

## Pregnancy Care Guide



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*Women's MD, LLC*



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## GOALS & NUTRITION

### GOALS

Pregnancy and childbirth are experiences of health. They are natural and normal physiologic processes. The goal is to have a healthy mom and a healthy baby. Our goal is to provide you with quality care and to assist you in the “normal” pregnancy and childbirth process, and to advise and assist when there are any problems.

### NUTRITION

What you eat during your pregnancy is most important to your health and your baby's health. Eat wisely during your pregnancy. When you are hungry, eat good quality food. Each day eat foods from these food group.

- Proteins:** Meat, Cheese, Eggs, Chicken, Fish, Beans, etc.
- Vegetables and Fruits:** Eating plenty of vegetables and fruits helps you get more vitamins and minerals.
- Breads and Cereals:** Oatmeal, Rice, Barley, Whole Wheat, Etc.
- Dairy:** Milk, Cheese, Eggs

**No RAW fish allowed.** Cook fish and eat a maximum of 2 times weekly.

A weight gain of 25-30 pounds for most pregnant women is usually thought to be an acceptable weight gain.

Eat 3-balanced meals each day plus 2 snacks, or 5 small meals a day. You are less likely to feel nauseas if you have something in your stomach. Try not to eat a full meal within 2 or 3 hours of bedtime.

***Notes:***

## YOUR DUE DATE

### YOUR DUE DATE

A normal pregnancy lasts about 280 days (about 40 weeks), counting from the first day of your last menstrual period. A normal range, however, is from a as few as 259 days to as many as 294 days (37-42 weeks). The 40 weeks of your pregnancy are divided into three trimesters. These last about 12-13 weeks each (or about 3 months):

- **1st trimester: 0-13 weeks (Months 1-3)**
- **2nd trimester: 14-27 weeks (Months 4-6)**
- **3rd trimester: 28-40 weeks (Months 7-9)**

The day your baby is due is called the “estimated date of delivery,” or EDD. Although only about 1 in 20 women give birth on their exact due date, your EDD is useful for a number of reasons. It is used as a guide for checking your baby’s growth and your pregnancy’s progress. The EDD gives a rough idea of when your baby will be born. Most women go into labor about 2 weeks before or after their due date.

*Notes:*

## Prenatal Labs and Cultures

### Initial visit

At the first visit, blood tests are ordered on all obstetrics patients. There are: CBC, blood group and RH type, antibody screen, rubella, syphilis screening test, HIV titer and hepatitis screen.

Other screenings done at your first visit are: (1) Pap Smear, and (2) Vaginal Cultures.

Other optional tests —between 10-13 weeks a Sequential Screening will be ordered. If not, between 15 and 19 weeks, a Penta/AFP Screen might be ordered. This test is to help detect certain birth defects.

### Important points to remember

- Elevated AFP level does not mean your fetus has a birth defect, a low result will occur and this has a loose association with Down's Syndrome. IT SUGGESTS THE NEED FOR FURTHER TESTING.
- AFP will not find all birth defects. A single normal value between 15 and 19 weeks will eliminate 85% of your risk to have a baby with an open tube defect (an opening in the baby's back).
- In more than 90% of these tests administered, the results are NORMAL.
- If there is an abnormal result, further testing might include:
  - An ultrasound of the fetus
  - Genetic counseling with possible amniocentesis (analysis of the fluid surround the fetus) After completion these tests, less than 1% of those patients originally screened will have a baby with a possible birth defect.

**NO SMOKING, ILLICIT USE OF DRUGS**

**NO NEW PIERCINGS OR TATOOS**

**NO ALCOHOLIC BEVERAGES**

**ALL TEST RESULTS ARE SENT TO OUR OFFICE**

**IMMEDIATELY**

If everything is normal, we will discuss results on your next visit. If your results are abnormal, our office will contact you immediately.

Please discuss any thoughts, feelings, or worries with your Doctor or Nurses.

## Medications During Pregnancy

### For COLDS or FLU

OK to take

**Tylenol X-Strength** every 4 hrs for aches and pains.

Tylenol Cold & Flu Formulas

**Sudafed Sinutab, OcensSpray** for congestion

**Robitussin DM or Dimetapp** for cough

**Chloraceptic Spray, Cepacol Lozenges** for sore throat

Gargle with warm salt water for sore throats

Do **NOT** use Menthol

NOTIFY your provider if your temperature is over 100.4

### For ALLERGIES

OK to take

**Benadryl or Claritin**

### For CONSTIPATION

Approximately 30-60% of all pregnant women experience some form of constipation during pregnancy. This problem usually gets worse as the pregnancy develops. Increasing your daily natural fiber intake and your fluid intake will help alleviate this problem.

