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GREAT EXPECTATIONS

A Guide to a Healthy, Knowledgeable Pregnancy

Thank you for choosing Lakeview Clinic. Our Obstetric Department consists of Family Practitioners and Obstetricians who work in concert to provide the highest quality medical care. Our ultimate goal is a pregnancy that results in a healthy mom and a healthy baby.

OB patients are generally seen every 4 weeks in early pregnancy. Beginning at 28 weeks patients are seen on average every 2 weeks. Weekly visits begin at 36 weeks. You may be seen more often if the circumstances of your pregnancy warrant closer follow-up.

PREGNANCY TIMELINE (Dated from the first day of the last menstrual period)

- 2-3 weeks--Conception
- 4-6 weeks--Confirmation of pregnancy visit
- 7-9 weeks--First trimester ultrasound
- 10-12 weeks--New OB Visit. This includes taking your history for risk factors, doing an exam including cervical cancer screening if indicated, and obtaining initial screening bloodwork and urine culture.
- 10-18 weeks--Timeframe for genetic testing if desired. See next page.
- 20-22 weeks--Ultrasound for fetal anatomy survey
- 26-29 weeks--Lab screening for gestational diabetes, blood count, syphilis, and urine infection
- 28 weeks--Rhogam injection if Rh negative
- 28-36 weeks--Childbirth and Breastfeeding classes; Tdap injection
- 36 weeks--Cervical exam and screening for Group B Strep infection

*Flu and COVID shots are recommended during pregnancy. Discuss with your provider.

CARRIER SCREENING

There are optional genetic tests to check for cystic fibrosis, spinal muscular atrophy, and sickle cell disease. If the mother screens positive, then the father would have a blood test. For a child to be affected by one of these diseases, he/she would need to inherit an abnormal gene from each parent. You must check with your insurance to see if these are covered.

Cystic Fibrosis--CF is a genetic condition in which the lungs and digestive system get clogged with mucus. Your baby is tested for this at birth.

Spinal Muscular Atrophy--SMA is a genetic disorder that starts in the central system and affects all the muscles in the body.

Sickle Cell Disease--SCD is a genetic disorder involving the red blood cells that causes them to get sticky and clog blood flow.

CELL FREE DNA/NIPT SCREENING

Cell Free DNA testing or non-invasive prenatal testing is recommended for women who are at least 10 weeks gestation and have adequate counseling. DNA from the fetus is extracted from a maternal blood sample and screens for the increased chance of chromosome problems. The screening can also provide information about fetal sex. If this test is chosen, it is recommended to also have an AFP drawn between 15-18 weeks to assess for neural tube problems. You must check with your insurance to see if this is covered.

FIRST TRIMESTER SCREENING

First trimester screening may be done between the 11th and 13th weeks of pregnancy. It combines an ultrasound with bloodwork to determine risk for birth defects. It does not test for neural tube defects.

QUADRUPLE "QUAD" SCREEN

This is a maternal blood test done during the early part of the 2nd trimester. It measures 4 substances in the mother's blood (AFP, estriol, hCG, and inhibin A) to screen for Down Syndrome, Trisomy 18, neural tube defects, and abdominal wall defects.

Neural Tube Defect: Incomplete closure of the fetal spine that can result in spina bifida or anencephaly (abnormal development of the fetal head and brain).

Down syndrome: cognitive delay, abnormal features of the face, and medical problems such as heart defects.

Trisomy 18: severe cognitive delay, birth defects, and usually death.

ALPHA FETO PROTEIN (AFP)

This is a maternal blood test done early in the 2nd trimester to assess for fetal neural tube defects (problems with formation of the brain and spinal cord).

When should I call the doctor?

The following list should be used to assist you in deciding when to report signs and symptoms immediately and when you can safely wait until your next OB appointment.

THE FOLLOWING SIGNS OR SYMPTOMS SHOULD BE REPORTED IMMEDIATELY:

1. Bleeding from the vagina.
2. Sharp or continuous severe abdominal pain.
3. Sudden gush or leaking of fluid from the vagina.
4. Severe headache that does not resolve with Tylenol.
5. Sudden blurring of vision, spots, or flashes of light.
6. Persistent fever greater than 100.5 degrees Fahrenheit
7. Accidental injury: falls, auto accident, or trauma to your abdomen.
8. Absent or decreased fetal movement after 25 weeks (most babies move 6-10 times per hour).

