



CONGRATULATIONS ON YOUR PREGNANCY!

In the following pamphlet you will find information we hope will be helpful during and after your pregnancy. Please feel free to ask us any questions that may arise.

CHILDBIRTH CLASSES: If this is your first pregnancy, we suggest that you take the prepared childbirth classes currently offered at Lawrence & Memorial Hospital. Registration and information forms are enclosed in the white envelope given to you by our front office staff. Please register early because the classes fill up quickly. Classes will begin in your 7th & 8th months. Refresher classes for subsequent pregnancies as well as sibling classes and breastfeeding classes are also offered.

HOSPITAL REGISTRATION: Around your 28-week visit we will give you a hospital pre-registration form. Please fill this out and return to our office staff as soon as possible. The hospital will then call to pre-register you over the phone.

SCREENING FOR DOWN'S SYNDROME: There are 1st and 2nd trimester blood work and other tests using ultrasound (i.e. nuchal translucency) that are offered to screen for Down's Syndrome. The risk of having a baby with Down's Syndrome increases with maternal age. If you are interested in any of these optional tests please discuss with the doctor. We will provide you with written literature about the 1st & 2nd trimester blood testing that you will have a chance to read before making a decision.

EXERCISE: If you are used to any regular form of exercise, this may be continued throughout pregnancy. If you have not been active in the past, walking is a safe and recommended form of exercise during pregnancy. Avoid activities that put you at risk for falling or hitting your belly. Aerobic exercise can be done provided your pulse rate does not exceed 140 beats

per minute and you can hold a normal conversation during the exercise. Do not get overheated and make sure you are well hydrated before and during exercising. Do not lie flat on your back after 20 weeks and do not put pressure on your belly.

SMOKING: SMOKING IN PREGNANCY IS DANGEROUS!! Babies born to women who smoke in pregnancy have lower birth weights and may also perform poorly in school. Smoking during pregnancy also increases the risk of serious complications such as prematurity, retarded growth, placental abruption and abnormal bleeding. Every puff you take releases potentially toxic chemicals into the bloodstream that then pass to the fetus through the placenta. In addition, infants and children who are raised in homes with parents who smoke have a much greater incidence of colds, bronchitis, respiratory ailments and ear infections. Do yourself a favor - if you smoke, QUIT!! Cutting down helps but quitting is BEST. You will never have a better incentive than when you are pregnant.

ALCOHOL: We recommend that you do not drink alcohol during pregnancy. Alcohol consumption during pregnancy has been associated with certain birth defects and later problems. There is no known safe level of consumption during pregnancy.

ASPARTAME (NutraSweet) AND CAFFEINE: These substances may be consumed in moderation. They are hard to avoid because they are found in so many things we eat and drink. The yellow packet, Splenda is our first choice for artificial sweeteners. Try to drink decaffeinated teas, coffees or sodas. Herbal teas are also fine to drink. If you are worried about the artificial sweeteners then we recommend you just consume good old-fashioned sugar.

LISTERIOSIS: Pregnant women are at high risk for getting sick from Listeria, harmful bacteria found in many foods. Listeria can lead to a disease called listeriosis. Listeriosis can cause miscarriage, premature delivery, or serious sickness. You should not eat soft cheese such as Feta, queso blanco, queso fresco, Brie, Camembert cheeses, blue-veined cheeses and Panela unless it is labeled "made with pasteurized milk." Do not eat hot dogs, luncheon meats, bologna or other deli meats unless they are reheated until steaming hot.

MEDICATIONS: Please refer to the handout on Over the Counter Medications You Can Take During Pregnancy attached to this packet.

NAUSEA/VOMITTING: Keeping your meals small and frequent throughout the day will help. Please refer to the handout on Morning Sickness. In most cases, these symptoms will pass by the end of the 1st trimester.

DENTAL WORK: Be sure to inform your dentist that you are pregnant. Routine dental work (cleanings, etc) can be done at any time during pregnancy. Flossing daily can prevent pregnancy gingivitis. X-rays may be done when necessary with abdominal shielding. Local anesthetic with or without Epinephrine may be administered. Ampicillin or Keflex may be prescribed if not contraindicated because of allergy/hypersensitivity. Tylenol #3 may be prescribed for pain if not contraindicated because of allergy/hypersensitivity. A letter is available from our office giving you medical clearance should your dentist need to perform any dental work.

