

FIRST STATE WOMEN'S CARE

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Congratulations on your pregnancy!

Caring for you and your unborn child is important to us. In an effort to help you understand the prenatal care schedule and arrange your calendar accordingly we have listed below the most common appointment schedule and activities. Of course your care is individualized to you and your unborn child, and this schedule can vary per each individual.

Pregnancy week 8~ An appointment with the nurse to review your health history and education concerning prenatal vitamins, diet, exercise, early testing in pregnancy for Down's Syndrome and other genetic disorders, and any questions you may have. Initial lab work is done at this visit.

Pregnancy weeks 12 to 28~ monthly visits with provider to monitor fetal growth, maternal health, and address concerns. Vaginal exam for STD testing and Pap smear (if needed) will be performed at first provider visit. Fetal anatomy ultrasound is performed 18-20 weeks, optional lab work arranged for detection of Down's Syndrome and Spina Bifida. A glucose tolerance test is performed at 26-28 weeks gestation to test for diabetes that sometimes develops in pregnancy. This test will require an hour stay in the office to have blood tested, or if you may choose to have this done at an outside lab.

Pregnancy weeks 28 to 36~ biweekly visits with provider to monitor fetal growth, maternal health, and address concerns. Starting at week 28 monitoring fetal movements helps to determine fetal well-being. You will be advised to count fetal movements. You should report fewer than 10 movements in a 2 hour period during your waking hours or fewer than 3 movements in a half hour following a meal. Any significant reduction in your baby's usual movement should be reported.

Pregnancy weeks 36 to 40~ weekly visits with provider to monitor fetal growth, maternal health, address questions, and prepare for labor and delivery. Vaginal culture for group beta strep will be performed around 34-36 weeks.

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ABNORMAL SIGNS IN PREGNANCY

Should you have any of the following signs prior to any visits, please call our office main number, even after hours (302) 454-9800.

*Heavy vaginal bleeding like a period or spotting

*Severe abdominal pain which does not go away

*Severe cramping

*Leaking of fluid from your vagina

*Burning, more frequent urination, urgency when you urinate, or blood in your urine

*Severe vomiting - unable to keep even clear liquids down over 24 hour period.

PRENATAL DOCTOR VISITS

Your first visit will be longer. We will be obtaining your initial OB lab tests, medical history, and get information related to your pregnancy. If your first visit is with the midwife, an exam will be performed.

Once that first visit is completed, you will schedule your next visit prior to leaving with the provider.

RECOMMENDED PRENATAL SCREENING TESTS

Any tests performed in our office are screening test. If results are abnormal, you will be notified and advised what step will be taken next. Normal results will be discussed with you at your next OB visit.

ANATOMY Ultrasound is done between 18-20 weeks.

ONE HOUR DIABETES screen is done between 26-28 weeks. During this test you are required to drink a sugary solution, stay in lab or office for 1hr, and then blood work will be drawn. This is a screening for gestational diabetes.

ADDITIONAL PRENATAL SCREENING TESTS THAT ARE OFFERED

FIRST TRIMESTER GENETIC SCREEN. This test involves a blood sample from you and an ultrasound. That ultrasound is done around 12-13wks of the pregnancy. The blood component and ultrasound will be collected and give you a statistical risk of having a baby born with Down Syndrome (Trisomy 21), Trisomy 13, and Trisomy 18. This test only looks at these 3 disorders. You may be a candidate to do a test between 16-18wks called AFP. This is a blood draw looking for a protein to see if your baby has a risk of being born with a rare birth defect called Spina Bifida or Neural Tube Defect. If any bloodwork is abnormal, we will notify you as soon as we get results.

CYSTIC FIBROSIS. Testing for cystic fibrosis is available for all pregnant women who want to be tested. You can chose to be tested or decide not to have testing. CF is an inherited condition that can cause problems with the lungs and digestive tract. If you carry the trait, we will ask that your partner get tested as well. If you have been tested in past, it is not necessary to get tested again.

