



1820 Clinton Ave S
Rochester, NY 14618
585-473-2846

FIRST PREGNANCY CLASS

"Off to a Good Start..."

Introduction to ParkWest Women's Health

- **Office locations:** 1820 S. Clinton Ave in Brighton and 1000 Pittsford-Victor Road at corner of Rt 96 and Garnsey Road in Bushnell's Basin
- **Office Hours:** vary by doctor and location between 7:30am and 5:00pm M-F
- **8 physicians in office:** You will see your own doctor for majority of pregnancy, may choose to see other doctors later in pregnancy at your request or if your doctor is on vacation.
- **nurse practitioner in office:** may see her on occasion for acute problems.
- **Telephone triage nurse:** available between 9 am and 4:30 pm M-F to answer questions, address concerns and take messages for your physician when necessary. Please call 473- 2846 and select option 3 to reach a triage nurse.
- **Ultrasound:** can be done at S. Clinton office up to 14 weeks. We also have the ability to do the 1st Trimester Nuchal Fold u/s should you decide to have the 1st Trimester genetic screening test done. All other ultrasounds are done at Strong ultrasound lab either at the Women's Pavilion at 500 Red Creek Drive in Henrietta near Marketplace Mall, or at their Lattimore Road location.

***** Your baby will be born at Strong Memorial Hospital. Our office has an "on-call" system for hospital and after hours emergency coverage. This means that one of the 8 physicians will be available to you, on a rotating schedule, 24 hours a day from 8 am to 8 am the following day. You can reach the "on-call" physician after office hours and on weekends by calling our usual number, 473-2846. If you are not connected to our answering service, hang up and dial 453-2222 to have the doctor paged.**

Pregnancy Care

- **First Visit:** this is a lengthy appointment, usually scheduled between 8-10 weeks. This exam includes weight, blood pressure, urine sample for culture, pelvic exam, pap smear, breast exam, possible vaginal cultures and a series of routine lab work (listed below). Your doctor will review your family medical history and review many of the "do's and don'ts" of pregnancy.
- **Follow up Visits:** appointments will be scheduled once a month until about 28-30 weeks. After that you will see your doctor every 2 weeks until around 35-36 weeks when appointments will then be scheduled once a week until delivery. These follow up

appointments are “tummy checks” and are much shorter appointments. You will be asked to obtain a urine specimen every time we see you which the nurses will check for sugar and protein. Your weight and blood pressure will be checked at each visit. Your doctor will do a check for the fetal heart beat each visit after 11-12 weeks. Fetal growth will be checked at each visit. Around 35 weeks your physician may do vaginal exams to check for cervical dilatation and to assess the position of the baby. In addition, they will instruct you when to go to the hospital if you are in labor.

Common Lab Work:

- **1st Visit:** Blood group and RH type, antibody screen, complete blood count, random blood sugar, syphilis serology, rubella immune status, hepatitis B immune status, a test to check for certain inherited anemias and an HIV test which is highly recommended for each pregnancy but requires consent on the part of the mother to have it done.
- **28 weeks:** every mother is screened for gestational diabetes. This involves drinking an 8 oz bottle of sweet soda and having your blood drawn 1 hour later. A test for anemia is also done at this time as it is common for mothers to become anemic at this point in pregnancy as baby begins to require more from Mom’s system. If you are Rh negative, (a normal component of certain blood types), an antibody screen is done also. Rh negative mothers will receive a shot known as RhoGAM at 28 weeks. If you are Rh your physician will discuss this with you early in the pregnancy.
- **36 Weeks:** a group B strep vaginal culture is done on all women at this time. Group B strep is a bacteria commonly found in the vaginal tract that causes no symptoms in women. If your culture is positive you will receive antibiotics in labor to protect your baby from the bacteria.
- **Anatomic Ultrasound:** done at Strong U/S lab around 19 weeks to check for appropriate growth and anatomic development of fetus.

Genetic Screening Tests (printed information in folder)

Genetic testing is an individual decision to be made between parents and their physicians. All genetic tests are optional but are done at specific times during the pregnancy. The most common tests are listed below, however, additional tests may be considered in certain cases at your physician’s recommendation.

- **Cystic Fibrosis Screen:** usually done with initial prenatal labs at first visit. Blood sample which looks for the presence of a gene which would indicate that mom is a cystic fibrosis carrier. If this test is positive then genetic counseling is recommended and the baby’s father’s blood would be checked for carrier status. Recommendations would be made based on those results.
- **1st Trimester Screen:** Blood test and ultrasound done in our office or at a Strong Hospital site between 11-13 weeks. Screens to see if baby is at increased risk for Down’s syndrome or Trisomy 18.

