



Welcome

Valuable Information to Make
Your Prenatal Experience Exceptional...

If this is your first pregnancy or a refresher class, each birth is special and unique.

- ❖ We intend this class to be casual and we encourage your questions.
- ❖ Follow along on your hand out and write down any questions you may have.
- ❖ Please feel free to ask general questions and jot down questions that are more personal.

We are pleased you joined us today!

Your care is important to us

Call the office Monday through Friday: 8:30 am - 5:00 pm
Phones are turned off at lunch: 12:00 pm – 1:00 pm

After hours emergency calls are handled by our own physicians. The physician on call will return your call.

**Once you have called, please keep your phone line clear.
You will be called back soon.**

Our main number: 330-668-6545

Your Patient Portal

You will be asked to be Web Enabled, if you have not been already. This is another way that you can communicate your questions, request appointments, or medication refills.

Your lab work and tests can be reviewed by accessing your portal.

Access your patient portal by going to our website.

www.obgynofakron.com



Our website contains information that is very useful for pregnancy and women's health care.



WHAT IS IMPORTANT TO REPORT TO DOCTOR

Always call if you have:

- ❖ VAGINAL BLEEDING
- ❖ SEVERE CRAMPING
- ❖ LOW CONSTANT PELVIC PAIN ON ONE SIDE OR THE OTHER
- ❖ FEVER GREATER THAN 100.4 DEGREES THAT IS NOT REDUCED BY TYLENOL
- ❖ CHANGE IN VAGINAL DISCHARGE
- ❖ SIGNS OF URINARY TRACT INFECTION (UTI)
- ❖ DAILY, REPEATED NAUSEA & VOMITING
- ❖ SEVERE HEADACHE OR VISUAL CHANGES

What your doctor wants from you

- ❖ Follow her recommendations
- ❖ Come with questions
- ❖ Tell her everything!
- ❖ Let her know if you have any concerns
- ❖ Use our resources and our website
 - ❖ (not general internet sites!)

. . .When in doubt, call.

Overview of your appointments

❖ 5-8 weeks (missed one period)

- ❖ Blood tests may be drawn to
 - ❖ detect your blood type
 - ❖ your quantitative level of HCG in your blood.

❖ **Your first prenatal visit may be with a nurse**

- ❖ A Nurse will
 - ❖ collect your medical history, assess you
 - ❖ start you on prenatal vitamins
 - ❖ be sure you know when to call the office.

A prenatal visit will be scheduled with your physician and you will be set up for an ultrasound.

❖ 8-10 weeks

- ❖ Expect a PAP test and a routine culture for Gonorrhea, and Chlamydia.
- ❖ Routine Bloodwork

blood type
HIV

antibody screen
Hepatitis B

blood count
Syphilis

immunity for Rubella (German Measles)

- ❖ Cystic Fibrosis*

*Cystic Fibrosis is a routine blood test at this office. However, we know some insurances companies will not cover it. PLEASE let us know if you do not want this test. Genetic Screening Tests are also discussed and scheduled.

15-16 weeks:

- ❖ Optional Genetic testing can still be done at this point.
- ❖ Quad screen: test for Neural Tube defect, Down Syndrome, and Trisomy 18

20 weeks:

- ❖ Ultrasound to view all baby's major organs, placenta and amniotic fluid. Confirm the due date.
- ❖ You can also learn the baby's sex if desired.

24-28 weeks:

- ❖ One hour Glucola Blood test to screen for asymptomatic diabetes in pregnancy

28-30 weeks:

- ❖ Appointments go from monthly to every 2 weeks.
- ❖ Patients with RH negative blood will receive a Rhogam injection

35-36 weeks to birth



- ❖ You will begin to have office visits weekly.
- ❖ Vaginal exams will be done to check for thinning and dilating of your cervix.
- ❖ Additional tests may be done at this time.
- ❖ Group B Streptococcus is a vaginal culture done on those that are carriers. If positive, antibiotics will be needed during labor.

Monitoring your baby's development through scheduled appointments is crucial.

- ❖ Please expect us to schedule several appointments in advance
Do not miss your appointments.
- ❖ Call a day ahead to cancel or use your patient portal.
On occasion our doctors are called out to attend a delivery.
Please be understanding. Your turn will come too.
- ❖ At EACH appointment we will ask for a urine sample.
- ❖ Father of the baby may want to be present for the first time you hear the heart beat and at the 20 week Ultrasound

We all want a healthy mom and baby!

