

Prenatal Packet



Congratulations on your pregnancy!

Thank you for choosing Eagles Landing OB/GYN as your healthcare provider.
Please keep this packet as it contains important information regarding your prenatal care.

Gestational Age: _____

Estimated Due Date: _____

Contact information:

Eagles Landing OB/GYN: (770) -474-1919

Piedmont Henry Hospital Labor & Delivery: (678) - 604- 3240

This packet can also be found on our website: <https://www.eagleslandingobgyn.com/expectant-mothers/>

Please Read the Important Information Below

Insurance: Most insurance carriers provide coverage of obstetrical services for routine OB office visits to postpartum care. Other services such as, but not limited to, ultrasounds, nonstress test, problem visits, hospital admissions prior to delivery, fee related services for high risk pregnancies, cesarean sections, anesthesiology fees, hospital fees, lab related fees, and nonmedical related services *may not* be covered under your global benefits. Therefore, these services will be charged and billed separately. Payments for these services will be due at the time of service.

It is your responsibility to notify us of any insurance changes throughout your pregnancy

Genetic Testing: Your insurance coverage may have certain restrictions and/or exclusions to genetic testing and labs that are recommended during your pregnancy. Please contact your insurance carrier for details or questions that you might have about your coverage and limitations for all OB services.

Contact Information: Accurate contact information is vital while providing care to you. If there are changes to your information, please make the front desk staff aware so we can update your file. We will then update your information on file. Keep in mind, without updated information, we will not be able to reach you regarding lab results, future appointments, and important health care related information.

Appointments: Please arrive 10-15 minutes before your scheduled appointment time. If you arrive after your scheduled appointment time, you may be asked to reschedule. There are **no children older than 12 weeks old allowed in our office** (this includes our waiting room area and hallways.). Please make arrangements for children prior to your appointment. If you arrive with children you will be asked to reschedule.

Providers: We would like you to meet all of our OB doctors. With each prenatal visit, you will rotate to meet each of them. Our goal is for you to meet all of the OB doctors prior to delivery.

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Prenatal Appointment Timeline

Weeks Gestation	Exam Appointment
Initial Visit	Confirmation of pregnancy - full physical exam including pap smear and pelvic exam. We will schedule your dating ultrasound at this appointment.
Dating Ultrasound	Generally 1-2 weeks after the initial visit depending on how far into pregnancy you are
10+ weeks	OB labs, genetic testing - Complete blood count, blood type, rubella, syphilis, hepatitis B and C, HIV, diabetes screening. Genetic testing can be done which is a screening for chromosomal abnormalities (like Down Syndrome) and can determine the gender of the baby.
10 - 14 weeks	Education Visit - Meet with a nurse practitioner to discuss family history & pregnancy information
20 - 22 weeks	Anatomy Ultrasound - detailed review of fetal structures and confirm gender
24 - 28 weeks	Gestational Diabetes Screening - Mandatory for all expectant mothers to do a 1 hour glucose screening test. It is not required to fast for this test, however you should not eat or drink anything containing large amounts of sugar prior to doing the test
28 - 30 weeks	Please pre-register for delivery. You will receive a handout with directions to register at the hospital online. Begin exploring birth education classes, caring for newborn classes and breastfeeding classes if interested

28 - 32 weeks	Repeat HIV and syphilis testing, required by the state
30 - 32 weeks	TDAP and RSV vaccine. TDAP is to protect your baby from pertussis (whooping cough). RSV is to protect baby from respiratory syncytial virus infection.
36 weeks	GBS screening, complete blood count, cervical exam. GBS (Group B Strep) is a type of bacteria that can live in your vaginal or rectal areas and is a naturally occurring bacteria. It can cause issues for the baby if the baby is exposed at delivery. If you are positive, you will receive a round of antibiotics at the hospital during labor.
36 - 40 weeks	Weekly appointments! It is important to keep weekly appointments at this time so we can ensure both you and baby are healthy.

*** We recommended the flu vaccine and COVID vaccine/booster during pregnancy ***

Routine Office Visits

First trimester - 28 weeks gestation: Every 4 week appointments

28 - 36 weeks - Every 2 weeks appointments

36-40 weeks - Weekly appointments

Unless otherwise ordered by your OB provider, Eagles Landing OB GYN will only offer 2 routine prenatal ultrasounds during your pregnancy

Weight Gain During Pregnancy

1st Prenatal Appointment BMI: _____

BMI	Pregnancy Weight Gain
Under 18.5	28 to 40 lbs
18.5 - 24.9	25 to 35 lbs
25.0 - 29.9	15 to 25 lbs
30 - 34.9	11 to 20 lbs
Over 35.0	Less than 10lbs

Please note - Gaining more than the recommended weight during pregnancy can increase your risk of complications including diabetes, cesarean section, or having a large infant (macrosomia). It may also be more difficult for you to lose the weight after pregnancy and increase your lifetime risk of obesity, diabetes, and heart disease.

