

Chester County
Ob | Gyn
Associates

For the Mother-to-be

What You Can Expect

Every visit will include a weight, blood pressure and urine check for protein or sugar. Your provider will also measure your belly to monitor your baby's growth. In addition, you can expect the following:

Important Things For You to Do

VISIT 1 : At 8-10 weeks

You will meet with our nurse educator. She will review your medical history and provide you with materials and books that will be helpful to you during your pregnancy. You will also receive information about several services offered by The Chester County Hospital to help you during your pregnancy.

A provider will perform a complete gynecologic exam however it is probably too early to hear a heart beat. You will be given a lab form for your prenatal labs.

- * Go to the laboratory with your lab form for your prenatal labs.

VISIT 2 : At 12-14 weeks

In addition to checking your weight, blood pressure, urine and measuring your belly, your provider will listen for the baby's heart beat with a Fetal Doppler. We do not perform ultrasounds in the office. At this visit you will be given instructions to schedule an obstetrical ultrasound for fetal evaluation that should be done at 20-23 weeks of gestation. For optimal visualization of your baby please do not make your appointment until you are at 20 weeks gestation unless you have been instructed to do so by your physician.

- * Schedule your ultrasound to occur after your 20th week. We will provide you with the telephone numbers to call.

SUBSEQUENT VISITS: Every 4 weeks thereafter until your 30th week

At 15-18 weeks

You will be given the option to have a screening blood test that may indicate any increased risk for open neural tube disorders such as spinal bifida or an increased risk for down's syndrome. The test is not 100% accurate and is used only as a screening tool.

- * Go to the Lab for a Screening Blood Test.
- * We encourage you to register for prenatal classes offered by the Hospital. 610-738-2300

At 26-28 weeks

You will be given a lab form for a 1 hour Glucola blood test which will screen for gestational diabetes. Occasionally during pregnancy your body may exhibit difficulty metabolizing carbohydrates. If this screening is positive then further testing will be done.

- * Go to Lab for 1-hour Glucola blood test.

At 35-37 weeks : Visits increase

At this time your physician will obtain a cervical culture which will check for group B streptococcus. This is a type of bacteria that can be found in up to 40% of pregnant women. If this test is positive, you will be treated with antibiotics during your labor.

We do encourage our mothers to breast feed. This is a good time to get information and ask questions about breast feeding should you have any concerns. Visits may increase between 30-35 weeks for some patients.

- * Get information on the value of breast feeding and lactation consulting.
- * Understand your insurance options regarding homecare services available to you within 5 days of giving birth.

Frequently Asked Questions

Our Nurse Educator will provide you with more information and a book to help you plan and understand your pregnancy. This handout is a general overview and may not apply to everyone.

Calling your physician

Please call if you have:

- Blood or fluid coming from your vagina
- Sudden or extreme swelling of your face or fingers
- Headaches that are severe or won't go away
- Nausea and vomiting that won't go away
- Dizziness
- Dim or blurry vision
- Pain or cramps in your lower abdomen
- Chills or fever
- A change in your baby's movements

Eating – What is the right amount?

What you eat feeds your baby – so choose healthy foods. You may need about 300 extra calories each day.

Be sure to include the following:

- 3 servings of milk or dairy products
- 4 servings of vegetables
- 3 servings of fruit
- 9 servings of bread, cereals, rice, or pasta
- 2 to 3 servings of meat, fish, poultry, dried beans, eggs or nuts
- At least 6 to 8 glasses of water

Exercise

Unless you have problems in your pregnancy, you can probably continue with whatever exercise you did prior to pregnancy. Walking and swimming are great choices. If you didn't exercise before pregnancy, start slowly. It is probably best to avoid anything that could cause you to fall.

Medicines

There are medications that you can safely take during pregnancy when used according to package recommendations:

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| ■ Headaches & Backaches | Tylenol or Extra Strength Tylenol |
| ■ Colds & Allergies | Actifed, Sudafed, Chlortrimetron, Clariton, Zyrtec or Benadryl |
| ■ Coughs | Robitussin DM |
| ■ Diarrhea | Kaopectate |
| ■ Heartburn | Maalox, Mylanta, Tums, Pepcid or Zantac |
| ■ Constipation | Metamucil, Colace, Fibercon, Milk of Magnesia |
| ■ Hemorrhoids | Preparation H, Tucks, Nupercainal |

Morning Sickness

Nausea or vomiting may strike anytime during the day (or night). Try eating frequent, small meals, and avoid greasy foods. Keep crackers by your bed to eat before getting up. Talk to your physician if this lasts past the first 3 months or causes you to lose weight.

Warnings

- Do not Smoke – it raises your risk for miscarriage, premature birth, low birth weight and many other problems.
- Do not use drugs – cocaine, heroin and marijuana increase your risk of miscarriage, premature birth and birth defects. And your baby could be born addicted to the drug you have been using.
- Do not drink alcohol – drinking alcohol during pregnancy is the major cause of preventable birth defects, including mental slowness.
- Do not clean your cat's litter box, or eat raw or undercooked red meat. You could get toxoplasmosis, a disease that can cause birth defects.
- Do not sit in the sauna or hot tub. This raises your risk of miscarriage and birth defects.
- Do not douche without talking to your physician first. Douching could force air into the vagina, which can cause an air embolism.

Weight Gain – How much should I gain during pregnancy?

About 25 to 30 pounds. Depending on your initial weight, you may need to gain more than 25-30 pounds or gain only 15 to 18 pounds.

Your Insurance

Each health plan has different coverages, co-pays and deductibles. We encourage you to call your health plan's member services department. Below is information that may be typical of your coverage. Please be sure to confirm this information with your insurance carrier. Chester County OB|GYN Associates charges a global fee for your normal prenatal care and delivery. There are certain charges in this global fee that may not be covered by your health plan. If you have any questions, our Billing Department is available to help. You may reach them at 610-692-2369.

Please call our West Chester office for further information about typical coverage rates as this information is periodically updated.

Chester County **Ob|Gyn** *Associates*

610-692-3434

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For more information about Chester County OB|GYN Associates,
please visit www.cchob.com.