

## Your Care During Pregnancy

Congratulations on the upcoming birth of your baby! Here are some things you should know about prenatal care. We want you to ask questions! Keep a list for each visit. Bring your support person. Your doctor will be: \_\_\_\_\_

### When is my due date?

A pregnancy is most often about 40 weeks long. By 37 weeks your baby has fully developed. Your “due date” is figured out based on the 40 weeks. It is normal for your baby to come 2 weeks before or 2 weeks after that.

### How often do I see my doctor, nurse practitioner, or midwife?

You see your doctor about once a month and then more often near the end of your pregnancy.

- **Every 4 Weeks:** From 10 to 28 weeks. This is through the 6<sup>th</sup> month of pregnancy.
- **Every 2 Weeks:** From 28 to 36 weeks. This is through your 7<sup>th</sup> and 8<sup>th</sup> month of pregnancy.
- **Every Week:** From 36 weeks to birth. This is during your 9<sup>th</sup> month until baby is born.

### What are the visit for?

The visits are to see how you and your baby are doing. You can expect your doctor to:

- ✓ Measure your tummy to check the growth of your baby.
- ✓ Listen to the heartbeat of you baby.
- ✓ Check your weight, blood pressure, and urine.
- ✓ Talk about how you are feeling and answer all your questions.

### Some visits are longer

- **OB Intake:** This visit with the nurse involves lots of paperwork. The nurse will ask questions about your health history. You will get some blood tests. We will also plan your first ultrasound.
- **First visit with your doctor:** At this visit, your doctor will do a complete physical exam, pap test, pelvic exam, and breast exam.
- **Visit at 16 to 18 weeks:** Your doctor will talk to you about having a “quad screen”. This is a blood test that can sometimes find certain birth defects. You do not have to get the test done. You and your doctor will talk about what’s best for you.
- **Visit at 28 weeks:** You will have a blood test called “glucose challenge test (GCT).” For this test, you will drink sugar water. After you drink it, you have to wait at the clinic for 1 hour. After 1 hour we will do a blood test. This is to check your blood sugar level. We will also check your iron level with same blood test.

- **Visit at 36 weeks:** You will need one more pelvic exam. This is to check for any infections that need treatment before you give birth.
- **Visit at 40-42 Weeks:** If your pregnancy goes past 41 weeks, you will visit clinic 2 times a week. This is to make sure that you and baby are doing well. Your doctor will talk to you about an induction. Induction is a way to help your body start labor.

## Warning Signs and Signs of Labor

You will feel your body change during pregnancy. Usually these changes are normal. Your body can also tell you when something is wrong. Listen to your body.

### Warning Signs something could be wrong:

Call the main line to speak to a nurse or Labor and Delivery right away you have:

- Any bleeding from your vagina.
- Leaking or a gush of fluid from your vagina.
- Changes in your eyesight like double vision or blurry vision.
- A very bad headache.
- Sudden swelling of your face, hands or feet.
- Nausea or vomiting that lasts more than 24 hours.
- Fever.
- Discharge from your vagina that itches or burns.
- Pain or burning when urinating.
- Less movement by the baby (less than 10 times in 2 hours)
- Five or more contractions in an hour before 36 weeks.

### Phone numbers:

**LABOR & DELIVERY: 612-873-4104**

Nurse Line: 612-873-6963 Choose your language, then press 4 to talk to a nurse.

### Signs that Labor *will start soon*:

Toward the end of your pregnancy, these signs are normal and tell you that labor will start soon:

- Increased energy. This is called “nesting”.
- Mild diarrhea or loose stools.
- Mild cramps or pressure in your belly or back.
- Lightly blood-streaked mucus from you vagina. This is called “bloody show”.
- Contractions. You will feel your tummy tighten. This will come and go. These early cramps are called Braxton Hicks contractions.

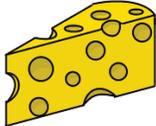
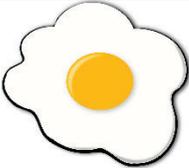
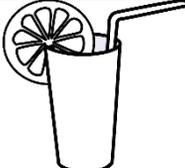
### You might be *in labor* if:

- The contractions or pressure get longer, stronger, and closer together.
- Your bag of water breaks. It can feel like a leak or gush.
- Call Labor and Delivery when your contractions are regular and have a pattern, such as coming every 5-10 minutes.
- If you think your bag of water has broken, call Labor & Delivery and come to the hospital as soon as possible.

