



OBSTETRICS BOOKLET, FIRST TRIMESTER

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CONGRATULATIONS ON YOUR PREGNANCY!

This is intended to give you an overview of what to expect throughout your pregnancy. Included is a brief overview of our policies, tests offered in pregnancy, common ailments that may arise in pregnancy and a list of remedies. Please keep this packet as a reference throughout your pregnancy. More detailed information is available on our website at www.healthcareforwomenpc.com.

We hope that this will be an exciting time. We look forward to working with you to provide the highest quality of medical care and a satisfying childbirth experience. We are a team of obstetricians who work together because we have very similar practice philosophies and we like to involve our patients and their partners in decision making regarding care. Throughout your pregnancy, we do ask that you see all our physicians. It is important for your physicians to know you and your preferences; and, perhaps more importantly, for you to be familiar with all of us so that you will feel comfortable on the day of your delivery.

We choose to do all our deliveries and inpatient hospital care at Virginia Hospital Center. We use Virginia Hospital Center because it offers high caliber care with a personal touch. **The Women & Infant Center** is located in ZONE C, 1701 North George Mason Dr., Arlington VA 22205. Proceed to the *third* floor to Labor and Delivery.

Our practice has a physician on-call after hours every day. If at any point during your pregnancy you have an **emergency** and need to reach the physician on-call, dial **703/528/6300 or 703/437/8080**. Our answering service will contact the physician on call. If you do not get a response within 15 minutes please call back so that your call can be managed.

We look forward to sharing with you such an exciting experience!

WHEN TO CALL THE OFFICE

IF ANY OF THE FOLLOWING OCCUR PLEASE CALL US AT 703-528-6300 or 703-437-8080:

- Vaginal bleeding
- Severe or continuous headaches not relieved with over the counter medication
- Blurred vision or visual disturbances
- Persistent vomiting (no fluids at all in 24 hours)
- Leaking or gush of fluid
- Chills or fever greater than 100.4 unresponsive to over the counter meds for more than one day.

GENERAL INFORMATION

We recommend our patients schedule their first pregnancy visit between the 6th and 8th week of pregnancy. Anticipate the first visit to be a prolonged one. At this visit, we do a complete history and physical exam, get baseline vitals, determine due date, discuss prenatal vitamins and do prenatal blood work. Following visits will be much shorter. We see our patients every 4 weeks until 28 weeks, then every two weeks until 36 weeks; and finally, every week until delivery. High risk pregnancies may require more frequent visits (see pregnancy calendar at end of this packet).

MEDICATIONS and RECOMMENDATIONS FOR COMMON AILMENTS IN PREGNANCY

Nausea/Vomiting:

- Eat small frequent meals
- Ginger, crackers, dry toast, bland diet. Avoid foods/odors that make you feel sick
- SEA BANDS (over the counter) and Emetrol. If no relief call the office for a prescription from your physician. If you are unable to keep ANY fluids down for 24 hours, call office to speak to a nurse.

Headaches/Pain:

- Avoid skipping meals
- Make sure you have adequate hydration (8-10 glasses of water a day)
- Tylenol/Extra Strength Tylenol (NO Motrin, Advil, or Aleve or Aspirin products unless prescribed by a physician)

Hemorrhoids:

- Warm Sitz Baths for 20 min twice a day may help
- Preparation H
- TUCKS pads
- Avoidance of constipation (see below)

Diarrhea:

- Increase clear fluids
- BRAT (Bananas, Rice, Applesauce, and Toast) diet
- Avoid spicy/greasy foods
- Avoid milk products, as well as sugary drinks
- Imodium

Allergies: Benadryl, Claritin, Zyrtec

Cough: Cough Drops, Throat Sprays, Robitussin DM, Mucinex, Mucinex D, Mucinex PM

Congestion: Saline Nasal Mist, Sudafed

Heartburn and gas:

- Avoid spicy or fried food
- Eat smaller more frequent meals and do not lie down w/in 2 hrs. of a meal
- Maalox, Mylanta, Gas-X, Tums, Zantac 75, Tagamet

Combination Medications: Tylenol Cold, Tylenol Sinus, Tylenol PM, Nyquil, Dayquil

Constipation:

- Increase fiber (bran cereal, fiber supplement)
- increase fluid intake, increase exercise
- Metamucil, Fibercon, Colace, Citrucel, Benefiber

Toothache/Dentist:

- Orajel
- Novacaine
- Dental x-ray with lead shield

Sore Throat:

- Herbal Tea with Honey, Salt Water Gargle
- Chloraseptic Throat Spray, Throat Lozenges, Tylenol (Regular or ES)

Urinary Tract Infections:

- If you feel symptoms of a urinary tract infection, it is important you call the office to speak to a nurse. You can help prevent them by drinking at least 8-10 glasses of water a day.

