Prenatal Care Handout

(407) 857-2502

www.wcorlando.com

Office Locations:

Altamonte Springs: 1188 Commerce Park Dr. Ste 3001, Altamonte Springs, 32714
Celebration: 1148 Celebration Blvd. Celebration, 34747
Downtown Orlando: 1118 S. Orange Ave. Ste 205, Orlando, 32806
Hunter's Creek 3000 Hunter's Creek Blvd. Orlando, 32837
Ocoee: 10000 W. Colonial Dr. Ste 395, Ocoee, 34761
Oviedo: 2572 W. State Rd. 426 Ste 3000, Oviedo, 32765
St. Cloud: 2916 17th St. St Cloud, 34769

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Overview of Prenatal Care

At your first visit, your pregnancy will be confirmed. To establish your due date, an ultrasound will be performed. You will be examined by a provider, who will answer any questions you may have.

Around the 12th week of your pregnancy, you will have blood drawn for routine prenatal testing, including HIV testing. If you choose to opt out please inform your provider. You will also be offered the option of being tested for diseases that are genetically transmitted. This includes testing for Downs Syndrome, neural tube defects, and Trisomy 18. Your provider will discuss these tests with you. Be sure to schedule your appointment with a midwife.

At 20 weeks, you will be scheduled for an anatomy sonogram. At this appointment, the brain structures, heart chambers, and vital organs are assessed. The baby's gender may be seen on this exam, but it's not always possible.

At 28 weeks, you will have a 1 hour Glucose test for gestational diabetes. If you fail the 1 hour Glucose test, you will be notified and scheduled for a 3 hour Glucose test. This test will require you to fast (no eating or drinking). Be sure to schedule your appointment with a midwife and schedule an OB class.

At 35 weeks you will have a culture of the vagina for Group B strep. If the test is positive, you will need antibiotics in labor. After this appointment, you will have your cervix checked at every visit.

Pregnant patients are usually seen once a month until approximately 32 weeks. Then appointments will be every two weeks until 36 weeks. After this, until you deliver, you will be seen weekly.

At each visit, your weight, blood pressure, and urine sample will be checked.

This is the template for normal uncomplicated care. If your pregnancy becomes complicated or problems develop, you will be seen on a more frequent basis and may need additional testing. We will make every attempt to schedule your testing here, but there are some tests that must be done elsewhere.

If at any time you have any questions or concerns, please feel free to email midwife@wcorlando.com or schedule an appointment to come in that day.

During your pregnancy, we will also see you for any general medical problems such as: flu, colds, bladder infections, etc..

Your family is welcome to come with you to any of your visits. A few visits may be longer than others.

By 35 weeks, you need to pre-register at Winnie Palmer Hospital, this can be done over the phone by calling 321-843-1800. Florida Hospital for Women registration can be completed online at https://www.floridahospital.com/for-women/womens-services/pre-register. You should also choose a pediatrician at this time.

After you deliver, call your insurance company and notify them about the birth of your baby. Also call our office to schedule your postpartum visit. Finally, we hope that we can make your pregnancy a satisfying event for you and your family. The midwife will see you back for your final Mommy & Me class.

Delivering Hospitals

**Winnie Palmer Hospital**
83 W. Miller Street
Orlando, 32806 (In Downtown Orlando)
(321) 843-9792

**Florida Hospital for Women**
601 E. Rollins Street
Orlando, FL. 32803
(407) 303-5600

If you would like to share your delivery experience and/or photos to be placed on our website. Please email your photos to delivery@wcorlando.com with our Media Consent signed, which is available at any of our locations or on our website.
When should I go to the hospital?

In the third trimester, go directly to Winnie Palmer Hospital for:

- Bleeding more than spotting
- Constant low back ache
- Bag of water breaks or leaks
- Tightening or "balling up" of the uterus (more than 5 times per hour)
- Chills, fever, constant vomiting and diarrhea
- Decrease in the movements of the baby
- Headaches, blurred vision, or swelling of the hands and face

Nutrition

Eating healthy is important during pregnancy. Weight gain should be about 2-3 lbs a month—about 25-35 lbs for the entire pregnancy. If you are overweight when starting your pregnancy, your weight gain should be around 15 lbs.