## Healthy Eating during Pregnancy

Having a healthy baby depends mostly on you. What you eat matters to your baby and your health. You need:

- ✓ 300 more calories every day.
- ✓ Eat the number of servings listed for each food group below.
- ✓ Only have small amounts of: salt, caffeine, sweets, high fat foods.
- ✓ **NO** smoking or alcohol.

					
<p><b>Fruits</b> 1-1/2 to 2 servings</p> <p><b>Examples of one serving:</b></p> <p>1 medium apple</p> <p>1 medium orange</p> <p>1 medium banana</p> <p>1 cup chopped fruit</p> <p>1 cup 100% fruit juice (pasteurized)</p> <p>1/2 cup dried fruit</p>	<p><b>Vegetables</b> 2 – 1/2 Servings</p> <p><b>Examples of one serving:</b></p> <p>2 cups leafy greens</p> <p>1 cup raw or cooked cut-up vegetables</p> <p>1 cup vegetable juice (pasteurized)</p>	<p><b>Grains &amp; Cereals*</b> 6 Servings</p> <p><b>Examples of one serving:</b></p> <p>1 slice of bread</p> <p>1/2 cup cooked rice</p> <p>1/2 cup cooked cereal</p> <p>1/2 cup pasta</p> <p>1 cup cold cereal</p>	<p><b>Dairy**</b> 3 Servings</p> <p><b>Examples of one serving:</b></p> <p>1 cup milk</p> <p>1 cup yogurt</p> <p>1-1/2 ounces natural cheese</p> <p>2 ounces processed cheese</p>	<p><b>Protein***</b> 5 to 5-1/2 Servings</p> <p><b>Examples of one serving:</b></p> <p>1 egg</p> <p>1 ounce of meat, poultry, or fish</p> <p>1/2 cup cooked beans</p> <p>1 tablespoon peanut butter</p>	<p><b>Fluids</b> 8 or more 8-ounce glasses</p> <p><b>Examples:</b></p> <p>Water</p> <p>Diluted juices: Apple, orange, cranberry</p> <p>Mineral water</p> <p>Clear soups, broth</p>

**\*Note about Grains:** Choose whole grains whenever possible.

**\*\*Note about Dairy:** Try to choose low-fat options. Don't eat soft cheeses and unpasteurized milk.

**\*\*\* Note about Protein:** Avoid raw or undercooked meats, fish, and shellfish. Some kinds of fish and shellfish are dangerous to eat during pregnancy. Ask your doctor about safe options.

### **Aim for a Healthy Weight**

A slow, steady rate of weight gain is often best. After the first trimester you might gain a pound a week. Keep in mind that each woman gains weight differently. Don't worry too much about pounds. Instead, aim for feeling healthy.

### **Don't Diet**

Now is not the time to diet. You may not get enough of the nutrients you and your baby needs. Instead, learn how to be a health eater. Start by doing it for your baby. Soon, you may do it for yourself.

### **Fluids**

Drink at least 8-10 cups of fluids daily. Your baby needs fluids. Fluids help lower constipation, flush out toxins and waste, limits swelling, and help prevent bladder infections. Water is best. Other good choices are:

- Water or Seltzer Water with a slice of lemon or lime. These can help ease an upset stomach.
- Clear soups that are low in salt.
- Low-fat or fat-free milk; soy rice milk with calcium added.
- Fruit juices mixed with water.
- Popsicles or gelatin.

