

Prenatal Classes

Our patients are strongly encouraged to take advantage of the many programs that are offered by our primary hospital, St. Francis Hospital and Medical Center. (See accompanying hospital brochure). These classes can make the whole pregnancy experience more positive and less anxiety-provoking. If you cannot attend classes there are books or videos you can buy or rent. The names of these materials are available through the Hospital HealthMatch number.

Pregnancy Hotline

We are fortunate to have access to the UCONN Health Center hotline that is run by the genetics department there. For any exposure of your pregnancy whether early or late, whether caused by infection, chemicals, work or environmental hazards, the latest information is available through a nationwide database. They will research your particular concern and relay the information to you and us. Their number is: 860-523-6419 or call toll free at 1-800-325-5391.

Travel

- Flying is safe if pregnancy is uncomplicated.
- Avoid areas with limited health facilities or serious health hazards.
- Stay close to home during last four weeks of pregnancy, or sooner if any complications are present.

Ultrasound

This test has been used for over 30 years and is considered very safe for mother and baby. There are many reasons to have an ultrasound including: confirming a mother's due date, ruling out twins, checking the baby's growth, evaluating the placenta, or investigating bleeding. Every insurance company has different rules for covering the ultrasound and they usually limit the number of scans that can be done in routine situations.

Vaginal Discharge

- An extra amount of vaginal discharge is usually present during pregnancy due to the hormonal changes.
- It is not unusual for women to use a minipad or shield because of this discharge.
- You should call the doctor when the discharge is accompanied by burning, itching, or odor which might indicate an infection is present.
- You should also call if the discharge is accompanied by lower backaches or contractions. This could signal the start of pre-term labor problems.

When to call the Doctor

- If you are less than 36 weeks.
 - > call if you have any recurring or severe backaches or cramps.
 - > call if you have any bleeding.
 - > call if you have any leaking of fluid or major increase in discharge.
 - > call if you notice decreased fetal movement (see above).
- If you are greater than 37 weeks:
 - > call when you are having regular contractions every 5-10 minutes for at least an hour.
 - > call if you think that your water has broken.
 - > call if you have any significant bleeding that is more than a bloody show.
 - > call if you notice decreased fetal movement (see above).

We hope the above information is helpful in making your pregnancy more comfortable and safe. Please discuss with the doctors at your next visit any other issues that you are concerned about.

Our primary purpose is to provide you with the highest quality obstetrical and gynecologic care in pleasant surroundings. Our success can be measured only by your satisfaction with the health care you receive. We do want your comments as to how we may, in any way, satisfy your medical needs.



Women's Health
Connecticut
Woodland Women's
Health Associates

Devoted to women, committed to excellence.

Michael R. Bourque, M.D.

Felice D. Colliton, M.D.

Maria L. Ellis, M.D.

Stephen D. Fishman, M.D.

Kathleen Gabriele, D.O.

Yanna M. Karabatsos, M.D.

Lakshmi Magavi, M.D.

Anne M. Massucco, M.D.

Molly Shipman, D.O.

Maxine Costa, A.P.R.N.

19 Woodland Street, Suite 31
Hartford, CT 06105
860-728-1212

35 Nod Road, Suite 203
Avon, CT 06001
860-409-1540

31 Sycamore Commons, Suite 105
Glastonbury, CT 06033
860-633-8550

womenshealthct.com

Concerns Many Women Have When Pregnant

Alcohol

- No minimal amount has been proven safe.
- A definite danger to the baby in daily or very frequent usage.

Caffeine

- Recent studies give conflicting results regarding risk of miscarriage.
- Probably safe in moderation (1-2 cups per day).

Cleaning Agents

- Wear rubber or latex gloves and use in well ventilated areas.
- Read warning labels and use with discretion.

Common Cold

- Most times will not need an antibiotic.
- OK to control your symptoms with the following over-the-counter medications:
 - > Tylenol - 1-2 tablets every 4 to 6 hours when necessary for fever, headaches, muscle aches.
 - > Robitussin Plain to bring up mucous, or Robitussin DM to suppress your coughing, both as directed on the bottle.
 - > Chlortrimeton or Benadryl as directed to dry up congestion.
 - > Afrin Nasal Spray used sparingly, or Saline nose drops to open nasal passages for sleeping.
 - > Get extra rest and increase your liquid intake.
 - > Call if you have a fever over 101°F, or if your symptoms worsen.

Constipation

- OK to use Citrucel, Fibercon, or Metamucil as directed to increase fiber in your diet.
- Colace is a safe stool softener when used 1 to 2 times per day.
- Drink 6 - 8 glasses of water per day.

Exercise

- Benefits are improved fitness, better weight control and better sense of mental well being.
- Swimming, walking, and other low impact aerobic activities are best.
- Avoid high impact activities such as strenuous jogging, jazzercise, or competitive tennis.
- Avoid activities that could cause severe injury if accident occurs, such as: skiing, horseback riding, biking (not including stationary).
- Avoid overheating by wearing loose clothing, by drinking lots of water, and by keeping your pulse rate under 140 beats per minute.
- Stay out of saunas and hot tubs as they can overheat the baby.
- Start slowly, listen to your body, and stop if you become dizzy.

Exterminators

- Follow specific instructions given by pest control experts.
- Usually stay out of home for 24 hours or until smell is minimal.

Fetal Movement

The baby's movement pattern changes throughout the pregnancy as it grows larger and its room inside the uterus gets smaller. The baby also has sleep cycles that get longer as it gets bigger. In general if you think that the baby is suddenly less active than usual, make sure you have eaten and have had a large drink of fluids such as water or juice. Then lie down on your side and put your hands on your belly and count the movements. For the average normal pregnancy the baby should move 6-10 times in an hour during the baby's active time. If you feel the baby is not following this guide, call the office or answering service. For complicated pregnancies or special situations the doctor may give you different instructions.

Hair Treatments

- Perms are thought to be safe, especially after 1st trimester.
- Highlighting is thought to be safe as long as the scalp and roots are not soaked.

Heartburn

- Any of the antacids on the market are OK as they are calcium salts. These include: Gelusil, Maalox, Mylanta, Roloids, and Tums.

Hemorrhoids

- Avoid constipation (see "Constipation").
- Anusol HC, Preparation H, and Tucks are fine to use.
- If extreme discomfort develops and the hemorrhoid appears blue or purple, this is a thrombosed hemorrhoid and may have to be opened.

NutraSweet

- This is a brand name for an artificial sweetener called Aspartame, which is made up of two amino acids that are found naturally in many foods that we eat everyday. This product has been thoroughly tested and is approved by the FDA and World Health Organization as safe for the general population, including children and pregnant or breast feeding women.
- The only group of pregnant women who should not use this sweetener are those who have a rare genetic disorder called Phenylketonuria or PKU. This disorder is identified at birth by a nationwide screening process required by law. Therefore, a pregnant woman would know already if she has PKU.

Painting

- Should be avoided if possible.
- If not, wear latex or rubber gloves, use water based paint, and use in well ventilated areas.