Nutrition & Exercise

Good Food Choices: Eat a well balanced diet that includes lean protein, fruit, vegetables, and complex carbohydrates (whole grains, beans, lentils, oats). Simple carbohydrates like white bread or white rice and sugar should be limited or avoided during pregnancy. Eating healthy is important for both you and your baby.

Food Choices to Avoid: Avoid processed meats like bacon, hot dogs, salami, and pepperoni because they are high in nitrites. Avoid unpasteurized cheeses like brie, feta, blue cheese. Avoid any raw or undercooked meat. Avoid fish high in mercury during pregnancy.

Water: Water is important for you and baby. Your goal should be to drink at least one gallon of water daily.

Exercise: Unless otherwise directed by your provider, it is recommended that you walk at least 20 - 30 minutes daily. Forms of exercise that are encouraged include walking, swimming, prenatal pilates, and prenatal yoga. You can continue exercises that you did prepregnancy. We do not want you to participate in any form of exercise that is too strenuous or increases your risk of falling or injury

Safe Medication During Pregnancy

Allergies	Cetirizine (Zyrtec), Loratadine (Claritin), Fexofenadine (Allegra), diphenhydramine (Benadryl) Nasal spray: Nasacort, flonase, Afrin
Cold symptoms (cough, sore throat)	Fever: Acetaminophen (Tylenol). Congestion: saline nasal spray Cough: Guaifenesin (Robitussin), dextromethorphan (Delsym) Sore Throat: Halls, cepacol, sucrets lozenges
Constipation	Foods: prune juice, dried prunes. Fiber supplements: Benefiber, Metamucil. Stool Softeners: Docusate (Colace). Laxative: Polyethylene Glycol (Miralax), Milk of Magnesia, Sennosides (Senokot), Magnesium citrate
Diarrhea	Loperamide (Imodium, Maalox Anti Diarrheal, Pepto Diarrhea Control)
Gas/Bloating	Simethicone (Gas-X, Mylicon), Gaviscon (Mylanta)
Headache	Acetaminophen (Tylenol, Tylenol Extra Strength)

Safe Medication During Pregnancy

Heartburn (Acid reflux)	Calcium carbonate (TUMS) Gaviscon (Mylanta), Magnesium/aluminum Hydroxide (Maalox), Pepcid (Famotidine), Zantac (Ranitidine), Prilosec (Omeprazole), Nexium (Esomeprazole)
Hemorrhoids	Hydrocortisone cream/suppositories (Preparation H), Witch Hazel Pads (tucks pads)
Nausea & Vomiting	Unisom (doxylamine) ½ tablet three times a day <i>plus</i> Vitamin B6 25 mg three times per day; Emetrol; Ginger 250 mg four times a day (see common pregnancy symptoms for additional measures)
Sore Throat	Warm gargles with tea, lemonade, or salt water. Halls drops, Depastat, Chloraseptic
Sleep	Diphenhydramine (Benadryl, Sominex, Nytol), Unisom (doxylamine), Tylenol PM

Safe Medication During Pregnancy

Tooth Pain	Orajel, Tylenol or Tylenol Extra Strength
Rashes/Skin Irritation	Hydrocortisone cream (Cortaid), Diphenhydramine cream (Benadryl cream)
Yeast infection	Miconazole (Monistat 5-7 day)

Common Pregnancy Related Symptoms

Braxton Hicks: Oftentimes described as practice contractions, braxton hicks contractions feel like menstrual cramps or lower back pain that is typically consistent or repetitive. Sometimes being dehydrated can cause braxton hicks contractions. If you start to have braxton hicks, rest and drink water. We recommend staying hydrated throughout the pregnancy to prevent these from occurring.

Constipation: An increase in progesterone (a pregnancy hormone) often causes constipation during pregnancy. To minimize constipation, please stay well hydrated with water, walk 30 minutes daily, eat foods high in fiber and/or magnesium, eat dried prunes or prune juice, and decrease how much caffeine you eat/drink.

Headaches: Be sure to drink at least 1 gallon (128oz, 3.8L) of water daily, dehydration can cause headaches. *Avoid triggers* - staring at a cellphone, computer, or TV for prolonged periods, and exposure to hot climates. Tylenol or magnesium can be used for relief, but **avoid/do not take** NSAIDs like ibuprofen or Motrin. If your headache is becoming severe or symptoms are worsening, please call the office.