Spotting:

- Spotting is common in pregnancy especially early and late in the pregnancy and after intercourse; however, if you have any spotting please call the office to speak to a nurse.

TRAVEL

You can safely travel **in the U.S.A.** until a month before your due date.

You can travel **outside the U.S.A.** up until two (2) months before your due date.

EXCERSICE

For the mother, exercise has excellent physical and emotional benefits. It can help you remain healthy and feeling your best while your body rapidly changes. Women who were in good shape prior to their pregnancy may continue to work out at previous levels.

The American College of Obstetrics and Gynecology Recommends:

- Continue mild to moderate exercise, at least 3 times a week is preferable to intermittent exercise.
- Avoid exercise while lying directly on your back after 20 weeks.
- When exercising, make sure you increase your water intake and modify your exercise by how **YOU** feel.

Exercise generally considered safe in pregnancy:

- Low Impact Aerobics/Pregnancy Fitness Classes
- Stationary bike, jogging, walking, or day hike
- Swimming/Water Aerobics
- Prenatal Yoga

IMPORTANT INFORMATION

Register with the Hospital

Virginia Hospital Center requires that patients register for admission to the hospital after week 24 of your pregnancy. You can register on line at www.virginiahospitalcenter.com under "Patient and Visitors"; or, complete the Pre-Admission Questionnaire and mail it directly to the hospital in the address provided in the form.

Insurance Verification

Contact your insurance company to verify your benefits and coverage for the pregnancy and to confirm that Virginia Hospital Center is in your hospital network. It is the patient's responsibility to know their benefits and coverage. If you are self-pay or uninsured, please call 703/558/6227.

Select Your Pediatrician (SEE ATTACHED LIST OF RECOMMENDATIONS)

If you do not designate a private pediatrician, your baby will be seen by a pediatrician from Children's National Health System during your stay. You will receive a separate bill from the pediatrician for his/her services.

What to Bring in the Car

- A plastic bag (in case of nausea)
- A thick bath towel (in case your water breaks)

Arriving at the Hospital

Expectant moms in labor should be dropped off in the Women & Infant Center Lobby at 1701 N George Mason Drive. Mom and partner should take 1701 lobby elevators to the third floor and check-in at the Labor & Delivery Nurses Station. You will need your photo ID and insurance card to sign paperwork upon arrival at Labor & Delivery.

Curbside parking, marked "Labor & Delivery," is available in front of 1701 building. Temporary parking permit is required and may be picked up from the volunteer or security officer in the 1701 lobby. After dropping off mom, partner and/or visitors should park in Zone C Parking Area. **All visitors are required to show a government-issued photo ID (strictly enforced)** upon arrival to Labor and Delivery.

What to Bring to the Hospital for Labor

Pack a bag with items you want to have with you during labor:

- Camera
- Music
- Extra pillow from home (in a colorful pillowcase)
- Lamaze focal point
- Glasses (it is not recommended to wear or bring contact lenses)

What to Bring to the Hospital for After Delivery

Pack a bag with everything you need for your Hospital stay after the baby is born. This bag should stay in the car until you have moved from Labor & Delivery to your private postpartum room.

- Robe and slippers (optional)
- Toiletries (shampoo, conditioner, toothpaste, toothbrush, deodorant)
- Hair dryer
- Maternity clothes for the trip home
- Comfortable shoes (your feet may swell)
- Nursing bra (be fitted for a bra at about 36 weeks)
- Nursing pads
- Underwear
- Socks

Preparing to Bring Baby Home

- Pack a going-home outfit (a sleeper with legs and feet is best, even in summer).
- Install the car seat before you arrive at the Hospital for the trip home.
- Know how to use the car seat. Practice strapping a stuffed animal in the seat in advance.