Try as much as possible to avoid fast, fried, and processed foods. If you eat lunch meat, buy it fresh at the deli and plan on eating it within 3 days of purchase. Do not eat raw meat or fish—this includes sushi. The FDA recommends consumption of 8-12 oz of fish a week. Fish that have the lowest amount of mercury include Shrimp, Pollock, Salmon, canned Light Tuna, Tiliapia and Cod. Fish with the highest mercury levels are Tilefish, Shark, Swordfish, King Mackeral and Albacore Tuna.

Soft, crumbly cheeses and cheese spreads should be avoided, as they carry the most bacteria.

Hydration is also important in pregnancy. We recommend that you drink 6-8 glasses of water a day. We also advise you limit your caffeine intake to less than 16 oz (2 cups) a day.

Calcium is also important in pregnancy, for mom as well as baby. Recommended daily calcium intake is 1200 mg a day which would be:

- 4 - 8 oz glasses of milk or
- Calcium supplement with Vitamin D or
- 2 Tums twice a day

Small frequent meals may help with indigestion, as well as nausea.

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Exercise/Activity

- No heavy lifting greater than 20 lbs.
- Do not let pulse get over 140
- Sex is OK unless you are on pelvic rest due to a problem
- No amusement park rides
- Do not lie flat on your back
- Can do low impact aerobics (swimming, elliptical, yoga). Anything that bounces you could be harmful to the placenta. No jogging, mountain biking, horseback riding, or motorcycle riding. A stationary cycle that doesn't bounce on pavement is ok.

Beauty

The American College of Obstetrics and Gynecology recommends against using hair dye during pregnancy.

The Women's Center abides by this recommendation. No restrictions on acrylic nails, make sure area is well ventilated.

No tanning beds

There is no literature on the safety of spray tans in pregnancy.

Travel

Travel can pose risk to your pregnancy at any time simply because while you are on an airplane or an interstate highway your are too far away from a hospital in case of emergency. In addition, if you do make it to a nearby hospital, there could be quality of care issues and out of network insurance issues that may interfere with good medical decision making. We discourage travel during all trimesters of pregnancy. If you must travel, please heed the following advice:

- Make sure you drink plenty of fluids
- Move every hour by stretching your legs, calves, and feet
- Take a copy of your medical records with you
- Airline travel after 28 weeks has a high risk for preterm labor and midair delivery

After 34 weeks you must stay close to home.

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Medications Safe To Use During Pregnancy

For headaches, body aches, fever:
- Tylenol or Acetaminophen products

For colds and congestion:
- Pseudoephedrine, avoid Phenylephrine and Dextromethorphan

For cough:
- Robitussin plain cough syrup

For nausea:
- Vitamin B6 50mg or Unisom 1 tab 2-3 times a day or Emitek as directed on label

For constipation:
- Fiber stool softener or laxatives such as Senokol, Surfak, Metamucil or Fibercon

For hemorrhoid:
- Preparation H or Anusol

For indigestion:
- Over-the-counter antacids such as Tums, Rolaid, Mylanta, Rlopan or Maalox

For insomnia:
- Benadryl 25 mg 1 tab at bedtime (occasional use only)

For yeast infections:
- Monistat or Gyne Lotrimin cream or suppository

NO aspirin, Advil/Motrin/Ibuprofen unless specifically prescribed by a high risk OB specialist.

NO Retin A or retinoid products.

NO herbs or over-the-counter medications unless approved on medication list

NO alcohol

NO supplemental Vitamin A

If the medications above do not work for you, call the nurses at 407-857-2502. Prescription medications are available if needed when you come in for your visit. Please contact the office if you have been prescribed medications from other physicians.
## Common Discomforts of Pregnancy