SICKLE CELL and OTHER RELATED DISEASES. Sickle cell and other related diseases are inherited disorders where both parents need to carry defect for the child to be at risk. These disease are more common in people of African American and Mediterranean origin, but new recommendations are to screen everyone. If this test comes back abnormal, we will ask for your partner to get tested.

IMMUNIZATIONS

You are more susceptible to the flu while you are pregnant, it is recommended you get the flu vaccine during flu season.

If you do not have immunity to rubella or chicken pox, we recommend you avoid any exposure or get vaccinated AFTER delivery.

Tdap is a vaccine that boosts immunity to pertussis, tetanus, and diphtheria. New recommendations are for every pregnant woman to get during their pregnancy between 28-36wks. We are able to give you this vaccine in our office, just ask during that time period.

PERSONAL CARE/ACTIVITIES

SEXUAL RELATIONS. Your feelings regarding sexual intercourse may change during pregnancy. You may get some cramping after intercourse, or have slight spotting. If bleeding/cramping does not stop, contact our office. You may have intercourse anytime during your pregnancy unless otherwise advised not to. If you think your water has broken, premature labor, vaginal bleeding, cramping, or vaginal infection you should not have intercourse.

YEAST INFECTIONS. It is normal to have clear mucous to white/creamy discharge. There is usually no odor. If you get vaginal itching or a white/clumpy discharge you are able to use over the counter remedies like Monistat 5 or 7. If your symptoms do not go away, or if discharge is green or yellow or has a foul odor, please call our office.

HOT BATHS/SAUNAS/STEAM ROOMS. Avoid prolong contact with the above cause your body temperature will rise along with your baby's. This will cause you to feel dizzy and faint. Warm baths are fine but avoid exposure to extreme temperatures while you are pregnant.

EXERCISE during your pregnancy is healthy for you and your baby. It can help you fell less tired and lessens some discomforts of pregnancy. Some examples of beneficial exercises are walking, swimming, bicycle riding, and low impact aerobics/yoga. Remember to drink lots of fluids prior to and during exercising.

ENVIRONMENTAL RISK

HAZARDOUS MATERIAL/CHEMICALS. If you suspect any hazards in your workplace, bring a list to your next appt and we can evaluate them for you. For items around your home, please use your common sense. Example, if container lists vapors hazardous to your health, the avoid exposure. You can paint and have our hair/nails done, just make sure there is good ventilation.

SMOKING. If you smoke during your pregnancy, your baby is smoking as well. The nicotine and carbon monoxide in cigarettes are passed to your baby through the placenta. Nicotine can cause your heart to beat fast and the carbon monoxide is a poisonous gas that takes the place of oxygen in your blood. Smoking in pregnancy may result in a smaller baby and increase risk of infant dying from SIDs. Even second hand smoke is harmful. **IT IS IMPORTANT TO QUIT DURING YOUR PRENGNANCY.**

ALCOHOL can cause your baby to have brain damage, birth defects, as well as developmental delays. It is unclear what amount of alcohol can cause a problem, you are advised **NOT** to drink during pregnancy.

STREET DRUGS. Cocaine, Crack, Heroin, PCP, Marijuana and other street drugs are harmful to you and your baby. These substances can result in miscarriage, premature birth, birth defects, and even the death of you or your baby.

CAFFEINE is a drug found in coffee, tea, chocolate, soft drinks, and some medicines. Is advised to reduce your caffeine consumption during your pregnancy. Try to limit to 2 servings a day or no more than 200mg a day.

TOXOPLASMOSIS PRECAUTIONS. This is a parasite that can be found in raw meat or cat feces. If you are infected with the organism while you are pregnant, you get flu like symptoms or no symptoms at all. However, this infection can be passed to your baby through the placenta and cause blindness, mental retardation, seizures or even death. **WEAR GLOVES WHEN WORKING OUTSIDE, WASH HANDS AFTER HANDLING CATS, AND AVOID EMPYTING THE CAT LITTER. ALL MEAT NEEDS TO BE THOROUGHLY COOKED.**

SAFETY

SEATBELTS are important to wear during pregnancy. The lap belt should be worn on your lap between your abdomen and upper thighs. The shoulder belt be placed across your upper abdomen as your baby grows.