- **AFP Only Testing:** blood test done between 15-22 weeks, usually in moms who have already had 1st trimester screening done. Screens for increased risk of spina bifida (a spinal defect) in baby.
- **AFP Plus:** a blood test done between 15-22 weeks which screens for increased risk of Down's syndrome, Trisomy 18 and spina bifida. Done in moms that have elected not to do the 1st trimester screen.

If testing indicates an increased risk for any of the conditions listed above, your doctor will discuss results with you and decide upon treatment options. (i.e. amniocentesis, genetic counseling or to pursue no further work up)

Prenatal classes:

Strong Beginnings Classes:

Prepared Childbirth Education: This class is held at Strong Hospital and there is the option of a four-week series, a one day class, or an online program. It is suggested that you start this program around your 28th week.

Newborn Care Class – held at Strong Hospital every other Sunday at 1pm before the hospital tour. There is a \$10.00 fee and preregistration is required

Maternity Center Tour – Held Sundays at 3pm. No fee but does require preregistration.

Please refer to the brochure in your folder for other classes, times, and fees. Some of the classes are covered by some insurance plans. You can call (585)275-4058 for further information and to register.

GENERAL PREGNANCY INFORMATION

When to call the office:

- Bleeding – any bleeding at any time during pregnancy
- Persistent abdominal pain
- Persistent nausea and vomiting
- Persistent diarrhea
- Persistent headache/dizziness
- Visual changes
- Pain or discomfort on urination
- Itchy rash
- Increased swelling, especially in face
- Leaking fluid from vagina
- Contractions that occur more than 4 in an hour
- Decreased or no fetal movement
- Please call and speak with our nurses anytime between 9am and 4:30 pm with any questions or concerns you may have or you may call the on-call doctor after hours.

******If your home or apartment was built before 1978 it may contain lead paint. You can call the Monroe County Cooperative Extension to obtain information or request resources to have your home tested for lead paint. Do not do demolition or sanding on painted surfaces until you know for sure whether your home contains any lead based paints.**

****If you believe you have been exposed to a contagious disease please contact the office for further advice.

TREATMENT OF EARLY PREGNANCY SYMPTOMS

Nausea and Vomiting:

- IMPORTANT TO TRY TO STAY HYDRATED.
- Eat and drink when you feel able. Eat what appeals to you whenever you feel able too – especially in the early weeks. Intake of food is not as vital as fluids at first. Eat solids when you feel able to. Try to sip on liquids throughout the day.
- Ginger ale, ginger tea, peppermint tea, peppermint candy may help to settle stomach. Popsicles sometimes taste good.
- Try to eat something first thing in morning- sometimes even before getting out of bed (dry toast, crackers, etc...).
- May help to eat small frequent meals every couple of hours instead of 3 large meals.
- Avoid spicy, fried, heavy foods.
- Avoiding eating and drinking at the same time may help.
- Try to eat cold fresh fruits and vegetables. They seem to be better tolerated.

**** If you are unable to keep anything down and are experiencing significant vomiting please call the office for assistance.

Headache:

- Increase fluid intake.
- May take Tylenol if necessary.
- Try a little caffeine such as 1 cup coffee or ½ can coke.
- Try to lie down and nap.

**** If headache unrelieved by the above measures or you experience visual changes please call the office.

Fatigue:

- Getting plenty of rest is very important. Try to nap in the evening or on weekends when able.

Remember these symptoms usually improve by the second trimester so “hang in there”.

Exercise:

- Beneficial for both mom and baby. Promotes a healthy pregnancy, facilitates labor and delivery and encourages postpartum healing.
- Swimming, walking, pregnancy yoga are all good choices.
- “OK to sweat” – if you can speak in short, simple sentences you are at a good pace.
- BE CAREFUL - you are more prone to injury due to hormones that loosens joints in pregnancy (relaxin). Be sure to wear good, supportive athletic shoes and loose, layered clothing.
- BE SURE TO INCREASE FLUID INTAKE DURING EXERCISE.
- No contact sports: i.e. horseback riding, water skiing, amusement park rides, etc...
- **If in doubt about the safety of a specific activity, please check with your physician.**

- **Avoid the use of any over-the-counter or prescription medication from other health care providers unless it is approved by your OBSTETRIC health care provider. This precaution is to assure that all medications you are taking are safe for use in pregnancy.

MEDICATION LIST FOR COMMON COMPLAINTS DURING PREGNANCY

HEADACHE

Tylenol (Acetaminophen) regular strength 650 mg. (2) 325 mg by mouth, every four hours. Do not exceed recommended dosage.

CONSTIPATION

Drink plenty of water and include fiber in your diet by eating fruits and vegetables with skins.

If constipation is a constant problem, discuss this with your provider at your office visit.