### **Things to avoid**

Some things might harm your growing baby. Don't eat or drink:

- Alcohol
- Unpasteurized dairy food and juices
- Raw or undercooked meat, poultry, fish or eggs

### **Things to Limit**

Ask your doctor whether it is safe to eat or drink:

- Caffeine
- Artificial sweeteners
- Organ meats
- Certain types of fish

## **Prenatal Supplements**

A prenatal supplement is a pill you take each day of pregnancy. It helps you get the right amount of nutrients that are vital to your baby. Ask your doctor to help you choose the one for you. Some vitamins may **not** be safe to take. Your doctor will tell you which ones to avoid. Important nutrients during pregnancy are:

- **Folic Acid.** It helps prevent certain problems in you baby. You need to take 400 micrograms (mcg) of folic acid each day. You should start taking this 1 month before you get pregnant. You must keep taking it for the first 3 months of pregnancy.
- **Iron and calcium.** They help keep you and your baby healthy. You need to take them at different times of the day. This is because calcium can block the iron from your body.

## Vitamin D - The “Sunshine Vitamin”

### Why do I need vitamin D?

Vitamin D helps with lots of things like:

- Soak up calcium. This makes your bones strong.
- Immune system work better to fight sickness.
- Lower the risk of some cancers, high blood sugar, low mood, joint swelling, weak bones and broken bones.

### How do I get vitamin D?

The best way to get Vitamin D is by being in direct sun on your face, hands and arms. Direct sun means no clothes, sunscreen or shade.

- Lighter skin: about 15 minutes each day.
- Darker skin: about 1-2 hours each day. Darker skin needs 6-8 times more sun than lighter.

### Who is at risk for having a low level of Vitamin D in their body?

You might have low Vitamin D if you:

- Live in the northern part of the US, including Minnesota.
  - Your skin is always covered.
  - Spend little time outside.
  - Have pre-diabetes or diabetes.
  - Had surgery on part of your stomach or bowels.
  - Have Crohn’s or Celiac disease.
- Also women, older adults, or over weight.

### How can I check my Vitamin D levels?

- We can do a blood test to check your level.

### What if my Vitamin D is low?

- If *slightly low*: take 1000 IU Vitamin D3 each day.
- If *very low*: take 50,000 IU of Vitamin D 3 times a week. Once your level is normal, change to 1000 IU each day.
- Get outside each day. Do things like take a walk or eat lunch outside.
- Eat at least 3 things a day with Vitamin D in them.

### What foods have Vitamin D?

- ✓ Salmon, Cooked
- ✓ Tuna, Canned
- ✓ Orange juice, Vitamin D Fortified
- ✓ Cereal, Vitamin D fortified
- ✓ Dairy products like milk, cheese, or yogurt.

## Prenatal Tests

There are many tests that are done during pregnancy. The following list explains the tests done most often. All test with an asterisk (\*) are reported to the Minnesota Department of health if the result is positive.

Name of Test	Why is it done
Urinalysis or Urine Test	A test to check protein, sugar, and signs of infection in your urine.
Urine Culture or clean catch	A test to look for germs or an infection in your urine.
PAP Smear	A cell sample of your cervix checked for signs of cervical warts.
Gonorrhea Culture*	To test for type of sexually transmitted disease (STD), from the cervix.
Chlamydia Culture*	To test for type of sexually transmitted disease (STD), from the cervix.
Ultrasound (sonogram)	A test using sound waves to look at the baby inside the womb. It helps tell when your baby is due. This test does not use x-rays. It is not used to find out the sex of your baby.
Group B Streptococcus	A test to check for this type of germ on the skin below the vagina. This germ can make you and your baby very sick after delivery.
Blood Type	A test to tell what type of blood you have.
Sickedex	A test for African American woman to test for sickle cell trait or disease.
Rubella	A test to check if you are immune to German Measles
Complete Blood Count (CBC)	A test to see what your hemoglobin (iron levels) are. Also tells if you have an infection
Hepatitis B*	A test to check if you have or have had hepatitis B. This can be an STD
RPR* (syphilis)	A test to see if you have or have had syphilis
HIV*	A test for HIV virus which causes AIDS
Cystic Fibrosis Screening	A screening for white woman to see if you are a cystic fibrosis carrier.
Quad Screen (Alpha-fetoprotein, Beta HCG, UE3 (unconjugated estriol) and Inhibin A)	A screen of mother's blood to check for Down's Syndrome or a birth defect in the baby's spine, brain, or abdomen. If the screen is not normal, more tests may be needed.

