

Congratulations! This is such an exciting time filled with many questions. We have provided this packet to answer many of your questions and to provide our office contact instructions.

IF YOU HAVE A MEDICAL EMERGENCY PLEASE CALL 911

Office Hours:

Monday – Friday

9:00 am – 4:00 pm

Instructions for contacting our office during office hours:

- Patient Portal: This is the most efficient way to get in touch with our office during office hours. If you have not done so, we highly recommend registering for the patient portal. This is confidential, prompt and a safe way to communicate with our office for non-urgent reasons such as:
 - Non-urgent questions
 - Requesting lab/test results
 - Requesting disability or return to work notes
 - Non-urgent prescription refill requests

For other non-urgent questions, please feel free to write them down and ask your provider at your next appointment.

- For urgent questions during office hours, please call 904.384.6622 ext. 211 to reach the OB Nurse. If your call is not answered, please leave a detailed message with your full name, date of birth and contact phone number. Messages left before 4:00 pm will be handled the same day. Examples of when to call the office are:
 - Headaches that are not relieved with Tylenol, water and rest
 - Prolonged nausea and vomiting with inability to tolerate liquids for 24 hours
- If you think you are in labor and/or your water breaks, experience vaginal bleeding or feel a decrease in fetal movement, please call the office at 904.384.6622 and press 9 to reach a staff member immediately.
- When calling our office after 4:00 pm, you will reach the answering service. Our answering service will contact the physician on call. If you receive no response from the on call provider within 20 minutes, please call again.

Our call group consists of the following physicians:

Felix Acholonou, MD

Suny Caminero, MD

Caroline Carrion, MD

William Cody, MD

Daina Greene, MD

Michael Phelan, MD

APPOINTMENTS

Please arrive 15 minutes before your scheduled appointment time. Your appointment may have to be re-scheduled if arriving late. When coming to the office, please take into account that it may be difficult to find a parking space immediately upon arrival.

11 to 14 weeks	<p>Nurse visit for health interview and education session:</p> <ul style="list-style-type: none"> • You will be educated about pregnancy • Screened for healthy start • Placed on prenatal vitamins • Sent for initial set of blood work that the nurse will go over with <p>Physical Exam with our Nurse Midwife, Amy Zechella</p> <p>First Trimester screening which includes:</p> <ul style="list-style-type: none"> • Nuchal Translucency Ultrasound • Blood test screening for Down Syndrome and other chromosomal disorders such as Trisomy 18 and 13
18 weeks	<p>Anatomy Ultrasound</p> <p>Maternal Alpha-Fetoprotein blood test which screens for spinal cord defects. Please have this done between 16 and 20 weeks.</p>
24-28 weeks	<p>Second set of blood work consisting of one hour glucose tolerance test which screens for gestational diabetes. Fasting is not necessary; however, limit your carbohydrate/sugar intake prior to the test.</p> <p>Questionnaire screening for depression</p>
28-36 weeks	<p>Office visits every two weeks</p> <p>TDAP Vaccine</p>
32-34 weeks	<p>Growth ultrasound</p>
36-40 weeks	<p>Office visit every week</p> <p>Vaginal swab for Group B Strep</p>
40-41 weeks	<p>Office visit twice per week</p> <p>Fetal non-stress test twice per week</p>

*At each office visit you will have your blood pressure and weight taken. Your urine will be checked for signs of infection, excess sugar, protein and dehydration. Baby's heartbeat will be checked and your abdomen will be measured for your baby's growth between 20 to 36 weeks.

*High risk pregnancies will have additional testing and visits scheduled.

*In the event of unforeseen complication, you may be scheduled more frequently.

LABS AND TESTS

All blood tests ordered by your providers are recommended by the American Congress of Obstetrics and Gynecology. In order for timely treatment and to help minimize pregnancy risks, these tests screen for the most common maternal and fetal medical problems.

OUR OFFICE IS NOT RESPONSIBLE FOR THE COST OF THESE TESTS. YOUR OUT OF POCKET COST WILL DEPEND ON YOUR INSURANCE PLAN.

Blood tests for Down Syndrome, Trisomy 13 and 18, neural tube defects are all screening tests. If tests return abnormal, it does not mean that there is a problem with your baby. Further testing will be recommended.