Nausea: Nausea tends to peak at or around 11 weeks and get better around 16 weeks. Make sure to notify your provider if you are unable to eat or drink anything. To help - *eat small meals and snacks throughout the day*, eat crackers before you get out of bed in the mornings or during the middle of the night, eat something bland every 1 - 2 hours, try carbonated drinks like *ginger ale, peppermint tea, ginger tea or hard candy*. Try sea bands (acupressure). Excess saliva production is common during the first trimester, to reduce it you can try chewing cinnamon gum or sucking on hard candy.

Round Ligament Pain: There are two main ligaments that grow, support and hold the uterus as your baby grows. As these ligaments stretch, you may feel a sharp pain on either side of your lower pelvic area. Sometimes the feeling can be dull or start in the lower groin area. **Strategies to help:** stretching, hydration, heating pad or warm compress to the area. Also, a using pregnancy support pillow at night can often be very helpful at relieving the aches and pains.

Shortness of Breath: During the 1st trimester and especially into the 3rd trimester, you may experience shortness of breath. In your 1st trimester, the hormone progesterone, causes you to breathe more frequently which makes you feel short of breath. In the 3rd trimester, the uterus gets bigger and pushes up on the diaphragm which makes it harder for your lungs to expand which causes the shortness of breath. Closer to the due date, the baby moves down into the pelvis which can provide some relief. **Strategies to help:** sit and stand tall, slow position changes, sleep with the head of the bed elevated, or extend your arms above your head for a couple of seconds - all allow for easier lung expansion and deep, full breaths.

Sciatica: As your baby grows, you may notice some pain in your buttocks area or radiating down the back of your thighs. Sciatica occur as a results of compression on your spine from the growing baby. **Strategies to help:** sciatica stretches, hydration, walking, a pregnancy pillow to sleep with, a maternity support belt, and limiting prolonged sitting or standing.

Swelling: It is common to notice swelling in your lower legs, ankles, and feet. Be sure to drink plenty of water and elevate your legs at nighttime. If you stand for prolonged periods of time at work, you may want to wear compression stockings/socks to help reduce the swelling. If you notice the swelling is not getting better or getting worse, please call the office.

Vaginal Discharge: An increase in vaginal discharge is very common and normal during pregnancy. If you notice discharge with an odor, itching, or irritation, please call the office.

Labor Signs & Symptoms

Contractions: Contractions are often described as a cramping sensation, usually starting in the lower back and radiating to your belly. During a contraction, your belly will become hard. When it is over, your belly becomes soft again. To time contractions, (1) time how far apart the contractions occur - start counting at the beginning of one contraction to the beginning of the next contraction; (2) time the contraction length - how long the contraction lasts, start counting at the beginning of the contraction and stop counting when the same contraction ends. Over time contractions will get closer together and stronger. Once your contractions are about 5 minutes apart for 1 hour, you can go to the hospital (Piedmont Henry Labor and Delivery, North Tower, third floor).

Rupture of Membranes: The amniotic bag is leaking or your “water breaks”. Some women will experience a gush of fluid, but sometimes it is a constant trickle. If you’re not sure, call the office.

Bleeding: It is very common toward the end of pregnancy to have pink or reddish spotting after a vaginal exam or after sex. In the last few weeks of pregnancy, you may notice a thick mucus vaginal discharge that may be streaked with blood, called “show”, this is normal. If you notice bright red bleeding, especially if it is running down your legs, please call the office.

Please keep in mind these are only guidelines and every expectant mother’s body is different. If you have any questions or believe you may be in labor, call the office. After hours, the doctor on call will be contacted. Please allow 15 minutes for a return call.

Frequently Asked Questions

Am I allowed to travel?

Yes, up until 36 weeks; unless otherwise ordered by your healthcare provider. If you are traveling by car, stop every 2 hours for a short walk or stretch, or to empty your bladder. If traveling by plane, make sure the cabins are pressurized as with large planes. Helicopters and commuter planes are not usually pressurized. On a plane ride longer than 2 hours be sure to get up and walk the aisle of the plane every 2 hours.

Should I continue working throughout pregnancy?

Yes! We would like you to continue your regular work schedule as normal. We do not limit working during pregnancy, unless it is specified by your healthcare provider.

Am I allowed to go to the dentist?

Yes, if x-rays are absolutely necessary, make sure that the lead apron is used to shield your abdomen. Numbing agents such as novocaine, carbocain, and xylocaine are safe to take. *Nitrous oxide is not permitted.* If your dentist requires written consent for treatment, please *contact the office 48 hours prior* to your appointment for dental work.

*Remember: Daily dental care of brushing your teeth twice a day, flossing and using mouthwash are especially important during pregnancy.