

Prenatal health

Preparing and planning
for your pregnancy



Ascension
Medical Group



Congratulations!

We look forward to caring for you and your baby.

Pregnancy care timeline

| | |
|-----------------------|---|
| Visit #1 | <ul style="list-style-type: none">• Medical history• Labs |
| Visit #2 | <ul style="list-style-type: none">• Review medical history and labs• Physical exam |
| First 28 weeks | <ul style="list-style-type: none">• Visits every four weeks |
| 8-20 weeks | <ul style="list-style-type: none">• Optional genetic screening for congenital disabilities |
| 24-28 weeks | <ul style="list-style-type: none">• Diabetes screening• Anemia testing |
| 28-36 weeks | <ul style="list-style-type: none">• Visits every two to three weeks• Register at the hospital• Prenatal classes |
| 35-37 weeks | <ul style="list-style-type: none">• Group B strep test |
| After 36 weeks | <ul style="list-style-type: none">• Weekly visits until baby is born |

Throughout your pregnancy, the provider will be monitoring several things:

- Blood pressure — Your blood pressure will be checked at each visit. An increase in blood pressure may be a sign of a problem.
- Weight — Gaining 25-30 pounds is considered normal. If you are already overweight, gaining 20 pounds or less is important.
- Womb growth
- Baby's position
- Baby's heartbeat

Ultrasounds

- Routinely done early in pregnancy and at 18-20 weeks
- The purpose is to determine the age of the baby
- The main purpose is NOT to determine the baby's sex

Urinalysis

- A urine sample will be collected at each visit and will help your doctor monitor how your body is working. Urine samples can help detect infection, diabetes, and kidney problems.



Smoking while pregnant

- Increases chance of miscarriage or stillbirth
- Increases chance of delivering baby too soon
- Increases chance of having a baby that is too small with health problems
- Increases chance of sudden infant death syndrome
- Increases baby's chance of having asthma or breathing problems
- Smoking marijuana can affect baby's brain development
- Babies and children who are around secondhand smoke have more colds, ear infections, and flu

Your baby's growth and development

Growth and development timeline

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|---------------------------------|--|
| 2-9 weeks (1-2 months) | <ul style="list-style-type: none">• All major organs, facial features, fingers, toes, ears and eyes start to form. |
| 6-13 weeks (2-3 months) | <ul style="list-style-type: none">• Baby's heart starts to beat and can be heard by Doppler ultrasound in office at 10-13 weeks. |
| 14-17 weeks (3-4 months) | <ul style="list-style-type: none">• Fingers and toes have soft nails, hair starts to grow. |
| 18-20 weeks (4-5 months) | <ul style="list-style-type: none">• Mommy begins to feel baby move. |
| 21-23 weeks (5-6 months) | <ul style="list-style-type: none">• Baby is nearly 10 inches long and weighs 1 pound. |
| 24-27 weeks (6-7 months) | <ul style="list-style-type: none">• Baby's eyes open. Fine hair covers the body. |
| 28-31 weeks (7-8 months) | <ul style="list-style-type: none">• Baby can stretch, kick and respond to light and sound. Talk to baby! |
| 32-35 weeks (8-9 months) | <ul style="list-style-type: none">• Baby is 18 inches long and weighs 5 pounds. |
| 36-37 weeks (9 months) | <ul style="list-style-type: none">• Baby is gaining about 1/2 pound a week. |

Things to watch for

Rubella

- Rubella is a sickness that is found in kids. It is characterized by a rash and fever.
- You will be tested for this early in your pregnancy.
- If you are not immune, you need to avoid all children who have a rash or fever.

Premature (early) labor

Premature labor occurs when your cervix begins to dilate (get bigger) before the baby is completely developed.

Signs and symptoms

- On/off pressure sensations
- On/off backache
- Tightening of uterus or stomach
- On/off stomach pain

What to do?

- If you experience labor symptoms three weeks or more before your due date, seek medical assistance immediately.
- Braxton Hicks (false labor): Contractions can occur throughout pregnancy. If these do not occur in a regular pattern, they are not signs of labor. They may occur in groups of two to three.
- Preterm rupture of membranes (early water break): If your bag of water breaks, seek medical care immediately. Increased mucus is normal and should not be confused with your water breaking. Mucus is thick and slime-like, while fluid from the bag of water is thinner and more like urine.

