



Prenatal Guidebook

Schedule of Visits

Your 1st prenatal visit is at 8-10 weeks gestation. What to expect for your [1st prenatal visit](#).

12 weeks

At your 12 week visit we will review with you your results from your prenatal panel lab and Pap smear. We will check your weight and blood pressure at this and each visit to come. You will listen to your baby's heart beat in the exam room.

16 weeks

At your 16 week visit we will monitor your blood pressure and weight. We will schedule your 20 week visit and anatomic ultrasound for next time.

20 weeks

At 20 weeks your visit will be focused on the ultrasound. You will be seen first by our ultrasonographer who will perform a thorough anatomic survey on your baby. This is a highly technical and often challenging exam to perform on a moving baby! Although we are focused on obtaining the necessary views of your baby's anatomy we want to also allow you to enjoy getting your first look at your baby since the early first trimester. You are encouraged to bring one or two family members to this visit to enjoy the sneak peak at the newest member. If given the opportunity by your active baby, we will obtain keepsake images for you to take home. We recommend signing up for any [prenatal classes](#) you may be interested in at this time and that you begin to search for [the right pediatrician](#) as well.

24 weeks

At your 24 week visit you will have your weight and blood pressure checked, and fundal height measured. We will also listen to your baby's heartbeat.



28 weeks

At your 28 week visit, we recommend an early morning appointment to accommodate your diabetes screening test. You will arrive at our office and be directed to the lab where you will drink an orange drink that contains 50 grams of glucose (glucola). You will return to our office and have your usual visit and return to the lab one hour after you finish the drink to have a blood glucose level drawn. We will also screen again for anemia, and if you are Rh negative, you will receive [Rh immune globulin](#).

32 weeks

At this visit we will begin our every two week checks on you and your baby to closer follow blood pressure, weight gain and the growth of your baby.

34 weeks

We will monitor blood pressure, weight and growth.

36 weeks

Now we start the weekly visits, gearing up to the big day. In addition to your weight, blood pressure and growth check we will obtain a vaginal group B strep culture. We will check your cervix for dilation and the baby's position.

37-41 weeks

Weekly we will check your blood pressure, growth, the position of the baby and answer any questions related to labor and delivery.

39 weeks

Scheduled cesarean deliveries are performed between 39-40 weeks gestation

40-41 weeks

If undelivered, we will discuss the option of induction of labor.



Dietary Guide

If you are eating for two keep in mind that the second person is not very big and doesn't really need 3 desserts! We recommend a total weight gain of 25-35 pounds during the pregnancy. Most of the weight gain should occur after the first trimester. Try to average about a ½ pound per week.

Dietary guide

Exercise and Physical Activity

Walking 30 minutes per day is a great way to keep your weight in check. Nothing beats swimming in the summer! We do not recommend any exercise that could result in a fall or hit to the abdomen. If you are not accustomed to doing exercise, do not exceed a heart rate of 145 beats per minute, and do not lift over 20 pounds.

Over the Counter Medications

This list contains approved prenatal medications that can be purchased over the counter for a number of common ailments during your prenatal care. Your Ob provider may prescribe medications that are safe and not included on this limited list. It is important to consult your ob provider if you are unsure about any medication. Your provider is there to help you with all of your pregnancy care.

Headaches, Cold symptoms, Allergies

Sudafed · Extra Strength Tylenol - Acetaminophen 500 mg · Tylenol sinus- Acetaminophen 325 mg / Phenylephrine HCl 5mg · Plain Claritin (Loratadine) · Zyrtec · Benadryl (Diphenhydramine HCl) · Mucinex · Guaifenesin · Halls cough drops · Plain Robitussin cough drops

Nausea and / or vomiting

Tums · Viactive · Over the counter Zantac Emetrol · Vitamin B6 (Pyridoxime)- 50 mg daily · Candied Ginger (sold at Whole Foods and Williams & Sonoma) · ½ tablet Unisom at bedtime

Diarrhea

Increase fluids, such as Gatorade, BRAT diet (bananas, rice, applesauce, and toast). If severe, lasting more than 48 hours or if bloody, consult provider.

Constipation

Miralax · Colace · Docusate · Benefiber · Metamucil · Fiber bars · INCREASE WATER INTAKE!!!

