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OFFICE VISITS DURING YOUR PREGNANCY

- Initial Visit:** This is your New OB Visit. This appointment can be made anytime following a positive pregnancy test. At this appointment we will review your history, draw your blood for lab work and perform a physical exam.
- 12 Wk Visit:** Second visit of your pregnancy. Review labs and listen for baby's heartbeat. We will listen to the baby's heartbeat each and every visit from 12 weeks to delivery.
- 16 Wk Visit:** Quad Screen (optional)
- 20 Wk Visit:** Sonogram Survey
- 24 Wk Visit:** Give GLucola
- 28 Wk Visit:** Glucose and iron test. Rhogam if needed.
- 32 Wk Visit:** Routine Visit
- 34 Wk Visit:** Routine Visit
- 36 Wk Visit:** Group B Strep Culture
- 37-40 Wk Visit:** Weekly visits until delivery, will include a pelvic exam at each visit.

Common Questions about Nutrition & Pregnancy

What about raw food and cheese?

- All meat and eggs should be fully cooked
- Cheese should be pasteurized

Which fish should I avoid?

- Avoid fish high in mercury such as: shark, mackerel, tilefish, swordfish and marlin
- Fish with lower levels of mercury are: shrimp, canned light tuna, salmon, pollack and catfish
- Limit albacore tuna to 6 ounces per week due to higher amounts of mercury
- Avoid sushi
- 12 ounces of other fish per week is acceptable

How much caffeine can I have?

- Limit total intake to 300mg per day or 1-2 cups of coffee

Average Caffeine Content in Common Beverages

Beverage	Serving size (oz)	Caffeine Contents (mg)
Drip Coffee	8oz	234mg
Instant Coffee	8oz	85mg
Brewed Tea	8oz	9-46mg
Hot Chocolate	6oz	10mg
Soda	12oz	40-55 mg

What about artificial sweeteners?

- Recommend to use in moderation

What about processed meats like lunchmeat and hotdogs?

- You may eat these foods in moderation

Are there any herbs I should avoid?

- Avoid the use of flax seed oil-it has been linked to pre-term labor
- Avoid green tea in the 1st trimester-it has been linked to decreased folate absorption

Weight Before Pregnancy	Recommended Weight Gain During Pregnancy (Pounds)
Underweight	28-40
Normal weight	25-35
Moderate Weight (120%-135% of standard)	15-25
Severely overweight (more than 135% of standard)	15

Nutrients	Nonpregnant	Singleton	Twins
Proteins, fats, calories And carbohydrates Per day	2200	2500	3500
Recommended weight gain Before 24 weeks	n/a	½ lb/wk	1 lb/wk
Recommended weight gain After 24 weeks	n/a	1 lb/wk	2 lb/wk
Optimal total weight gain	n/a	25-30 lb	40-50 lb
Average length of gestation	n/a	40 wk	36 wk

Food group	serving size	Singleton	Twins
Dairy	8 oz milk 8 oz cottage cheese 8 oz ice cream 1 oz hard cheese 1 cup of yogurt	6 servings per day	8 servings per day
Meats, fish, poultry	1 oz	6 servings per day	8 servings per day
Eggs	1	1 per day	2 per day
Vegetables	½ cup cooked or 1 cup fresh	4 servings per day	4 servings per day
Fruits	½ cup or 1 fresh	4 servings per day	7 servings per day
Grains and Breads	1 oz; ½ cup, Cooked or 1 slice	8 servings per day	10 servings per day
Fats, oils and nuts	1 T oil 1 pat butter 1 oz nuts	5 servings per day	6 servings per day

Fats and oils are heroes, not villains, for expectant moms. Stock cupboards, refrigerator and freezer with the basics.

GUIDELINES FOR CONTINUATION OF VARIOUS LEVELS OF WORK DURING PREGNANCY.

<u>Job Functions</u>	<u>Week of Gestation</u>
Secretarial and light clerical	Up to 40 wks
Professional and managerial	Up to 40 wks
Sitting with light tasks, prolonged or intermittent	Up to 40 wks
Standing	
Prolonged (more than 4 hours) without a break	Up to 24 wks
Intermittent	
(More than 30 minutes per hour)	Up to 32 wks
(Less than 30 minutes per hour)	Up to 40 wks
Stooping and bending below knee level	
Repetitive (more than 10 times per hour)	Up to 20 wks
Intermittent (2 to 9 times per hour)	Up to 28 wks
(Less than 2 times per hour)	Up to 40 wks
Climbing, vertical ladders and poles	
Repetitive (4 or more times per 8 hr. shift)	Up to 20 wks
Intermittent (less than 4 times per 8 hr. shift)	Up to 28 wks
Stairs	
Repetitive (4 or more times per 8 hr. shift)	Up to 28wks
Intermittent (less than 4 times per 8 hr. shift)	Up to 40 wks
Lifting	
<u>Repetitive</u> (No restrictions medically indicated due to pregnancy alone to 20 wks. Unless otherwise advised by doctor.)	
May lift up to 50 pounds from 20 to 24 wks. After 24 wks no lifting over 25 pounds.	
<u>Intermittent</u> (No restrictions medically indicated due to pregnancy alone up to 30 wks Unless otherwise advised by doctor.)	

Women, Folic Acid and Neural Tube Defects

What is folic acid?

- Folic acid is a water-soluble B vitamin found in most vitamin supplements

Why is folic acid important for me?

- Studies have shown that taking 400 mcg of folic acid at least 3 months before conception can prevent 70% of neural tube defects
- Studies have also shown that folic acid may help prevent cleft lip and palate

What is a neural tube defect?