## Screening for Chromosome and Genetic Abnormalities

### What does this screening tell me?

Chromosomes carry information that tells the body how to grow. Screening can help to find out if your baby has a higher chance of having chromosomes that are not normal. Some problems are Down syndrome or Trisomy 18. Babies with Down syndrome and Trisomy 18 can be born to women of any age. It happens more often as women get older.

### What is Down syndrome?

Down syndrome is a common cause of mental or physical delays. It is caused by an extra chromosome in the baby. It may cause heart and other health problems. People with Down syndrome will need special care throughout their lives.

### What is Trisomy 18?

Extra chromosomes in the baby causes Trisomy 18. Babies with Trisomy 18 have very bad mental delays and birth defects. Most children with Trisomy 18 die shortly after birth.

### Are the screenings safe?

Yes. Most screenings are done by taking blood from your arm. Some are completed by taking pictures of your unborn baby. This is called an ultrasound.

### Why would I have this?

The results may let you know that your baby is okay. Some women feel that knowing about health issues before birth helps them to make choices about their pregnancy.

### How do I choose which screening to get?

You can meet with a Genetic Counselor who will give you details about the screenings. This can help you to decide which screening, or if any, is best for you. Screening may depend on how far along your pregnancy is or what your health plan will pay for.

### Will this screening always find chromosomes that are not normal?

No. This is only a screening, but it can find about 99 out of 100 babies with Down syndrome or Trisomy 18.

### If the screening is normal, is my baby fine?

Not always. The screening can find some common problems in birth, but there are problems that this test cannot find. But keep in mind, most babies are born healthy.

### **What does it mean if my screening is not normal?**

A test that is not normal does not always mean that the baby has a problem. It just means that we need to look more closely at your pregnancy. We may recommend other screenings for your baby.

### **Are there other screenings I should think about getting?**

Yes. You can choose to have the screenings, or you can choose not to. There is no right or wrong choice.

### **Maternal Serum Alphafetoprotein (MSAFP)**

At 15 to 20 weeks of your pregnancy, a blood test can tell if the baby is at higher risk to have a neural tube defects (NTD). A neural tube defect is a problem that happens with the brain, spine, or spinal cord of your baby. The blood test measures a certain protein in your blood. A high level of this protein can mean the baby has a NTD.

### **Carrier Screening**

This screening can tell you if you have a gene for certain genetic disorders. If screening is negative, the risk for a child with a disorder is lessens. If both partners are carriers, then there is a greater risk for a child to get the disorder. Carrier screening for Cystic Fibrosis (CF) and Spinal Muscular Atrophy (SMA) is to be offered to all women who are pregnant or trying to become pregnant. There are screens for other disorders for women in certain ethnic groups.

### **What is cystic fibrosis (CF)?**

Cystic fibrosis (CF) is a disease that affects a person's health and lifespan. It often causes problems with your stomach breaking down food and breathing. In some cases, CF can be a mild disease but in most people with CF, it poses a serious risk to a person's health. The average lifespan of a person with CF is 37 years. Those with a milder form can live into their 50s.

### **What is spinal muscular atrophy (SMA)?**

SMA affects the nerves of the spine. These control muscles for breathing, swallowing, and movement of the arms and legs. SMA causes these muscles to get smaller and become very weak. SMA does not affect mental ability. The most common form of SMA leads to death by about age 2 years.

## Common Questions during Pregnancy

There are plenty of myths and “old wives’ tales” about pregnancy. You may need help to know what facts are true. Here’s some common things people wonder about.

### Will my job harm my baby?

In most cases, working through your pregnancy is not harmful at all. There could be safety concerns with some jobs. Things like unsafe machinery, chemicals, heavy lifting or standing for long periods of time. Talk to your doctor and employer about safety at your job.

### Why can’t I change the cat litter box?

Cats carry a disease called Toxoplasmosis. In humans it shows up as a mild infection of the blood and organs. If you are infected during pregnancy, the baby’s brains and eyes could be damaged. To be safe, have someone else change the litter. If you must handle it, wear gloves and a mask over your nose and mouth. Wash your hand afterwards.