Gas

Simethicone · Tums · Mylanta · Gas X

Yeast infection

Miconazole Nitrate

Insomnia

Benadryl · Unisom · Tylenol PM

Skin

Do not use any form of Retin A (Tretinoin) the entire pregnancy · Refrain from using skin treatments first trimester



Travel

Before 32 weeks gestation, we allow any domestic travel if your pregnancy is uncomplicated. After 32 weeks, we recommend traveling no more than two to three hours from the Hospital. If traveling, be sure to stretch your legs every 1-2 hours to prevent blood clots. Pregnancy causes an increased chance of deep venous thrombosis (DVT).

If you will be leaving the country, please discuss the itinerary with your physician. You may be in need of vaccines or at risk for diseases that are untreatable in pregnancy.

Prenatal Bloodwork

Blood tests are preformed on all OB patients at their first prenatal visit. These tests include:

- **CBC** – complete blood count/ checks for iron stores and infections
- **Blood Group and RH type** – will reveal possible blood group and / or RH incompatibility problems later in the pregnancy
- **Antibody screen** – detects unusual antibodies that may have risen during a prior pregnancy or blood transfusion
- **Rubella titer** – is an antibody test to determine if you are protected from rubella
- **Syphilis screening** – test for exposure to syphilis
- **TSH** – this test is used to diagnose a thyroid disorder
- **Glucose** – check sugar levels in your blood
- **Creatinine** – measures kidney function
- **Hepatitis screening** – used to check for recent or old Hepatitis B infections
- **HIV (Human Immunodeficiency Virus)** – used to detect the antibody to HIV, which is the virus that causes AIDS.
- **Urine Drug screening** – to screen for the detection of specified drugs
- **Routine Urinalysis** – checks multiple routine tests
- **Gonorrhea and Chlamydia** – screening of common sexually transmitted diseases
- **Genetic testing may be offered.**



Genetic Testing

A screening test can be done to identify people at high risk for Down's Syndrome, cystic fibrosis, open neural tube defects, and other chromosomal problems.

Down syndrome is caused by an extra chromosome #21. This extra chromosome causes mental and physical abnormalities. About 1 in 800 babies are born with Down Syndrome. The risk of having a baby increases with age, but can occur at any time and without a family history of genetic problems.



- **Cystic fibrosis causes** lung and digestion problems, which can lead to a shorter life span. Approximately 1 in 20 Caucasians carry the gene that causes cystic fibrosis.
- **Trisomy 18** is caused by an extra chromosome, and causes severe mental and physical problems. Only 1 out of 10 babies will live for a year.
- **Open neural tube defects** can lead to paralysis and other mental problems. These occur in 1 out of 1000 live births, but are prevented by taking Folate, a B vitamin, BEFORE the pregnancy. This defect is not age related.

Not all diseases or birth defects are detected by this test.

Maternal serum screening test

These tests are performed in the laboratory not by our office, prices are subject to change.

Integrated Screen is drawn the first trimester and again in the second trimester. These samples are both needed before the test is run. This test checks for the risk of Down Syndrome, Trisomy 18 and neural tube defect. The CPT codes used are Part 1- 84163, 84702 and Part 2- 82105, 84702, 82677 and 86336. The cost of this test is \$300.00 + \$26.90 venipuncture charge before insurance is filed. This test is performed at Genzyme Genetics and billed through Baptist Health. The billing number for Baptist Health is 859-260-6644.

AFP4 is drawn 15-22 weeks gestation (optimal time is between 16 and 18 weeks). This test checks for the risk of Down Syndrome, Trisomy 18 and neural tube defect. The CPT codes used are 82105, 82677, 84702 and 86336. The cost of the test is \$651.00 + 26.90 venipuncture charge before insurance. This test is performed at Genzyme Genetics and billed through Baptist Health. The billing number for Baptist Health is 859-260-6644.

Harmony is drawn when the mother is 10 weeks or more gestational age. This test checks for the risk of three fetal trisomies; Trisomy 21, 18 and 13. The CPT codes used are 83891, 83900, 83901, 83904, 83912, and 83914 and the cost of the test is \$2385 +26.90 venipuncture charge before insurance (please verify with lab as this is subject to change). This test is performed at Genzyme Genetics and billed through Baptist Health. The billing number for Baptist Health is 859-260-6644.