DOMESTIC VIOLENCE/ABUSE can affect all races, financial and ethnic backgrounds. Abuse can be physical, emotional or both. Pregnant women are higher risk for abusive relationships. **IF YOU ARE IN AN UNSAFE SITUATION AND NEED HELP, PLEASE CALL FOR HELP**

Domestic Violence 302-762-6110

Rape Crisis 1-800-773-8570

NUTRITION

WEIGHT GAIN DURING PREGNANCY. Recommended weight gain during pregnancy will vary. If you are overweight, you may not have to gain as much. If you are underweight, you will have to gain more.

PRENATAL VITAMINS. You will be given a prescription for prenatal vitamins. It is important to try to take them every day. You may take with food or different times of day in order to tolerate them. If you are unable to tolerate them, you can take prenatal gummy vitamins or 2 Flinstones chewable vitamins.

FOLIC ACID. You can get this from green, leafy vegetable, asparagus, oranges, lima beans, broccoli, and liver. It is important to take during the first 12 weeks of your pregnancy to help decrease your baby's risk of certain disorders.

DIET. During pregnancy, you need to eat healthy foods to help you and your baby grow healthy. You need to increase your calories by 300 calories a day. This can be done by eating 3 healthy meals a day and snacks in between. If you are unable to eat 3 meals a day, try to eat 6 small meals a day. You need to make sure all meats are well cooked and vegetables and fruits washed well to prevent infection. Fish/seafood are safe in pregnancy in small amounts. A list has been provided to you about the fish that has the least amounts of mercury in them. It is actually advised to eat 2 six-ounce servings a week for Omega-3.

Example of daily intake

FATS, OILS, & SWEETS: use sparingly

MILK, YOGURT, & CHEESE GROUP: 4-5 SERVINGS

MEAT, POULTRY, FISH, NUTS, DRY BEANS & EGGS GROUP: 7-11 SERVINGS

VEGETABLE GROUP: 3-5 SERVINGS

FRUIT GROUP: 3-5 SERVINGS

BREAD, CEREAL, RICE, PASTA GROUP: 6-9 SERVINGS.

EDUCATION

Childbirth classes are offered at Christiana Care for a nominal fee. Space is limited and recommend you call and register during your 20-24 week of pregnancy. Tours of the hospital are also available free of charge, but you must register for the tour. They do offer breastfeeding classes as well. To register for any of these classes please call 302-733-2472.

Useful Websites for Mom and Baby!

Christiana Care Parent Education Classes and now even a virtual tour!

To register call 302-733-2472 and for more information visit

www.christianacare.org/parented



text4baby-

Sign up for helpful weekly text during pregnancy at <https://www.text4baby.org>

www.acog.org (click on For Patients)

www.cdc.gov/pregnancy/during.html

www.BabyCenter.com

Suggested Books to purchase:

Your Pregnancy and Childbirth: Month to Month, Sixth Edition, contains everything your patient needs to know about pregnancy and childbirth, from preconception to labor and delivery and beyond. Easy-to-understand text reinforces your guidance, giving your patient the most up-to-date information available.

While Waiting by George Verrilli, MD., F.A.C.O.G. Anne Marie Mueser, ED.D.

What to Expect When You're Expecting by Heidi Murkoff, Sharon Mazel

What to Expect Eating Well When You're Expecting

Mayo Clinic Guide to a Healthy Pregnancy: From Doctor's Who are Parents Too!

Pregnancy, Childbirth, and the Newborn; The Complete Guide by Penny Simkin, April Bolding, Ann Keppler, Janelle Durham, Janet Whalley