Ok to take

**Metamucil, Ducolux Konsyl Easy Mix**—stool softener and natural laxative **AND** 8 Glasses of water a day.

**Milk of Magnesia**—to make you go

**Colace**—if hard like little rocks (twice a day, takes a week to work)

Constipation during pregnancy can lead to hemorrhoids prior to delivery, therefore, it is extremely important to treat constipation at the first sign. It is beneficial to increase your fibers and fluid intake to overcome constipation, along with increased fruits and vegetables.

### FOR DIARRHEA

OK to take

**Kaopectate, BRAT diet** (bananas, rice, applesauce, tea or toast)

Drink plenty of fluids

Call your Doctor, if you have fever, if not improved in 2-3 days, or feeling weak and dizzy.

### For NAUSEA and VOMITING

Ok to take

**Vitamins B6, Ginger, Ginger Tea**

**Emetrol**—sold over the counter syrup to settle stomach

Call your Doctor if you are unable to keep liquid down for more than a day or if weak and dizzy (dehydrated).

### **For HEARTBURN AND GAS**

Ok to take

**Mylanta** or **Maalox**

Call your Doctor if you have bad abdominal pains.

### **For HEADACHES**

OK to take

**Tylenol** or **Tylenol X-Strength** 2 tablets every 4 hours.

Do **NOT** take Aspirin or Advil

### **NOSEBLEEDS or GUM BLEEDS**

This is common in pregnancy. Call your Doctor if the bleeding is persistent, or if patient is worried.

### **For LEG CRAMPS –ESPECIALLY IN BOTH LEGS**

Ok to take

**Oscal 500 mg**, or similar over the counter **Calcium**, twice a day

Call your Doctor if only one leg is hurting all the time.

### **VARICOSE VEINS**

It is caused by the swelling of blood vessels in your legs. Varicose veins are common during pregnancy, so do not be alarmed. To prevent or minimize discomfort, avoid standing or sitting for long periods, elevate your legs, move around frequently, and wear support panty hose.

### **MORNING SICKNESS and FATIGUE**

Morning sickness and fatigue are common during pregnancy during your first trimester, however, if they persist or are troublesome to you, remember to discuss with your Doctor.

## **DENTAL CARE**

Ok to see Dentist only for EMERGENCIES. In the case of an emergency, it is OK to:

Have X-Rays with abdominal shield

Have Dentist call our office for a Dental Clearance Letter

## **MOOD SWINGS**

You may experience a variety of new emotions during your pregnancy. Mood swings (feeling of elation and doubt) are not unusual. Talking with the dad-to-be and close friends can be very helpful to you and will provide them the opportunity to be supportive.

## **OTHER HELPFUL HINTS**

- Check with your Doctor or Nurse prior to leaving for high altitude vacations during your pregnancy. High altitude can provoke preterm labor symptoms. Be sure to include rest and hydration in your daily routine.
- NO TRAVELING past your 28th week of pregnancy.
- This is a good time to do some planning for an easy transition into motherhood.
  - (1) Discuss with your family, healthcare provider, and friends recommendations for a pediatrician
  - (2) Sign up for childbirth classes to help you adequately prepare for your birthing experience.
  - (3) It is never too early to think about what form of contraception will fulfill your future needs after delivery.
  - (4) If your baby is a boy, this is a good time to start thinking about the baby's circumcision. Circumcisions are performed **in our office ONLY**— no later than 3 weeks after birth of the baby. Call our office immediately after you and your baby are discharged from the hospital to make an appointment for the procedure.
- Comfortable sleeping position— as your pregnancy progresses, try lying down on your side with one leg crossed over the other. Also, try placing a pillow between your legs in this position for extra comfort. This will improve circulation and reduce swelling of your ankles and feet.