- The neural tube is the part of an embryo that develops about 28 days after conception
- It involves the developing brain and spinal cord
- If any portion of this neural tube does not form properly, the baby can be born with a partially open spine or brain malformations

How does folic acid help this?

- Studies have shown that folic acid helps cell growth to prevent these birth defects that often happen before you even know you're pregnant.

Who should take folic acid?

- **Whether you are using birth control, not planning to get pregnant, or planning to get pregnant, the March of Dimes recommends that all women of childbearing age take at least 400 mcg of folic acid each day**
- As many as 50% of pregnancies are unplanned. So, by taking folic acid now you can help prevent neural tube birth defects if you do become pregnant
- If you are planning to have a baby, you should start taking folic acid at least 3 months prior to trying to get pregnant
- The March of Dimes recommends increasing your dose of folic acid to 600 mcg once you know you are pregnant
- You should not take more than 1000 mcg of folic acid daily without consulting your doctor first. Too much folic acid can hide signs of some anemia.
- If you take medication for seizure disorder you may need additional folic acid. Ask your healthcare provider.

What are some dietary sources of folic acid?

- Folic Acid can be found in orange juice, leafy green vegetables, beans, peanuts, broccoli, asparagus, peas, lentils, fortified cereals, pastas, breads and rice

References

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Tinkle, Mindy RNC, PhD, WHNP (1997). Neural tube defects: a primary prevention role for nurses. Journal of Obstetrics, Gynecology and Neonatal Nursing, 26(5). 503-512. Folic Acid (2000). (Brochure) The March of Dimes. You may visit the March of Dimes web site @ www.marchofdimes.org

American College of Obstetrician and Gynecologist
Guidelines for exercise during pregnancy and postpartum

The following guidelines are based on the unique physical and physiologic conditions that exist during pregnancy and the post-partum period.

They outline general criteria for safety to provide direction to patients in the development of home exercise programs.

Pregnancy and Postpartum

1. Regular exercise (at least 3 times per week) is preferable to intermittent activity. Competitive activities should be discouraged.
2. Vigorous exercise should not be performed in hot, humid weather or when you are sick with a fever.
3. Ballistic movements (jerky, bouncy motions) should be avoided. Exercise should be done on a wooden floor or a tightly carpeted surface to reduce shock and provide a sure footing.
4. Deep flexion or extension of joints should be avoided because of increased flexibility of joints and ligaments. Activities that require jumping, jarring motions or rapid changes in direction should be avoided because of joint instability.
5. Vigorous exercise should be preceded by a 5 minute period of muscle warm up. This can be accomplished by slow walking or stationary cycling with low resistance.
6. Vigorous exercise should be followed by a period of gradually declining activity that includes gentle stationary stretching. Because increased flexibility of joints and ligaments increases the risk of joint injury, stretches should not be taken to the point of maximum resistance.
7. Heart rate should be measured at times of peak activity. Target heart rates are limits established in consultation with the physician and should not be exceeded.
8. Care should be taken to gradually rise from the floor to avoid a drop in blood pressure. Some form of activity involving the legs should be continued for a brief period.
9. Liquids should be taken liberally before and after exercise to prevent dehydration. If necessary, activity should be interrupted to replenish fluids.
10. Women who have led sedentary life-styles should begin with physical activity of very low intensity and advance levels very gradually. Activity should be stopped and a physician consulted if any unusual symptoms appear.

Pregnancy only

1. Maternal heart rate should not exceed 140 beats per minute.
2. Strenuous activities should not exceed 15 minute in duration
3. No exercise should be performed while lying flat on your back after the fourth month of gestation is completed.
4. Exercises that employ holding your breath should be avoided.
5. Caloric intake should be adequate to meet not only extra energy needs of pregnancy, but also of the exercise performed.
6. Maternal core temperature should not exceed 100.4° F.

3D SONOGRAMS

Northland Obstetrics and Gynecology, INC will begin offering elective 3D sonograms to our obstetrical patients. With our state of the art ultrasound equipment we are able to provide amazing 3D pictures of your baby. This sonogram is offered as an elective service that is not covered under insurance policies. You will be expected to pay for the elective 3D sonogram at time of visit. **Payment is due in cash only.** All other patient balances must be paid in full prior to scheduling a 3D fun Sonogram.

COST: \$100.00 (\$125.00 for twins)

Best time: 25-30 weeks of pregnancy

How long does it take : 20-25 minutes

What is included: 3D Ultrasound
 4D Ultrasound
 5-7 Sepia prints and 7-10 black and white thermal prints plus a
DVD of Images to view at home on your computer.

Sex Determination? The sonographer will make every effort to determine the sex of the baby. Please let the sonographer know if you do not want to know the sex of the baby.

SONOS FOR SEX DETERMATION

Cost: \$50.00

Best time: Ob Patients who are more than 14 weeks

Due to limited space patients will be only allowed 2 guests.

All patients who request this service must be receiving prenatal care and have already undergone a diagnostic ultrasound to confirm dates, screen for fetal anomalies and identify other developmental markers.

SCHEDULE YOUR 3D FUN SONOGRAM TODAY!

BENEFITS OF PRENATAL MASSAGE



Decreases back, neck and shoulder pain

Decreases pelvic/hip pain

Decreases headaches

Improves lymphatic and blood circulation

Reduces swelling

Improves sciatic pain

Improves sleep

Reduces fatigue

Decreases swelling in hands and lower legs

Alleviates stress on weight bearing joints i.e., knees

Promotes relaxation and deep breathing

Helps stabilize hormones levels

Lessons anxiety and depression caused by hormone changes