Stool Softener:

Metamucil (Psyllium hydrophilic mucilloid agents) or Citrucel (Methylcellulose) both are bulk forming laxatives. Place 1 rounded tsp. in 8 oz. water and drink mixture, followed by an additional 8 oz. of water (may be repeated three times per day). Do not use for more than 3 days.

Milk of Magnesia: Take 2-4 TBS. daily by mouth. Do not take more than a 4 TBS. dose or use for more than one week.

Colace (dioctyl sodium sulfosuccinate, DSS) also known as docusate sodium, 100 mg. capsule daily. May take for 2-3 days.

COUGH

Robitussin (guaifenesin), (may contain alcohol) 300 mg/15cc – one TBS by mouth every four hours 400 mg/20 cc by mouth every 4 hours. Do not take more than 8 TBS daily. Report any cough that lasts more than one week.

NASAL CONGESTION:

Chlor-Trimeton 4 mg tablets every 4-6 hours or 8 mg tablets every 12 hours. Not to exceed 24 mg (6 tablets) daily.

Claritin (plain, NOT Claritin D) •• CAN ONLY USE AFTER FIRST TRIMESTER (13+ WEEKS) (loratadine) 10 mg. by mouth daily. (Non-drowsy formula.)

HEARTBURN

Tums, Maalox, or Mylanta, use low sodium preparations, as directed on the bottle.

Nutritional Guidelines:

- Avoid empty calories. Try to stick to foods that have nutritional value.
- Remember, to maintain a healthy pregnancy weight you don't need to increase calories as much as you think – maybe 300 extra calories per day or so but you need to make calories count.

- A balanced diet should include whole grains, fresh, washed fruits and vegetables. High quality proteins found in meats, cheeses, peanut butter, eggs should be included every day. Iron rich foods will help to avoid anemia.
- Snack on fruits, vegetables, cheeses, nuts, etc.
- When eating at fast food restaurants try to pick the healthier choices such as salads, baked items instead of fried, chicken, whole grain choices, milk, water, fruit and yogurt.
- It is frequently helpful to eat smaller meals but have light small snacks mid-morning, mid-afternoon and before bedtime.
- Remember to increase your fluid intake. Water is a good choice. Avoid large amounts of juices as they contain large amounts of sugar.
- Avoid unpasteurized foods (soft cheeses, certain luncheon meats, unpasteurized cider, etc.). Choose fresh turkey, roast beef, ham and have them sliced fresh for you.
- Caffeine – you may have 1 cup of coffee per day or ½ can coke.
- Any additional nutritional supplements should be discussed with your physician before starting them.

Fish and Mercury Warnings (see info sheet in folder)

- Don't eat fish that are caught in local waters.
- Do **not** eat any raw fish or seafood (sushi, seafood)
- Light tuna is better than white tuna – it is lower in mercury.
- Avoid “predator” fish such as shark, swordfish, etc.
- Tilapia, salmon, etc. are all OK to eat.
- Fish is an excellent source of Omega 3 oils.

Common Questions??

- **Can I travel?**
Usually OK up to 34 weeks. If traveling by car, make frequent stops, maybe every hour, to walk around and empty your bladder. Always use your seat belt. If traveling by plane you should also make every effort to get up and walk frequently and empty your bladder. Be sure to drink extra fluids while flying. It may be a good idea to schedule an appointment just before you leave if time allows. You may also want to take a copy of your prenatal history with you in case this information is needed while you are out of town.

- Can I have dental work done?
Routine dental checks are recommended. If you need x-rays be sure you are shielded and your dentist knows you are pregnant. If more extensive dental work is needed please contact the office.
- Can I dye/perm my hair?
This is best avoided in the first 12 weeks, or altogether if you are concerned about it.
- Can I have artificial nails?
This is best avoided if possible.
- Can I Paint inside the house?
You may use latex paint if the room is well ventilated. **NO** oil paints.
- Can I use a hot tub, sauna or tanning bed?
These are not considered safe in pregnancy and should be avoided.
- Is it safe to get the flu vaccine?
Yes, it is recommended that you receive the flu vaccine. This will provide protection for you and your baby. New York State recommends that you receive thimerizol free vaccines. It is safe to get the vaccines at any point in your pregnancy.

Parenting Projects:

These are some things you may begin discussing well in advance of the baby's birth. Having some of these arrangements made ahead of time will lessen some of the stress as your pregnancy progresses and the baby arrives.

- Childbirth and parenting classes.
- Discuss need for daycare as soon as you can and make arrangements.
- You must have a doctor for the baby so begin your search for your pediatrician. (see pediatrician list in folder)
- Begin to think about financial matters and set up a budget for after the baby arrives.
- Begin to look into ways to childproof your house.
- Discuss division of chores after the baby arrives and begin to make arrangements for help in the first few weeks after the baby's birth.