<table>
<thead>
<tr>
<th>Symptom</th>
<th>What to do:</th>
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</thead>
<tbody>
<tr>
<td>Nausea:</td>
<td>Eat crackers, toast or cereal</td>
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<tr>
<td></td>
<td>Eat five or six meals a day</td>
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<tr>
<td></td>
<td>Drink lots of water between meals</td>
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<td></td>
<td>Avoid strong food smells</td>
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<tr>
<td></td>
<td>Avoid greasy or spicy foods</td>
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<tr>
<td>Heartburn:</td>
<td>Elevate the head of the bed</td>
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<td></td>
<td>Do not lie down after eating</td>
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<tr>
<td></td>
<td>Eat smaller meals but eat more often</td>
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<tr>
<td></td>
<td>Avoid greasy or spicy foods</td>
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<tr>
<td>Dizziness:</td>
<td>Change your position slowly</td>
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<tr>
<td></td>
<td>Eat regular meals, drink plenty of fluids</td>
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<tr>
<td></td>
<td>Do not stay in the sun</td>
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<tr>
<td></td>
<td>Report any dizziness to the doctor</td>
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<tr>
<td>Varicose veins</td>
<td>Avoid stockings, girdles with elastic bands Use support</td>
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<tr>
<td></td>
<td>hose specifically when lying down Take short rests with legs raised</td>
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<tr>
<td></td>
<td>Do not cross your legs</td>
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<tr>
<td>Shooting pain down</td>
<td>Change position: if sitting, stand up... If standing, sit down</td>
</tr>
</tbody>
</table>
**Lower leg cramps:** Elevate legs often during the day
Point toes upward and press down on kneecap
Apply a heating pad for relief
Avoid heavy meals at bedtime

**Trouble sleeping:** Do not eat just before sleeping
Try drinking milk to help you relax
Take a warm bath or shower before sleeping

**Feel faint:** Lie on your left side

**Tender breasts:** Wear a sports bra
Try wearing a bra 24 hours

**Leaking breast:** Wear nursing pads or tissues in your bra

**Frequent urination:** Limit fluids before bedtime

**Fatigue:** Common in early and late pregnancy
Try to exercise to keep from getting so tired
Lie down at least once a day

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<table>
<thead>
<tr>
<th>Condition</th>
<th>Advice</th>
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<tbody>
<tr>
<td>Constipation</td>
<td>Eat raw fruits, vegetables, prunes, and whole grain/bran cereal</td>
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<td></td>
<td>Exercise helps; walking is very good</td>
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<td></td>
<td>Drink at least two quarts of water a day</td>
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<tr>
<td></td>
<td>A cup of hot water three times a day might help</td>
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<tr>
<td>Hemorrhoids:</td>
<td>Try to keep bowel movements regular</td>
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<td></td>
<td>Take short rests with hips lifted on a pillow</td>
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<td></td>
<td>Sit on firm chairs</td>
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<td></td>
<td>Practice Kegel exercises</td>
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<tr>
<td>Low backache:</td>
<td>Rest often, raise legs</td>
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<td></td>
<td>Move around: do not stand in one place too long</td>
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<td></td>
<td>Keep knees higher than hips when sitting/reclining</td>
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<td></td>
<td>Wear low-heeled shoes</td>
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<td></td>
<td>Use pelvic rock exercise</td>
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<tr>
<td>Vaginal discharge</td>
<td>Bathe the outer vagina often</td>
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<tr>
<td>(Itching, Discharge,</td>
<td>Use unscented soaps</td>
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<tr>
<td>or odor)</td>
<td>Do not use colored or perfumed toilet paper</td>
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<td></td>
<td>Do not use vaginal sprays or powder</td>
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<td></td>
<td>Wear cotton panties</td>
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<td></td>
<td>Avoid tight or fitted clothing</td>
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Choosing a Pediatrician for your Baby

If you have not chosen a pediatrician for your baby, now is the best time to consider doing so. A lot of thought should be put into this matter, since your relationship with the physician will be a long one.

When you check into the hospital for the birth of your baby, a staff pediatrician will care for the baby while in the hospital.

The following are some questions to ask yourself when choosing a Pediatric Practitioner for your baby:

- What physicians have your obstetrician, friends, or family recommended?
- Which of these physicians are on your insurance?
- What are his/her hospital affiliations?
- Is the office location and hours convenient for you?
- Can a sick child get an appointment right away?
- What provisions are there in the office for a sick child?
- Does the physician relate well to children and their parents?

Contact your local office or ask your obstetrician for recommendations in your area for a pediatrician.