**Consider options for private Cord Blood Collection.**

## IMPORTANT INFORMATION

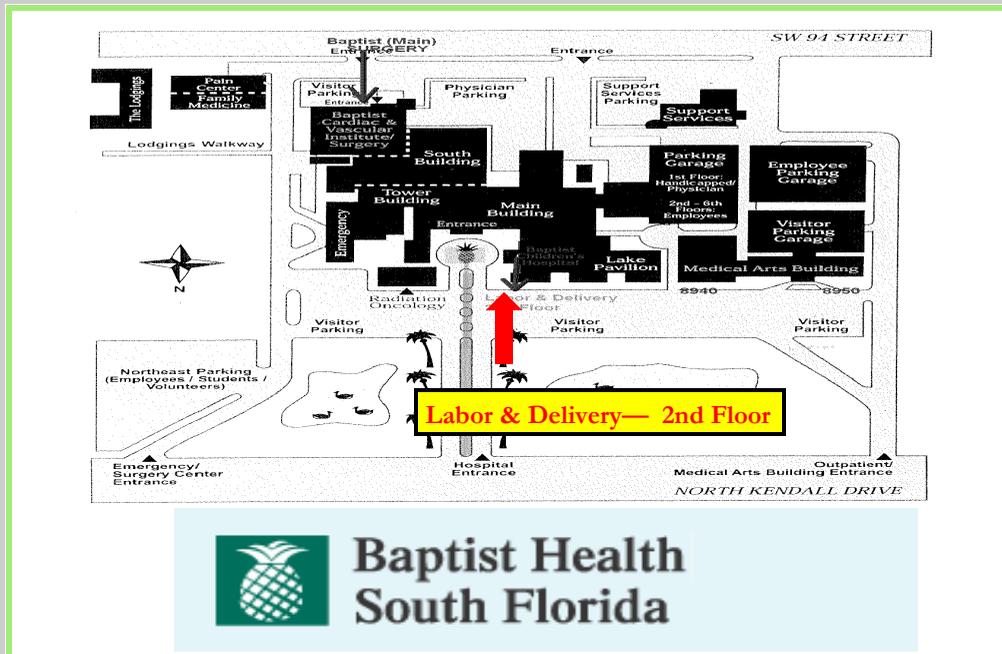
**ALWAYS CALL YOUR DOCTOR** or go directly to the Labor and Delivery Floor at Baptist Hospital , if:

Labor pains— call when contractions are 5 minutes apart,

Rupture or leakage of your water bag,

Vaginal Bleeding (spotting is normal within 24 hours of a pelvic exam),

Decreased fetal movement, or Abdominal Pains



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### MATERNITY REGISTRATION

Visit: <http://baptisthealth.net>

Choose English or Spanish on the top right hand corner of the webpage

Type in search bar: **Pre-Registration**

Click on first link: **Maternity Pre-Registration**

Select: **Pre-Register Here**

**Maternity Pre-Registration at Baptist (786)596-5959**

## Expectant Mother's Hospital Checklist

### **FOR MOTHER:**

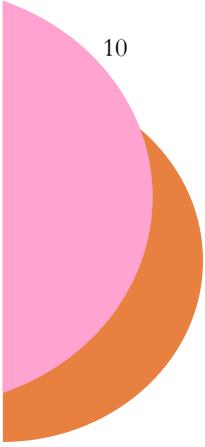
- ◇ Sleepwear—something loose and comfortable
- ◇ Bathrobe
- ◇ Socks
- ◇ Slippers
- ◇ Maternity Underwear
- ◇ Nursing Bra
- ◇ Breast pads
- ◇ Change of clothes and comfortable shoes to wear home
- ◇ Toiletries: toothbrush, toothpaste, shampoo, conditioner & lotion
- ◇ Hair band, if applicable
- ◇ Lip moisturizer
- ◇ Sanitary napkins
- ◇ Massage oils or lotions
- ◇ Relaxation materials: books, magazines, music
- ◇ Eyeglasses or contacts & solution, if applicable
- ◇ Cell phone & charger and list of important phone numbers

### **FOR COACH:**

- ◇ Camera/video camera
- ◇ Toiletries, including toothbrush
- ◇ Change of clothes
- ◇ Snacks and reading materials
- ◇ Dollar bills or change for vending machines
- ◇ Cell phone/prepaid phone card

### **FOR BABY:**

- ◇ New born diapers
- ◇ Receiving blankets
- ◇ New born clothes to go home in
- ◇ Sock or booties
- ◇ Infant hat
- ◇ Infant car seat



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