MaterniT21PLUS is drawn when the mother is 10 weeks or more gestational age. The MaterniT21 Plus was clinically validated in a population of pregnant women with increased risk for chromosomal aneuploidy (abnormal chromosome). Including one or more of the following: advanced maternal age, personal or family history of chromosomal abnormalities, fetal ultrasound abnormally suggestive of aneuploidy or positive serum screening test. This test checks for risk of three fetal trisomies; Trisomy 21, 18 and 13 and y chromosome material. The CPT code used is 84999 (unlisted chemistry procedure). The cost of the test is based on a sliding scale for each patient and the patient will need to call + 26.90 venipuncture charge before insurance (please verify with lab as this is subject to change). This test is performed at Sequenom Center for Molecular Medicine and their customer support line for billing is 877-821-7266 option 3.

The Panorama Test is drawn when the mother is 9 weeks or more gestational age. The Panorama Test informs the patient about the risk for three of the most common chromosomal abnormalities, Trisomy 21, Trisomy 18, and Trisomy 13. It identifies potential issues with the sex chromosomes including 45, X, 47, XXX and 47, XXY. The test is performed by Quest laboratory and the patient will need to go to a Quest facility to have it drawn. The CPT code is 84999 (unlisted chemistry procedure). The cost of the test is being covered by most insurance companies (please verify with your insurance and verify cost with lab. This is subject to change). The maximum out of pocket to the patient will be \$200.00 if insurance totally denies it. Quest will also work out payment arrangements, and financial assistance is available to all that qualify. The customer support line for billing is 1-800-759-2790.

Gestational Diabetes Testing

Testing for gestational diabetes is performed in all patients except those with preexisting diabetes.

Cats

Did you know that changing a cat litter box can possibly cause an infection called toxoplasmosis to your baby? We recommend that you do not change any litter boxes during your pregnancy. Wear gloves if you garden. Direct contact with a cat does not put you at risk.

Viral Exposures

Fifth's Disease

Did you know that fifth's disease, or slapped cheek syndrome, can give an infection called parvo virus to your baby? If you come in contact with a child who has fifth's disease, please let us know. We can do blood tests to see if you were exposed.

Hand/foot/mouth disease is also risky. It causes a blistering rash in children, but can affect newborns severely. Call us if you have been exposed to it.

Exposures to chicken pox can also be dangerous. If you have had a chicken pox infection as a child or have been previously immunized, you are likely immune to further infection. Please call us if you are exposed to chicken pox so that we may check your immune status with a blood test.

Family Violence

Physical abuse can harm you and your baby. If you are in an abusive relationship, be aware that abuse often increases during pregnancy. Talk to us about getting help.

Preeclampsia

Preeclampsia, or gestational hypertension, is an elevation of the blood pressure that often occurs during the third trimester. Signs of increased blood pressure include headaches, vision changes, severe edema or swelling in the legs and/or hands, and upper abdominal pain under the right breast. We will be checking your blood pressure at every visit. If you have any of the signs of preeclampsia, we may check your blood pressure more often. The only effective treatment for preeclampsia is delivery of the baby. Sometimes, however, high blood pressures start increasing when the baby is still preterm. We will try to buy time by putting moms on bed rest and watching closely for symptoms of worsening, or severe preeclampsia.

Preterm Labor

Preterm labor is a rare but serious complication. Preterm means 3 or more weeks before your due date. If you have any of the following signs of preterm labor, please mention it to your physician:

Cramping, like persistent menstrual cramps

Tightening and relaxing of the tummy in a pattern, lasting 40-60 seconds each

A change in vaginal mucous

Any vaginal bleeding

Preterm labor can be caused by urinary tract infections. If you have urinary tract infections symptoms, please inform our staff.

Labor Precautions

I think I'm labor. What do I do?

- We would like to instruct you to proceed to labor and delivery if any of the following occur:
- If you have regular, painful uterine contractions that increase in intensity and frequency over time. Generally, contractions should be every 3-5 minutes for 1-2 hours. Adjustment to the time frame will need to be made for those travelling longer distances.
- If you think you are leaking amniotic fluid.
- If you have any concerns regarding your baby's movements.
- If you have bleeding in excess of bloody mucus.
- According to any other specific instructions given by your provider.