Problems to look for

- Abnormal blood tests
- Diabetes (sugar in your blood)
- Possible ectopic pregnancy
- High blood pressure
- Anemia (low blood cell count) not helped with medication
- Bleeding from the vagina
- Swelling of ankles, fingers, face
- Exposure to infection
- Leaking of fluid from vagina
- Heart/lung problems
- Not gaining weight
- Early labor
- Bladder/kidney infection
- Possible birth defects
- Baby not growing or moving as expected
- Threatened miscarriage
- Possibility of needing C-section

If you experience any of these symptoms, please call your doctor immediately:

- A bad headache that won't go away
- Sudden swelling of the hands, feet, or ankles with sudden weight gain
- A fever higher than 100.4 degrees F
- Blurred vision or spots in your vision
- A decrease in movement from the baby for more than four hours after 28 weeks (seven months), if not relieved with quiet rest and drinking a cold, sugary beverage
- Contractions, cramping, or back pains before 36 weeks (beginning of ninth month) which are constant or that come and go in a regular pattern and are not relieved by rest and fluids



Physical activity and pregnancy

It is important to be physically active during your pregnancy! Regular exercise can decrease muscular/ back pain and can help control excessive weight gain. It has also been found that regular physical activity can make the labor and delivery process easier.

Points to remember

- Warmups and cool downs are important — do a light activity for 10 minutes and stretch well.
- Cool down for 10 minutes after your workout.
- Drink plenty of water.
- Exercise 20-30 minutes several times a week.
- Talk with your doctor before beginning any physical activity.
- Avoid activities that cause excessive jarring, contact to the abdomen, or activities that could increase chances of falling or trauma.
- Stay away from saunas, whirlpool baths, and hot tubs.
- Don't lift more than 25 pounds.
- Avoid exercises that add strain to the lower back or cause you to bend too deeply or repetitively.

Nutrition during pregnancy

- Women should gain 25-35 pounds while pregnant (20 pounds if already overweight).
- Women are at risk for anemia. Eat foods high in iron, like whole grains, green leafy veggies, beans, dried fruits, red meat, eggs, and poultry.
- Drink eight to 10 glasses of water a day.
- Eat five to nine servings of fruits and veggies daily.
- Avoid junk food, fast food, soda, caffeine, alcohol, smoking and illicit drugs.
- Pregnant women need to eat 300 calories more every day (about two or three cups low-fat milk or a bagel with cream cheese).
- Eat whole-grain breads and cereals for added nutrition.
- Increase protein intake (eat an extra serving of low-fat protein foods each day).
- Consume foods high in calcium — green leafy veggies, orange juice, milk, yogurt, and cheese.
- Limit seafood intake to 12 ounces weekly, and no more than 6 ounces of tuna weekly.



Sexually transmitted infections

Sexually transmitted infections (STIs) are passed when having sex.

Types of STIs

- Gonorrhea
- Chlamydia
- Trichomonas
- Syphilis
- HPV (human papillomavirus, which can lead to genital warts and cervical cancer)
- Herpes
- HIV/AIDS
- Hepatitis B and C

How STIs affect pregnancy

- Ectopic pregnancy (where the baby begins growing in the fallopian tubes and not the uterus)
- Stillbirth (the baby is not born alive)
- The baby can be born with infections that cause damage to the brain or eye
- The baby may contract pneumonia
- The baby may contract warts on the vocal chords
- There is a higher risk of having a C-section (surgery)
- The baby may get the same disease as the mother
- The mother may go into labor early (before 37 weeks)

Gestational diabetes

Gestational diabetes is usually discovered in the middle of pregnancy and is likely to occur in women who:

- Are over 30
- Are obese
- Have previous history of stillbirth
- Have delivered large babies
- Have a family history of diabetes
- Have had gestational diabetes in prior pregnancies

If you have one or more of these conditions, your doctor may test you early for Type 2 diabetes. The American Diabetes Association recommends routine screening for gestational diabetes during the 24th and 28th weeks of pregnancy. Talk to your doctor if you have any questions or concerns.

Maintaining a healthy diet is important while pregnant. Stay away from refined sugars, fruit juices, processed foods, and excessive amounts of fruits. Snack on foods that contain protein and fiber like nuts and veggies.





