



FLINT

FIRST PRENATAL VISIT

Welcome to the Obstetrical Practice

Please make sure you receive your provider's office specific information. Throughout your pregnancy you will be receiving education review sheets like this one. You will be asked to initial your Antepartum Education Checklist so that all of your caregivers are aware of what knowledge you are bringing into each visit.

Prenatal vitamins/diet in pregnancy - Eating a well balanced diet during pregnancy is essential to your health and the health of your baby. It is recommended that you eat plenty of fresh fruits and vegetables and lean meats and dairy products. Because of the new demands on your body it will be important to discuss your usual food habits with your provider to see what changes will be necessary to accommodate your baby. Usually many women have concerns about weight gain during this time and you should know that it is expected that you would gain 25-40 pounds throughout your pregnancy. Vitamin supplements with iron are often necessary to adequately meet your nutritional needs. In the first three months of pregnancy all of your baby's organs are being formed. It is important to avoid smoking, alcohol, and drugs during this very important period of development. It is important that you talk to your provider about any over the counter medications you take.

Remedies for use in pregnancy - Please discuss with your provider any remedies that you may try for any reason during your pregnancy. It is important for you to remember that whatever you take into your body enters your baby's body too.

Nausea/vomiting/other discomforts - Nausea and/or vomiting are common in early pregnancy due to changing hormone levels. These symptoms go away after the first 3-4 months. Most of the time no special treatment is needed. Often, a few crackers eaten before getting out of bed provides some relief. You should make your provider aware of any persistent or unusual problems. Fatigue, breast tenderness, urinary frequency and heartburn also common. Please talk to your provider about any methods that may relieve these symptoms.

Kegels - These exercises are done to help women with control of urine frequency and spilling, especially during pregnancy. It involves tightening and releasing the pelvic muscles to increase their strength. Your provider can give you further details as to how often you should do these exercises.

Preadmission Forms - Please make sure you receive these from your provider as they will assist you in receiving quality service during your admission to the hospital.

Maternal Support Services - Some expectant mothers are eligible for home visits during pregnancy. Please talk to your provider for details about who is eligible for these services.

Family Centered Childbirth Programs - Ask your provider for the brochure which describes these programs. You may sign up for these classes online at mclaren.org/flint/events.

Ultrasound - An ultrasound uses sound waves which bounce off an object to provide a visual display of that object.

An outline of the baby, placenta, and other structures involved in the pregnancy are transmitted to a video screen. It is often used to determine placental or fetal position, estimate the age of the baby, confirm a multiple pregnancy, or identify fetal abnormalities.

The picture is generated from an instrument that is placed either on your abdomen or in your vagina. You will also be able to see this picture on the screen. This procedure may be done in your care giver's office, radiology clinic or at the hospital. There are no reported harmful effects for you or your baby. Not all pregnancies require an ultrasound.

There are many different reasons for doing an ultrasound. Thus, they may be done at various points in pregnancy.

INSTRUCTIONS FROM YOUR HEALTH CARE PROVIDER

This is a list of specific information that may be helpful during your pregnancy.

Prenatal visits will be scheduled at regular intervals throughout your pregnancy, approximately every 4 weeks until you are 32 weeks, then every 2 weeks until you are 36 weeks, and weekly until you give birth. If you are experiencing any difficulties, visits will occur more frequently. If you are unable to keep an appointment or are running late, please call the office as soon as possible at 810-487-3500.

If you are experiencing difficulties that are outside of prenatal care, such as bronchitis, asthma, etc., you need to contact your primary care physician.

Some prenatal testing may be offered or recommended for you. A blood test called an alpha-fetal protein will be offered to you at 16 weeks. This test helps to screen for Down's syndrome and defects of the baby's spinal column. If you are 35 years or older, or have genetic risk factors, you will be offered an amniocentesis. A fetal ultrasound is offered at 18-22 weeks. At 24-27 weeks a blood sugar test is given to screen for gestational diabetes. If you are Rh negative, a Rhogam injection will be ordered at 28 weeks. At 35-37 weeks a Group B Strep culture will be obtained. There are other tests that might be indicated for you since everyone's health needs are unique.

Childbirth education classes are offered at McLaren. These provide information for labor & birth, infant care, breastfeeding, and sibling classes. A tour of the hospital is included. For information call 810-342-4896.

If you need to reach us for a problem that cannot wait until the office opens, call the answering service at 810-768-7182 and the physician on call will return your call. If you think you might need a prescription, have the phone number of your pharmacy available.

Several over-the-counter medications are available to use during pregnancy: Tylenol, Tylenol Sinus, Sudafed, Actifed, Dimetapp, Robitussin plain/DM, cough drops, NA-Sal nasal spray, Tums, Rolaids, Mylanta, Metamucil, Fibercon, Benadryl, Colace, Pericolace, Imodium, Kaopectate, Tucks, Anusol, Unisom, Tylenol PM, Nix, Dramamine, hydrocortisone cream topical. You should use these medications sparingly and follow the directions carefully. Aspirin and aspirin containing products (Pepto-Bismol, Alka-Seltzer, etc.), NSAIDS, Motrin, Aleve, Naprosyn, etc., should be avoided during pregnancy.

Travel is generally not restricted; however, it may not be advisable after the 34th week if considerable distance is involved. Frequent bathroom breaks and stops to stretch are required. Fluids and snacks should be available.

Sexual desire varies greatly among women during pregnancy and may vary at different stages of pregnancy. This is very normal. In general, intercourse during pregnancy is safe unless your bag of water has broken, you have had symptoms of premature labor, or your physician has instructed you against intercourse.

Alcohol, prescription drugs and illegal drugs are known to cause birth defects. Please discuss any drug, substance or herb you are using with your health care provider.

Dental work is considered safe during pregnancy. If you need x-rays, an abdominal lead shield should be used. Local anesthesia may be used if necessary. If no allergies, penicillins and cephalosporins are safe throughout pregnancy if needed.

Exercise in moderation is considered safe. Abdominal exercises, running and contact sports should be avoided. Adequate hydration is important. Avoid extreme temperatures and heat exhaustion.