THE FOLLOWING NON-URGENT CONDITIONS SHOULD BE BROUGHT TO YOUR DOCTOR'S ATTENTION AT THE NEXT APPOINTMENT:

1. Persistent nausea/vomiting
2. Varicose veins
3. Hemorrhoids
4. Leg cramps
5. Vaginal discharge
6. Heartburn
7. Mild headache
8. Swelling of the ankles or feet
9. Sharp, intermittent pain in the groin
10. Bleeding gums
11. Constipation
12. Any other condition you think needs attention

IF IN DOUBT ABOUT ANY SIGNS OR SYMPTOMS, PLEASE CALL US!!!

What should I do or not do while I am pregnant?

Cat litter: Cats can carry toxoplasmosis in their stool. Let someone else change the cat litter box. It is fine to pet or play with your cat.

Lead: If you think that your home or workplace could contain lead, ask your physician for a blood lead level test.

Chemicals: Workplace, household, and garden chemicals are easily inhaled. When they cannot be avoided, provide good ventilation. In general, painting is fine in a well ventilated area.

Hot Tubs and Saunas: Avoid prolonged or repeated temperature elevation. It may contribute to birth defects. It is fine for you to take a tub bath.

Dental Care: It is important to continue your routine dental visits. Routine xrays are usually postponed until after your birth. Good dental hygiene can decrease your risk of preterm labor. Teeth whitening is safe in pregnancy.

Salon: You may get your hair colored. You may have a manicure, pedicure, or massage. Tanning beds are not recommended, but you may have a spray tan.

Donating Blood: Is generally not recommended as iron levels decrease during pregnancy

Shots: Flu, Tdap, and COVID shots are recommended during pregnancy. Tuberculosis testing (Mantoux) is safe during pregnancy. You should avoid live vaccines such as MMR and Varicella.

Intercourse: This is fine unless your provider has told you that you are at risk for preterm labor, incompetent cervix, or placental problems.

Sleep: Most recommend sleeping on your left side, but most positions are fine as long as you are comfortable. Use extra pillows for support.

Domestic violence: If you are in an abusive relationship, be aware that abuse often increases during pregnancy. We are here to help. Please let us do so by letting us know.

PRENATAL CLASSES

Ridgeview Medical Center offers in person and on line childbirth preparation and breastfeeding classes. For a listing of class schedules or to sign up for a class, call 952-442-8083 or visit their website at www.ridgeviewmedical.org.

MEDICATION USE DURING PREGNANCY

While the use of many medications is safe and appropriate during pregnancy, a good general rule is to limit your use of medications to those that are absolutely necessary. This includes both prescription and over-the-counter (OTC) medications. The following is a list of OTC medications that are considered safe for use during pregnancy when taken correctly. If you ever have a question about medication use during pregnancy or if the symptoms you are treating persist or become more severe, please call the clinic.

<u>Condition</u>	<u>Allowed OTC Med</u>
Colds/Cough/ Congestion	Nasal Saline Mucinex Benadryl (diphenhydramine) Claritin (loratadine) Zyrtec (cetirizine) Plain Robitussin
Sore Throat	Throat Lozenges Chloraseptic Spray
Headache/Pain	Tylenol/Acetaminophen
Heartburn/ Indigestion	Gaviscon Maalox Mylanta Nexium, Prilosec Tums/Roloids
Constipation	Milk of Magnesia Metamucil/Citrucel Fiber Supplements Colace Miralax
Diarrhea	Kaopectate Imodium (2 days max)
Hemorrhoids:	Preparation H 1% Hydrocortisone cream Tucks pads
Insomnia:	Tylenol PM Melatonin Unisom

Please notify your provider before taking any medication that is not listed above. Also notify your provider before taking any of the following medications: antibiotics, diet aids, sleep aids, tranquilizers, or any vaginal preparation.

Nutrition and Exercise in Pregnancy

A well balanced diet is important to ensure that your baby is getting adequate nutrition to grow and develop. Normal weight gain is 20-35 pounds during pregnancy. During pregnancy, you will only need an additional 100-300 calories/day. Most require 500 calories/day if you are pregnant with twins or breastfeeding. It is recommended that you eat small, frequent meals and snacks throughout the day.

Fish: Although fish can be very nutritious, it can also contain contaminants such as Mercury which can affect the development of the brain and nervous system. Fish known to be highest in Mercury should be avoided throughout pregnancy and include: Tilefish, Swordfish, Shark, and Mackerel. You should not consume raw seafood or sushi. The Minnesota Department of Health has a nice handout: *Choose Your Fish (state.mn.us)*

Caffeine: This includes coffee, pop, and tea as well as some foods. Try to limit consumption to 1 serving/day or less than 200mg caffeine daily.