### Which medications are safe?

No drugs are safe for all people all the time. This includes prescription drugs, over the counter drugs, or street drugs. Sometimes meds are needed. Your doctor can tell you which drugs are safe. **Only** take meds that your doctor gives you. Be sure your doctor knows you are pregnant.

### Is it true that I can over heat my baby?

Yes! To keep your baby safe, **don’t**:

- ✓ **Sit in a jacuzzi or hot tub.** Water that is over 100 degrees Fahrenheit is not safe. A warm bath is fine.
- ✓ **Intense Exercise.** Adjust your workouts to how you feel, not your heart rate. Heart rate is not a good way to measure your effort during pregnancy. If you feel tired, slow down.

### Can I lift and carry safely?

Yes, unless your doctor tells you not to. Lift and carry safely to avoid injury and reduce back pain. To lift and carry safely you should:

- ✓ Bend at the knee, not at the back.
- ✓ Carry the load close to your body.
- ✓ Use your tummy muscles, not your back.
- ✓ Have a good grip.
- ✓ Test the weight of the load before lifting.
- ✓ If it seems too heavy, get help!

### What if I get sick?

Most woman get sick at least once during pregnancy. Talk with your doctor if you do. Most likely it will not affect your pregnancy. Get plenty of rest and fluids, and eat what you can. Talk to your doctor **before** taking **any** medications.

## Pregnancy and Seatbelts

### Should I wear a seatbelt strap while I am pregnant?

Yes! Seatbelts save lives in a car crash. This is the best way to protect you and your unborn baby. It keeps your body from being thrown from the car or into the windshield. The shoulder strap will keep the baby safe during a crash. Wear your seatbelt if you are the driver, rider or in the back seat.

### Do I have to wear both the seatbelt and the shoulder strap?

It is best to wear both. If your car doesn't have a shoulder strap, wear the seatbelt below your belly and tight across your hips.

### How should I wear the seatbelt and shoulder strap?

1. Wear the seatbelt low, below your belly and tight across your hips.
2. Cross the shoulder strap above your belly



## Pregnancy and Exercise

An exercise routine helps your body and your mind feel good. It tones your muscles and makes them stronger. It also gives you and your baby more oxygen.

### The right exercise for you

Mainly conditioning is best for you and your baby. Try walking, swimming or riding a stationary bike. Always warm up, cool down and drink enough fluids. Talk about exercise choices with your doctor. Ask about:

- ✓ How to change your current exercise routine or how to get started.
- ✓ Local pregnancy exercise classes like water aerobics.
- ✓ Which prenatal exercise videos are best.
- ✓ Exercises you should avoid. Don't do anything unsafe like horseback riding, scuba diving, skiing, skating, and contact sports.

### Pelvic tilts

These help build up your stomach muscles and your low back. You can do pelvic tilts instead of sit-ups. Do this exercise on your hands and knees.

1. Relax the back of your neck.
2. Pull up your belly in until your low back flattens.
3. Hold for 30 seconds, then relax.
4. Repeat 10 times.
5. Do twice a day.

### Kegel exercises

These build up the pelvic muscles. Doing them each day helps these muscles get ready for giving birth. They also help ease your healing after birth. Here's how to do them:

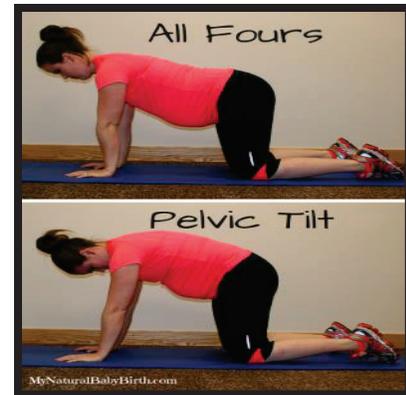
1. Tighten and hold your muscles like you would in the middle of peeing.
2. Hold for 10 seconds, then relax.
3. Repeat 10 times.
4. Do this a few times a day.

### Ways to add activity

- ✓ Park the car furthest from the store and walk.
- ✓ Walk to do errands instead of driving.
- ✓ Walk across the office to speak to someone instead of calling or email.