NUTRITION: Eat a daily balanced diet with at least 9 servings from whole grain bread, cereal, pasta and rice group, at least 3 servings of fruit, at least 4 $\frac{1}{2}$ cup servings of vegetables, 3 servings of milk, yogurt or cheese. If you do not tolerate milk products, use Calcium enriched OJ, Tums or Citracal. Eat 3 servings of meat, poultry, fish, eggs or beans and 6-8 glasses of water. Avoid fast food, sweets and snack foods. Take your prenatal vitamin daily with food. If after your lab work you need an iron supplement, any over the counter iron pill is sufficient (i.e. Fergon, FeroSequel, Slow Fe and Feosol)

WEIGHT GAIN: The average woman needs about 2,000 calories a day. When you are pregnant you only need about 300 more calories each day to stay healthy and help the fetus grow. A woman at a normal weight before she becomes pregnant should gain 25-35 pounds. Women who are underweight should gain about 28-40 pounds. Women who are overweight should gain about 15 pounds. Women carrying twins should gain as much as 45 pounds. Weight gain is about 3-5 pounds the 1st trimester and 1 pound every week thereafter.

TRAVEL: Travel by airplane is fine anytime until your 8th month (32 weeks). When taking long trips by car, stop every hour or two in order to stretch your legs and walk a bit. Long trips, over one hour from home should be avoided in your last month of pregnancy.

PAINTING & FUMES: Painting may be done outdoors, but NO climbing on ladders. Only use latex paint if painting indoors and the room must be well ventilated. Avoid being in a painted room until it has aired out for 24 hours. These types of fumes should be avoided because their effect on the baby is still unknown. There is a Pregnancy Exposure Hotline 1-800-325-5391 that you can call with questions about exposure you may have had to any toxins in pregnancy.

SWIMMING: You may swim until your 9th month. Swimming is not recommended after this time. NEVER SWIM ALONE at any time during your pregnancy.

TUB BATH & SHOWERS: The temperature for these may be warm but NOT HOT. Tub baths should be avoided after 36 weeks. We have found that our patients have difficulty getting in and out of the tub after this time. Hot tubs or spas may be used only after the 1st trimester for 10 minutes at a time and should not be hotter than 95 F.

HAIR TREATMENTS: No hair dyeing, coloring or perms until after the 1st trimester.

CATS: If you have cats at home, you SHOULD NOT change the litter box. Contact with the litter box can expose you to Toxoplasmosis, a disease carried by cats that can cause blindness and brain damage to your baby. You can still handle your cat but you should make sure to wash your hands after. This will protect you and your baby.

REST: You will need more sleep. Go to bed earlier. We recommend that you get a least 8 hours of sleep each night and try to take a 1-2 hour nap whenever possible. When relaxing at home, lay on your LEFT side. Avoid lying on your back after 20 weeks. No sleep medicines unless prescribed by your OB doctor.

INTERCOURSE: Sex during pregnancy does not hurt the baby or cause miscarriages. If you have an uncomplicated pregnancy (no premature labor or bleeding) then you may continue sexual activity throughout your pregnancy. Some women may experience spotting after sex and this is normal. If you experience bleeding, pain or cramping, intercourse should be avoided.

INFECTIONS: If you have had Chicken Pox prior to pregnancy, then the baby is NOT AT RISK if you are exposed. Lyme Disease & Coxsackie Virus - There have been no reported effects of this disease on the fetus. Fifth's Disease - Most people have been exposed early in life and are immune. If you think you have been newly exposed during pregnancy, please discuss this with your physician.

BREAST OR BOTTLE FEEDING: The decision to breast or bottle-feed is a personal one and one only you should make. If you would like more information about either method, PLEASE feel free to ask any of the doctors or nurses. We certainly promote and encourage breastfeeding.

ADDRESS, PHONE OR INSURANCE CHANGES: Please notify the office IMMEDIATELY of changes to any of the above. It is very important that the doctors have current information on file at all times so that they may contact you and bill your visits properly.

EMERGENCIES: You should contact us IMMEDIATELY for any of the following:

- a) ACTIVE LABOR
- b) WATER LEAKING
- c) BLEEDING: more than a few drops of blood
- d) NO FETAL MOVEMENT for several hours after eating something and attempting to lie down and count kicks for an hour (only pertains to after 24 weeks pregnant)

YOU MAY CONTACT US BY CALLING THE OFFICE NUMBER (860) 447-2377, 24 HOURS A DAY, 7 DAYS A WEEK.