Supplements: Please continue taking a prenatal vitamin daily or a multivitamin with at least 400 mcg folic acid and no more than 5,000 IU Vitamin A. It is recommended to have 1,500mg calcium daily. If you do not have calcium in your diet, you may need to talk to your provider about taking extra calcium. Check with your provider before taking any other vitamins or herbal supplements.

Alcohol: Alcohol use is not advised during pregnancy.

Listeriosis: Listeria is a harmful bacteria found in refrigerated foods. Do not eat luncheon meats unless they are heated, soft cheese like feta or brie unless they are made with pasteurized milk, or foods with unpasteurized milk.

Exercise is one of the best ways to increase your energy level. Moderate intensity exercise involves 30-60 minutes of activity most days of the week. You can continue any exercise that you were doing prior to getting pregnant. Core exercises are fine.

If you are not exercising, start slow with 10 minutes at a time and increase gradually to 30 minutes/day.

There is not a specific target heart rate. Make sure you can speak in sentences without gasping for breath while exercising.

Outdoor activities such as bungee jumping, downhill skiing, horseback riding, and water skiing are generally not recommended. Amusement parks usually don't allow pregnant women to ride high velocity rides.

MINOR DISCOMFORTS IN THE FIRST TRIMESTER OF PREGNANCY

FREQUENCY/URGENCY OF URINATION caused by pressure from growing uterus

1. Kegel exercises
2. Limit fluid intake before bedtime (but maintain 8 glasses of water per day total)
3. Wear a pad if leaking urine

FATIGUE

1. Rest as needed, including naps if able.
2. Maintain well-balanced diet.
3. Take prenatal vitamins.

NAUSEA AND VOMITING (MORNING SICKNESS)

1. Avoid empty or overfull stomach by eating several small meals a day.
2. If possible, avoid unpleasant odors.
3. Eat crackers before arising.
4. Get plenty of rest.
5. You may try ginger or Sea-Bands.
6. Benadryl (diphenhydramine) 25-50mg every 6 hours as needed.
7. Vitamin B6 25mg twice daily with or without Unisom (Doxylamine) tabs.
8. If unable to keep anything down for 24 hours, please call.

OTHER COMFORT MEASURES IN PREGNANCY

As your pregnancy progresses, your uterus increases in size. This affects other parts of your body. Hormones influence many changes. These changes have both physical and emotional impacts, which may cause discomfort. This is normal and usually does not mean anything is wrong. However, when in doubt, share your concerns with us.

BACKACHES

1. Use good posture and body mechanics.
2. Wear supportive shoes.
3. Try cat and cow stretches.

CONSTIPATION

1. Drink plenty of fluid (at least 8 glasses of water a day).
2. Try to eat high fiber foods.
3. Eat a well-balanced diet (fruits with the letter "P", veggies, whole grains)
4. Get plenty of exercise.

CRAMPING IN LEGS

1. Sleep with legs slightly elevated.
2. Make sure you are getting adequate calcium in your diet (6 servings of dairy daily or the equivalent of 1500 mg through supplements).

3. To stop a cramp, point the heel/flex the foot, or stand up.
4. Stay hydrated

HEARTBURN

1. Identify offending foods and avoid them (common offenders include: citrus, tomato based items, mint, caffeine, chocolate).
2. Sit up while eating.
3. Try smaller more frequent meals.
4. Wait ½ hour after eating to lie down.
5. Wait 2 hours after eating to exercise.
6. Try 2 pillows under head and shoulders while sleeping or prop up head of bed.
7. See Over-The-Counter meds section for recommendations.

HEMORRHOIDS

1. Try to avoid constipation (see above).
2. Warm baths.
3. Apply Witch Hazel pads (Tucks) or other OTC products (see OTC med section).

ROUND LIGAMENT PAIN (Sharp or dull ache in low abdomen, usually on one side, occurs between 10 and 24 weeks.)

1. Avoid quick movements.
2. Bend to relieve pain.
3. Change sleep positions.
4. Heating pad or hot water bottle to area.

VARICOSE VEINS

1. Wear compression stockings.
2. Elevate legs.
3. Avoid crossing legs.
4. Do not sit or stand for long periods of time (walking is better than standing still).

The above statements are guidelines only—if you have any questions, please call.

****Remember to call Labor and Delivery (952) 442-2191 ext 36411 before coming to the hospital! This way we can be prepared for you when you arrive.**