At your Appointments

We will:

- ❖ Weigh you
 - ❖ Take blood pressure
 - ❖ Fundal measurements
 - ❖ Ask if you are feeling the baby move
 - ❖ Listen to hear fetal heart tones
-
- Know your LMP (Last Menstrual Period) *OB WHEEL
 - Your Pregnancy in Weeks and Trimesters
 - EDC= Estimated Date of Confinement
 - EDD= Estimated Due Date
 - Doppler to listen to Fetal Heart Tones

Myths in Pregnancy

"You can't have your hair colored, nails done or go tanning during pregnancy."

Absolutely no evidence that any of these activities are harmful in pregnancy. However, tanning can cause chloasma (dark patchy spots of face)

"I had a ton of heartburn during my pregnancy. This means my baby will have a lot of hair"

YES! The hormones involved in causing heartburn also turn on genes for hair development.

"Exercise increases the risk of miscarriage and should be avoided in pregnancy"

NO! Women with normal pregnancies should get 30 minutes or more a day of moderate exercise on most if not all days."



When to call your doctor Urgent Care

If you need urgent care at ANY TIME during your pregnancy:

- ❖ Go to OB Triage
- ❖ Hospitals may have different protocols of where you should go. (Emergency Room or OB triage)
- ❖ We encourage if it's anything pregnancy related to report to OB Triage.

**DURING THE SECOND AND THIRD TRIMESTER
if You NEED urgent care report to OB TRIAGE**

OB Triage keeps us informed of your condition
Biophysical profiles and Non Stress testing may be done.
Always inform any medical provider you are pregnant before receiving care.

MEDICATIONS to use in Pregnancy

- ❖ The Hot Pink bookmark is for Healthy Eating
- ❖ The Orange bookmark references
 - ❖ Common Pregnancy Discomforts
 - ❖ Low Risk Medications to use in pregnancy
 - ❖ Lists remedies for common problems we hear of, with what you can use to resolve them.

****We always recommend less medication is best.****

Our book is a gift to you!

Please use this book as your GO TO when you have questions.
It is filled with wonderful information.

- ❖ FETAL GROWTH DEVELOPMENT

- ❖ See the illustrated guide in your book

- ❖ EACH GREEN CHAPTER IS A MONTH OF PREGNANCY

- ❖ BROKEN INTO THREE TRIMESTERS:

- ❖ FIRST: 0-13 WEEKS

- ❖ SECOND: 14-26 WEEKS

- ❖ THIRD: 27-40 WEEKS

Break



ALCOHOL, SMOKING ,& DRUG USE

NO ALCOHOL and DRUG USE DURING PREGNANCY.

- ❖ FETAL ALCOHOL SYNDROME
- ❖ QUIT SMOKING OR CUT DOWN
 - ❖ LOW BIRTH WEIGHT
 - ❖ INCREASED RISK OF SIDS

ULTRASOUND

An Ultrasound is often performed for various reasons through your pregnancy. During the first trimester to establish viability and due date

There are 2 types of Ultrasound:

1. Trans-Vaginal (may not be suitable for family members to be present)
2. Abdominal

At your 20 week ultrasound, an anatomy scan is done to view the major body organs. The sex of the baby can be discovered at this time

PHYSICAL & PSYCHOLOGICAL CHANGES

- ❖ ROUND LIGAMENT PAIN
- ❖ CONSTIPATION
- ❖ MOOD CHANGES
- ❖ MEMORY LOSS



STRESS MANAGEMENT



Stress affects the baby by increasing movements and irritability
Try to maintain a low stress level.

Nutrition in Pregnancy

Weight gain depends on your pre-pregnancy weight:

- ❖ 25-35 pounds weight gain if you are of average weight
- ❖ If you are overweight : gain less

Eating for Two? Unfortunately, no...

- ❖ You only need 10% more calories than usual.
- ❖ Make the calories count! You only need about :
 - ❖ 100 extra calories in 1st trimester
 - ❖ 250 in 2nd trimester
 - ❖ 300 in the 3rd trimester.

