during pregnancy. Avoid raw or undercooked meats, cat litter boxes and individuals who are ill. A separate handout is provided on avoiding germs during pregnancy. Please review it carefully. It is important to contact our office if you are unsure regarding any contacts you may have during your pregnancy.

### **AVOID ALCOHOL AND TOBACCO DURING ENTIRE PREGNANCY.**

If you are interested in smoking cessation, please let us know. We very much want you to avoid any smoke exposure during your pregnancy. If you drink alcohol during your pregnancy, in any amount, it may harm your baby. If you are having any difficulty avoiding alcohol consumption or any drug use during your pregnancy, please let us know.