

Childbirth Education classes are beneficial and available at St. Luke's Baptist Hospital. Register early for these classes. Usually, classes start in the seventh month but you must register early. You may take a tour of the hospital.

It is usually necessary to pre-register at the hospital. You may also need to precertify with your insurance company. Please be sure to give our receptionist updates on your insurance information.

We will be happy to assist you in the selection of a pediatrician to care for your baby. Please bring your provider list if applicable.

For the well being of your baby, AVOID:

- Alcohol, Smoking cigarettes, second hand smoke, and Caffeine
- Raw or undercooked meat, soft cheeses, oysters, raw eggs
- Cat feces and litterboxes
- Individuals who are sick
- Excessive salt and sugar
- Hot tubs and saunas
- Cats, raw meat, and gardening are potential sources of toxoplasmosis and should be avoided during pregnancy.

Warning Signs

Please call immediately for any of the following symptoms:

- Contractions five minutes apart or less
- Fluid leaking from the vagina
- Bleeding
- Fever
- Decrease in the movement of the baby
- Severe headaches, blurred vision, upper abdominal pain, or severe swelling
- Symptoms of preterm labor

Symptoms of Preterm Labor:

- Menstrual-like cramps, constant or intermittent
- Low, dull back ache, constant or intermittent
- Pressure in the pelvis
- Abdominal cramping, with or without diarrhea
- Fluid leaking from the vagina
- Feeling "bad"
- Contractions or tightening of the uterus, more than four in one hour -even if painless

If you have questions, please feel free to ask or call 614-1000, 520-8484, 657-4099, 615-8585. It may be helpful to write them down for discussion during your prenatal visits.

NOTE:

- Call Coverage: Call coverage is rotated between Dr. Reyes, Dr. Valdez, Dr. Almendarez, Dr. Delgado, Dr. Carcamo, Dr. Kaufman, Dr. Dooley, Dr. Ruiz, Dr. Gonima and Dr. Sabella.
- If you have Caller I.D. and do not accept anonymous calls (Anonymous Call Rejection) you must disconnect this service by dialing *87 or the Dr. will not be able to contact you after hours.



Prenatal Instructions

Prenatal Instructions

We are happy to be a part of this special time in your life. Our goal is to provide you with the best Prenatal Care. Our physicians and nurses are available to answer your questions. After hours, if you have an emergency, call the office number, assistance is always available.

Please try to be on time for your appointments. We will try to call you if an emergency has delayed our schedule. If you need to reschedule your appointment, please call us as soon as possible as other patients may be waiting for an opening.

We deliver most patients at St. Luke's Baptist Hospital. You will be asked to pre-register at about your eight month of pregnancy. You may have up to 2 persons in the room during delivery.

Prenatal Care

At your first prenatal visit, you will have a complete exam. Several weeks later, your obstetrical history will be evaluated. During early pregnancy, prenatal visits with the Physician are monthly. In the latter part of your pregnancy, prenatal visits are every two weeks. During the last month of pregnancy, prenatal visits are weekly. If you have complications, we may need to see you more frequently. Certain tests are routinely performed during pregnancy.

- Initially, this includes Complete Blood count, Blood Type, Rh factor, Antibodies, Rubella, Syphilis, Hepatitis B, HIV, Cervical Cultures, Urinalysis, and a Pap smear.
- The Triple Screen is offered to all women. This test screens for neural tube defects (open spine) and Down's Syndrome. It is done between 15 and 20 weeks of pregnancy.
- Genetic testing such as amniocentesis is offered to women older than 35 years of age or if there is a family history of a birth defect or a genetically transmitted disease. Amniocentesis should be performed after the 14th week.
- A Sonogram may be performed at 18-22 weeks if medically necessary to assess the growth of the baby, position of the placenta, and accuracy of the due date. At this time it may be possible to determine the sex of the baby.
- Screening for Gestational Diabetes will be performed between 24 and 28 weeks, as well as a Complete Blood Count to check for anemia.
- A culture of the cervix for Group B Strep can be done in the second trimester.
- Kick counts should be started in the last month of pregnancy. This is a test that you can do at home by counting the movements of the baby for one hour daily, usually after a meal. The baby should move approximately 10 times during this hour. If the baby is moving less, please notify us immediately.

Diet and Vitamins

Please take care to eat a well balanced diet and drink plenty of water. Normal weight gain is 25 to 30 pounds. Remember to take your prenatal vitamins every day after a meal. You may be taking iron as well.

Most women do not get enough calcium in their diet. Calcium is found in dairy products. You need to drink at least three cups of milk every day or the equivalent in other dairy products. If you are unable to get this calcium in your diet, you should take calcium supplements. Calcium supplements can be purchased over the counter. The dose is 400 mg twice daily. "Oyster shell" calcium is preferable.

Exercise

You may continue your usual pre-pregnancy exercise routine. If you are not physically active, walking and swimming are safe for you to begin. For your baby's well being, you should not exercise to the point of exertion or being "out of breath".

Medications

During pregnancy, you may take any of the following medications for problems listed:

- For headaches, muscle aches, fever:
 - Regular Tylenol or Extra-strength Tylenol
(Generics are acceptable, avoid liquid forms)
- For nasal congestion, colds:
 - Sudafed, Actifed, or Tavist D, Robitussin Max Strength Cough & Cold.
Robitussin DM, Tylenol Flu, Tylenol Cold.
- For allergies
 - Chlortrimeton or Benadryl
- For cough/sore throat pain:
 - Plain Robitussin cough syrup, Tylenol Cough
Chloraseptic throat spray
Throat lozenges such as Sucrets, Capastat, or Ludens
Warm salt water gargles or Listerine gargles
- For heartburn:
 - Maalox, Mylanta, Tums or Roloids
Avoid foods that make this condition occur
Small glass of milk to coat stomach may be helpful
- For constipation:
 - Milk of magnesia as directed
Stool softeners such as Colace or Surfak are allowed
 - To avoid constipation:
 - Drink 4-6 glasses of water daily
 - Eat fruits like apples, oranges or prunes
 - Eat vegetables
 - Bran cereals
 - Fiber products such as Metamucil or Citrucel are allowed
- For nausea:
 - Emetrol
Try small, frequent meals/snacks
Avoid foods/smells that aggravate nausea
 - Note: An empty stomach makes nausea worse.
- For diarrhea
 - Imodium AD or Kaopectate
 - Clear liquid diet for 24 hrs until problem resolves
- Vaginal irritation with discharge (suspicious of a yeast infection)
 - Monistat, Mycelex, or Gyne-Lotrimin vaginal creams are allowed.

Other Information

You may have dental work done as necessary. Your dentist may take x-rays if needed, shielding your abdomen/pelvis with a lead apron. Local anesthetics may be used. Certain antibiotics may be taken; be sure to let your dentist know that you are pregnant.

Perms and hair coloring is acceptable after the 1st. trimester. Inform your hairdresser that you are pregnant. Adequate ventilation is recommended.

If travelling, you should walk around every one to two hours to maintain circulation. We advise against travelling after 28 weeks.

To improve circulation and prevent swelling, rest on your side with your feet higher than your heart. Maternity Support Hose may also be helpful.