### Ways to stay active

- ✓ Keep your normal routine. Exercise less intensely if you feel tired.
- ✓ Change your workouts to how you feel, not your heart rate. Heart rate is not a good way to measure your effort during pregnancy. If you feel tired, slow down.
- ✓ Avoid exercising on your back after 16 weeks.



## Taking care of Pregnancy Symptoms and Medications

Here's ways to handle the most common problems you may have during pregnancy. **Only** take meds that your doctor says are safe.

- Always talk to your healthcare before starting or stopping any meds.
- “Natural” or “Herbal” products are also types of drugs. They may not be safe during your pregnancy.
- Take your meds the way your doctor says to. They might change your meds during pregnancy for things like:
  - high blood sugar
  - thyroid issues
  - seizures
  - low mood.
- If you are unsure or have questions about a meds, talk to your doctor.

## Heartburn or Upset Stomach

*Heartburn could be sign of a serious health problem called pre-eclampsia. If these choices don't help, call your doctor.*

- Eat small, frequent meals, about 5-6.
- Don't lay down for 2 hours after eating.
- Sleep with an extra pillow to raise your head up.
- Don't wear tight clothing around your waist.
- Don't have caffeine, chocolate, high fat, large meals, fruit juice, and soda.
- You may try Riopan™, Mylanta™, Maalox™, Zantac™, Pepcid AC™, or Tagamet™.
- Mylicon™ can be taken for gas pains.

## Upset stomach or Throwing Up

*If you cannot keep any fluids down for 24 hours, call your doctor.*

- Eat small meals often.
- Eat bland food like crackers, dry toast, rice, or pasta without sauce.
- Drink plenty of fluids.
- Take your vitamins in the evening with a snack.
- Ginger ale or ginger treat.
- Sea bands. Wristbands used for motion sickness.

## Diarrhea

Drink plenty of fluids and use Imodium AD™ or Kaopectate™. Call your doctor if you have:

- Loose stools lasting longer than 24 hours
- Fever,
- Blood in your stool, or in
- You are having contractions or belly cramps.

## The Common Cold

- Rest.
- Drink plenty of liquids.
- Vicks Vapor Rub on your chest or neck to ease stuffiness.
- Vaseline around your nostrils to ease pain.
- Saline nose sprays.
- Humidifier.

## Aches/Fever

Tylenol™, also called Acetaminophen. Do not take more than 4,000 mg a day. Take your meds the way your doctor says to.

### **Sore Throat**

- Gargle with warm salt water.
- Suck on hard candy, ice, or popsicles.
- Cool or warm liquids.
- Cough drops or lozenges. Do **not** take anything that has **zinc** in it.

### **Nose Stuffiness**

- Nose spray/saline.
- Sudafed only if your doctor says to take it.

### **Cough**

- Do not take any products that have alcohol in them.
- Plain Robitussin™ for a dry cough.
- Dextromethorphan to stop a cough.

### **Allergy Symptoms**

- Diphenhydramine, also called Benadryl™.
- Chlor-timeton™.

### **Headaches, pain, or swelling**

- Tylenol, also called Acetaminophen. If Tylenol does not help your headache, call your doctor. This could be a sign of high blood pressure.
- **DO NOT** take any non-steroidal anti-inflammatory, or NSAIDS. These are ibuprofen, Advil™, Motrin™, naproxen sodium, Aleve™, aspirin, or salicylates. These may not be safe during pregnancy.

### **Constipation**

- Increase your fiber intake by eating more whole grains, fruits, and veggies.
- Drink 10-12 glasses of fluids daily. Avoid caffeine.
- Take Colace™ to soften your stool. May take 1-2 days to start working.
- Take Metamucil™ (plain), Citrucel™ or Fibercon™. May take 1-2 days to start working.
- Use Senokot™, Dulcolax™, Glycerin suppository. These can cause bowel movements soon after use. Do not use regularly.

### **Hemorrhoids**

To help prevent hemorrhoids, avoid straining during bowel movements

- Soak in a tub of warm water.
- Use an ice pack or cold cloth.
- Use Anusol™, Anusol HC™, Preparation H™, or TUCKS™ pads.