A new optional test for Cystic Fibrosis carrier status is available. It can be done at any point in the pregnancy. It is not always covered by insurance. If you are interested in having this test done, you must call your insurance company to verify that it is covered under your policy. You will receive a pamphlet about this test at your nurse visit.

Most tests take approximately 2-3 weeks to be returned to our office and processed. We will only call you if there is an abnormal result. All normal results will be published to your patient portal.

If you are interested in obtaining 3D and 4D images/videos of your baby (best done between 28-30 weeks), the following imaging centers are available in Jacksonville that can provide you with those services. Please call them for their rates.

DVDs, CDs and the use of recording devices on cell phones are not allowed during any of your ultrasounds. You will receive pictures from the ultrasound at the time of your visit.

Sneak Peek Studios
Reflections 4D
A Stork's View
Discovery Ultrasound
Baby's Close up

SMOKING

Smoking cigarettes, cigars, marijuana or e-cigarettes are harmful to your health as well as your baby's. Mothers, who smoke, statistically have a higher chance of miscarriage, stillbirth, premature labor, low birth weight, and placenta detachment. These are only a few of the potential pregnancy complications.

EXERCISE

Physical activity during pregnancy is encouraged. If you have an uncomplicated pregnancy, moderate exercise such as walking, swimming, stationary cycling, modified yoga and/or pilates, low impact aerobics running or jogging is encouraged. Activities to avoid are as follows:

- Exercise with potential for falls such as horseback riding, skiing, surfing, gymnastics, etc.
- Contact sports such as boxing, ice hockey and basketball
- Scuba and sky diving
- Hot yoga or hot pilates

Discontinue exercise and talk to your physician if you experience any vaginal bleeding, leakage of fluid, difficulty breathing, dizziness, headache, chest pain and muscle weakness affecting balance.

TRAVEL

NO LONG DISTANCE TRAVEL SHOULD BE MADE UNLESS CLEARED BY YOUR PHYSICIAN

Best time to travel is between 14 and 28 weeks of pregnancy as most pregnancy emergencies often happen in the first and third trimester. Always wear your seatbelt while in a motor vehicle. Avoid placing seatbelt on your abdomen. Place the top portion of your seatbelt across your chest and bottom portion across your lab avoiding the abdomen. If planning a long distance travel by car, make sure to take frequent stops (at least every 2 hours) to move around and stretch your legs. If you are planning on taking a cruise, you will need a letter signed by the physician to board the cruise ship. Please be aware cruise lines will not allow you on board the ship after 25 weeks. Call the cruise line prior to travel to make sure they have passed inspections for Norovirus.

ZIKA VIRUS

At this time, the CDC recommends ALL pregnant women avoid travel to areas with high risk of Zika virus infections such as Central and South America. If you are planning on traveling outside of the US, please let your physician know, as travel to some geographic areas are not recommended.

INTERCOURSE

Provided you have no vaginal bleeding, leaking or placenta previa, there are no restrictions to normal sexual activity through the entire pregnancy.

DENTIST

Some dental providers require a note from your physician to get your teeth cleaned or to perform dental procedures. Send us a message through the patient portal or call the office and leave a message with your dentist's name, office and fax number and we will fax a note. Dental hygiene is very important in pregnancy as poor oral care increases the risk of delivering preterm.

WEIGHT GAIN IN PREGNANCY

The recommended weight gain during pregnancy varies depending on your pre-pregnancy weight and height called body mass index.

<u>BMI</u>	<u>Single Pregnancy</u>	<u>Twin Pregnancy</u>
Normal Weight: BMI 18-24.9	25 to 35 pounds	37 to 54 pounds
Overweight: BMI 25-29.9	15 to 24 pounds	31 to 50 pounds
Obese: BMI >30	11 to 20 pounds	25 to 42 pounds

FOOD/DIET/NUTRITION/SUPPLEMENTS

Caloric Intake:

For normal weight women carrying one baby, it is recommended to increase your daily caloric intake by 300 calories/day.

Prenatal Vitamins:

Take one prenatal vitamin daily. It is better to take at night to decrease the chance of getting nausea from them. Also, some prenatal vitamins can change your urine color to neon like yellow color which is normal.

Calcium Intake: - 1200mg/day

Foods rich in calcium include, milk, yogurt, cheese, cottage cheese, almonds, tofu, beans, kale and broccoli.

Iron Intake: - 30mg/day

Foods rich in iron include, red meat, pork, seafood, beans, dark green leafy vegetables, dried fruit, iron fortified cereals.