Breast milk or formula?

Your baby's nutrition is important! Breast milk is the best choice to help make your baby healthy and strong.

The American Academy of Pediatricians, Family Practice Physicians and the Surgeon General all agree: Breast milk is the best for your baby and is the only food your baby needs for the first six months of life.

Breastfeeding is also the safest and easiest way to feed your baby. Most breastfed babies have fewer infections, grow better, and have fewer allergy problems.

Benefits of breastfeeding

- You recover faster after delivery
- Lowers your risk of breast and ovarian cancer
- Less ear infections and improved immune system for baby
- Less diarrhea and constipation for baby
- Lower chance of sudden infant death syndrome
- Less chance of obesity, diabetes, asthma, allergies, and cancer for baby
- Increased brain development for baby
- Cheaper than formula!

Feed your baby on demand

Breastfed babies will usually feed eight to 12 times in a 24-hour period. Formula-fed babies should be fed about every two to four hours on demand. To make sure baby is eating enough, monitor weight changes closely. After five days of age your baby should have five wet diapers a day and three bowel movements a day. If there is a concern, bring baby in for a checkup.

As your baby grows, the amount of milk needed will increase. Expect growth spurts! Your baby will act hungry and want to eat more. Vitamin D is important for the strength of your growing baby's bones. It is important to talk to your doctor about proper supplements to take for both you and your baby.

What if baby is crying?

- Check baby when he/she cries for wet diaper, uncomfortable positioning, gas, temperature
- Offer a feeding to your baby
- Remember: Spit up in small amounts is normal, but if baby spits up whole feedings, bring him or her in for a checkup

Over-the-counter medications

The products listed on the next page are safe to take during pregnancy and can be purchased at a drug store without a prescription from your doctor. **Always contact your doctor before taking any medication that is not listed.** If any symptoms continue, talk with your doctor and ask questions.

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|--------------------------------|---|
| Allergy/cold | <ul style="list-style-type: none">• Tavist nasal spray• Ocean saline nasal congestion spray• Benadryl |
| Sore throat | <ul style="list-style-type: none">• Lozenges• Vitamin C |
| Cough | <ul style="list-style-type: none">• Robitussin expectorant• Halls cough drops• Mucinex (regular) |
| Indigestion | <ul style="list-style-type: none">• Maalox Plus• Mylanta II• Mylicon• Gas-X/Phazyme• Zantac/Pepcid/Tums• Tagamet |
| Vaginal yeast infection | <ul style="list-style-type: none">• Gyne Lotrimin Cream (after 13th week of pregnancy)• Monistat Cream (after 13th week of pregnancy) |
| Constipation | <ul style="list-style-type: none">• Milk of Magnesia• Metamucil• Citrucel |
| Hemorrhoids | <ul style="list-style-type: none">• Preparation H• Nupercainal• Anusol with HC• Tucks |
| Nausea/vomiting | <ul style="list-style-type: none">• Dramamine• Vitamin B6 (50 mg)• Sea Band nausea relief bands• Ginger ale/lozenges |
| Skin products | <ul style="list-style-type: none">• Calamine or Caladryl• Cortaid or Benadryl itch-stopping cream• Sunscreen |

Anesthesia plans (pain management)

Childbirth is a very natural and rewarding time in your life. We believe that the best practice is to intervene as little as possible and allow natural childbirth practices of various types. During labor and delivery, your body will go through many changes and you will experience sensations that are new to you. Your body will interpret most of these sensations as pressure; however, should you feel uncomfortable, anesthesia (pain control) will be available to you at all times.

Options

During labor, you may request pain medication by injection or the use of epidural pain control.

What to expect at labor and delivery

Your doctor will plan to be at your delivery. However, if unable to be there, then the on-call doctor will assist you during your delivery.

Epidurals

Epidurals for pain relief may be started during mid-to-late labor. An anesthesiologist will give the epidural by using a small needle to place a small plastic tube into the spinal column. This will be used to pump a numbing medication directly to the nerves of the abdomen and upper legs. This will provide pain control and will also cause you to experience temporary weakness in your legs and feet.

Because epidurals are not necessary for childbirth, you will need to plan ahead of time for any financial costs of the epidural. If you should not require an epidural, any money you paid toward an epidural will be promptly refunded.

Notes



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