Nutrition in Pregnancy

- ❖ Eat a variety of foods from these food groups:
 - ❖ Vegetables
 - ❖ Fruit
 - ❖ Milk
 - ❖ Grains
 - ❖ Meat & Beans
- ❖ Avoid:
 - ❖ Un-pasteurized foods
 - ❖ Feta, bleu cheese, or brie
 - ❖ Apple cider
 - ❖ Deli meats (if not heated)
 - ❖ Wash fruits and vegetables
 - ❖ Deli meats should be heated
- ❖ Safety of eating fish? Here are the GOOD CHOICES:
 - ❖ SHRIMP
 - ❖ CRAB
 - ❖ SALMON

See your HOT PINK BOOK MARK for reminder of good nutritional choices



INCREASE YOUR WATER INTAKE!

You NEED 6-8 8OZ GLASSES OF WATER every day.

Drink water before, during and after exercise

PRENATAL VITAMINS

Start **prenatal vitamins** as soon as you think you are pregnant and ideally when you are trying to conceive.

Prescribed prenatal vitamins OR over the counter prenatal vitamins
oral to be swallowed or chewable.

- ❖ DHA, OMEGA 3 & FISH OIL: For fetal brain development
- ❖ FOLIC ACID – 400 MCG/D: For reducing the risk of neural tube defects

VACCINES IN PREGNANCY

Recommended Vaccinations

Flu Shot

(annual influenza injection)

TDAP

(Tetanus, Diphtheria, Pertussis AKA Whooping cough)

TOXOPLASMOSIS PRECAUTIONS

- ❖ CATS/LITTER BOX
- ❖ RAW MEAT
- ❖ TOXOPLASMOSIS BLOOD TEST

ENVIRONMENT/WORK HAZARDS

- ❖ WORKING WITH CHEMICALS
- ❖ HEAVY LIFTING
- ❖ BALANCE
- ❖ OVER HEATING

DENTAL CARE

- ❖ Regular dental cleanings & check-ups
- ❖ Women with gingivitis are 7 times more likely to have preterm labor
- ❖ If possible, postpone X-rays until after delivery
- ❖ If X-rays are necessary, ask for double-lead aprons

EXERCISE & REST

EXERCISE IS GOOD DURING PREGNANCY!

- ❖ You can continue most exercises done prior to pregnancy, consult your physician if in doubt.
- ❖ Get a decent sports bra and sneakers
- ❖ Don't neglect warm-up and cool-down
- ❖ Avoid
 - ❖ Overheating
 - ❖ Becoming out of breath
 - ❖ Hot tubs and prolonged showers and baths

You need plenty of rest during pregnancy, relax and get your feet up!

TRAVEL

- ❖ Always wear your seat belt when in a car
- ❖ If traveling by car, stop and get up and walk around every 2 hours.
- ❖ If traveling by plane get up and walk to the back of the plane every hour.

AIRLINES SECURITY: OPT FOR "PAT DOWN"

AIRLINES MAY RESTRICT FLYING AFTER 36 WEEKS

*If traveling in your 3rd trimester it is wise to take your OB medical records with you.

*Traveling outside of the US may be risky due to some vaccination requirements that may be contraindicated during pregnancy.

SEXUAL RELATIONS

- ❖ Sex drive is variable
- ❖ It often changes as pregnancy progresses
- ❖ Estrogen causes multiple effects
 - ❖ breast size
 - ❖ increased tissue sensitivity
 - ❖ increased libido (sometimes)

AVOID SEX IF YOU ARE HAVING VAGINAL BLEEDING, LEAKING OF AMNIOTIC FLUID, or PLACENTA PREVIA

Post-partum time, all bets are off. Wait until after your postpartum check up.

INFANT FEEDING

BREAST MILK IS BEST FOR THE BABY

RECOMMENDED UP TO 12
MONTHS

PUMPING BREASTS

FORMULA FEED



CHILDBIRTH CLASSES/HOSPITAL FACILITIES

Our physicians deliver at both major Akron hospitals

- ❖ Cleveland Clinic Akron General
- ❖ Summa

Check your insurance to see where you can deliver

Schedule a hospital maternity tour.

Check the hospital website. RSVPs are required

Child birth classes are suggested at the hospital you will deliver

OTHER THINGS TO THINK ABOUT

- ❖ Name for the birth certificate
- ❖ Pick a pediatrician or family physician for your baby before birth
- ❖ Your baby will need to be added to your insurance plan within 30 days.
- ❖ Do you want circumcision for your baby boy?



QUESTIONS?





THANK YOU FOR ATTENDING!!