Folic Acid Intake: - 400mcg/day

Foods rich in folic acid include spinach, collard greens, romaine lettuce, asparagus, broccoli, lentils, citrus fruits, avocado, okra, brussel sprouts.

Seafood:

You can eat up to 12oz (2 average meals) per week of a variety of fish and shellfish such as, shrimp, canned tuna, salmon, pollock and catfish.

Food Safety:

Always wash your hands after preparing or handling any raw, uncooked meats or seafood. Avoid meats, fish and poultry that are NOT fully cooked. Avoid swordfish, shark, king mackerel and tilefish due to a higher concentration of Mercury. Avoid hot dogs, deli meats and lunch meats due to a higher risk of being contaminated with the bacteria called Listeria, unless reheated until steaming hot. Avoid unpasteurized dairy products such as milk, unpasteurized cheese (feta, brie, queso blanco, queso fresco), fruit/vegetable juices (some apple cider). Avoid eating raw sprouts (radish, clover, alfalfa). Avoid alcohol. Limit caffeine intake to no more than 300mg per day. The average cup of coffee has 200-300mg caffeine. Black tea has approximately 70mg.

PREGNANCY SAFETY TIPS**Kick Counts:**

Kick counts are very important particularly starting after 28 weeks. Pick a time of the day in which your baby is normally active and count baby's movements. You should have at least 10 movements in two hours. A useful app you can use is called Count the Kicks.

Sleep:

Do not sleep on your back or on your belly. As your baby and uterus grow, sleeping on your back can decrease the blood supply to your baby and this has been linked to stillbirths. Sleep on your right or left side.

Medications:

It is advisable to limit any medication intake particularly in the first trimester unless prescribed by your doctor. Do not use any ibuprofen/motrin. Castor oil is not approved during pregnancy.

Pets:

If you have a cat, have another person clean the litter box. Cats can carry toxoplasmosis in their stool. Toxoplasmosis can cause brain abnormalities to the baby.

Gardening:

Always wear gloves when gardening.

Vaccines:

Flu vaccine is recommended to all pregnant women during flu season. Whooping cough vaccine (TDAP) is recommended to all pregnant women between 27 to 36 weeks of pregnancy. This helps decrease your baby's risk of getting whooping cough the first two to three months of life. All persons caring for your baby (father, grandparents, etc.) should be up to date with this vaccine as well.

APPROVED MEDICATIONS DURING PREGNANCY

Headaches/Discomforts	All Tylenol products. Max 3600mg/day
Cold/Sinus	Tylenol products Chlor-Trimeton
Environmental Allergies	Claritin Zyrtec Benadryl
Cough	Robitussin DM
Nausea	Vitamin B6 Unisom
Constipation	Metamucil Milk of Magnesia
Hemorrhoids	Anusol Tucks pads Witch Hazel Preparation H
Indigestion/Heartburn	Tums Maalox Mylanta Rolaids Gas X Pepcid, Zantac or OTC Nexium
Diarrhea for greater than 24hrs	Immodium AD

ADDITIONAL USEFUL INFORMATION

Books:

Mayo Clinic Guide to a Healthy Pregnancy: From Doctors Who are Parents, Too!
May 1, 2011 by the pregnancy experts at Mayo Clinic

What to Expect When You're Expecting
April 10, 2008 by Heidi Murkoff and Sharon Mazel

The Expectant Father: The Ultimate Guide for Dads-To-Be.
May 26, 2015 by Armin A. Brott and Jennifer Ash

Apps:

Count the Kicks
The Gift of Motherhood
Sprout Pregnancy Lite
My Pregnancy Today
Pregnancy ++

Classes:

See your Family Birth Place Package for information regarding hospital tour, birthing classes and breast feeding classes. To schedule the breast feeding classes, which are free, please call 904.308.4461.

Mother to Baby:

For questions regarding medications, infection and vaccination in pregnancy, call toll free 877.311.8972 or visit www.mothersbaby.org.

Pediatrician:

You will need to find a pediatrician for your baby prior to being discharged from the hospital after delivery. Please contact your insurance company regarding in network pediatricians.

****Because we want the best for you and your baby we ask that you please come to all scheduled appointments, obtain all required tests ordered by your physician and follow all safety instructions. If you are unable to do so, we may have to discontinue our relationship and regrettably discharge you from our practice.****