Visitation Policy

Visiting hours are from 11:00 am to 8:00 pm daily (hours subject to change). Mom's partner can spend the night and should bring sleeping clothes and toiletries if they plan to do so. Siblings must be accompanied by an adult (other than mommy) while visiting. If family members and friends wish, they can wait in the Family Waiting Room outside the Labor and Delivery area, where your support person can keep them up to date.

CHILDBIRTH CLASSES

When to Take Classes

Physicians and childbirth instructors recommend taking childbirth education classes in your second trimester. Childbirth education classes fill up quickly so register as soon as possible!

Registration for Classes

Virginia Hospital Center provides a wide range of classes. To register go to www.virginiahospitalcenter.com and click on “classes and events”. Fill in the dates that correspond with your **second trimester**.

Mother and Baby Support Groups

Virginia Hospital Center has several support groups for new parents. All support groups are FREE! No registration is required.

Register on Line!

https://www.virginiahospitalcenter.com/medical/women/childbirth_education_classes.aspx

INFANT SAFETY

Here are some precautions you can take to keep your baby safe during the first few months from our experts at the Women & Infant Health Center:

Prepare Your Home

- Smoke and carbon monoxide detectors: place one on each level of your home and in halls outside bedrooms.
- Test the water temperature: set the thermostat for the hot water heater to 125 degrees to avoid scalding which occurs above 140.
- Create a smoke-free zone: never smoke around the baby as it increases the risk of viral illnesses, asthma and SIDS. If you do smoke, wash your hands, brush your teeth and change your clothes before handling the baby.
- Pet Safety: bring home clothing or a blanket with the baby’s scent before discharge so the scent is not foreign. Never leave pets unattended near your new baby or allow them to sleep with the baby.

Safe Sleeping

- Baby’s own sleeping space: baby should have a separate sleeping space — whether in a crib, bassinette or cradle. A firm mattress with a tightfitting sheet is best. No bumper pad, pillows or fluffy blankets in the crib. Place the crib away from blinds, cords, electrical outlets and mobiles.
- Best sleeping position: put your baby to sleep on his or her back for the first four months. Never put your baby to sleep on a pillow. A one-piece sleeper is the best choice. Don’t use long nightgowns with drawstrings at the bottom because they can wrap around baby’s ankle and cause loss of blood flow. Swaddle your baby.

Update Your Vaccinations

Parents, grandparents and caregivers should be vaccinated for *Tdap* to protect your baby from whooping cough in the first months of life. Pregnant moms should be vaccinated in their third trimester, even if they have previously received Tdap vaccine. All those in close contact with the newborn should receive a *flu vaccine* since this immunization cannot be given before six months of age.

Avoid Crowds

For the first two months, don’t take your baby to large public places such as malls and grocery stores.

Keep all Your Well-Baby Doctor Appointments

It's important to have your pediatrician check your baby's developmental milestones.

Feeding Advice

- **Stay awake!** During those middle-of-the -night feedings, it's very easy for new moms to fall asleep while they are nursing. Sleeping in the same bed with your baby is a suffocation risk. Turn on the lights and the TV during feedings. Or wake up your partner to help keep you awake.
- **Be careful with bottles:** heat bottle with a bottle warmer or a pan of warm water. Do not use the microwave as it heats unevenly. Test the formula on inside of your forearm.
- **No soft foods before six months:** research has shown a strong link between obesity and Type 2 diabetes when rice cereal is given before four months.
- **Play Time, go soft:** choose baby-safe mirrors, mobiles they cannot reach, soft baby books and toys without hard parts.

Bath Time

Start bathing the baby after the cord falls off and the area is dried and healed. Use soap for sensitive skin. Once you start bathing in the tub, only fill it with about an inch of water. Never leave a baby unattended in a bathtub! Keep water room temperature. Do not heat it warmer than 95^o.

Get a New Car Seat

Buy a rear-facing infant car seat and learn how to use it before you pick the baby up from the Hospital. Used car seats are not recommended. If a car seat has been in an accident, it is no longer effective. Get the car seat checked. Car seats only work if they're installed correctly. Go to a local police or fire station to check installation or visit www.seatcheck.org for a child safety seat inspection location near you.

