Community Care Obstetrics and Gynecology

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COMMUNITY CARE PHYSICIANS
www.communitycare.com

Congratulations!

Welcome to Community Care Obstetrics/Gynecology. The next several months will be full of new experiences, excitement, and anticipation. We are a group practice consisting of board-certified OBGYN physicians, midwives, nurse practitioners, and medical staff committed to quality care. We work collaboratively to provide you with the best prenatal care possible, and we provide many on-site services in a convenient location. We recognize that each person begins prenatal care with different expectations, fears, and hopes. Our job is to provide safe care that meets your individual needs.

Appointments are scheduled so that you meet every provider during pregnancy and develop a relationship with each person. If you call for an urgent visit, we will schedule with the provider who can see you the soonest. Because we are in the inherently unpredictable business of delivering babies, it may happen on one or more occasions that the provider you are scheduled to see will not be available and you will be asked to see a different provider. We appreciate your understanding- soon it will be you bringing your baby into the world supported by one of our team!

Visits are scheduled to be every four weeks from confirming pregnancy to 28 weeks, then every two weeks until 36 weeks, followed by every week until delivery. Ultrasounds are performed for dating (7-10 weeks), for Trisomy screening (12-14 weeks), and for anatomy survey (20 weeks). Any additional ultrasounds are performed based on indications. Blood work is collected after a new OB visit, as a part of Trisomy screening, and between 24 and 28 weeks of pregnancy.

Pregnancy may be a new experience for you, and each pregnancy is different. We want to be very responsive to any questions or concerns. We ask that you keep a list of non-urgent questions and bring them to your prenatal visits. If you have a more urgent question, we ask that you call during office hours when a clinical staff member is available to help. After office hours, laboring patients or patients with urgent needs can call the office number, and the call will be answered by the answering service, who will connect the patient to the provider who is on-call.

We welcome you to our practice and look forward to sharing this amazing experience with you!

CONGRATULATIONS FROM COMMUNITY CARE OB/GYN!

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You are nurturing a new life. This changes your world in ways that may be hard to imagine. Your adventure will be filled with joy and surprises. Enjoy your journey!

Key Pregnancy Dates

Initial Visit
Meet with Advanced Practitioner
Confirm Urine Pregnancy Test, Review Medical History, Physical Exam, Pap Smear As Needed, Review General Pregnancy Prec.

New OB Visit
Establish Due Date
Order Prenatal Labs and Genetic Testing

12 Week Visit
Ultrasound Visit with OB Provider
Review Lab Work
If genetics were not ordered at previous visit, they will be ordered at this visit.

16 Week Visit
Visit with OB Provider
Listen to Fetal Heart Rate (FHR)

18-20 Weeks
Anatomy Ultrasound
Visit with OB Provider

24 Week Visit
Visit with OB Provider
Diabetes Screening Ordered

28 Week Visit
Visit with OB Provider
Whooping Cough Vaccine
Rhogam (if app)

36-37 Weeks
Group B Strep Test

WHAT TO CONTINUE

EXERCISE

If you have been exercising - that's great, continue.
If you haven't been exercising - start slowly, gradually increasing the amount of time.

- It is recommended that you get 3-4 hours of total exercise weekly in pregnancy.
- If you find yourself out of breath, decrease the intensity.
- Be sure to drink plenty of fluids.
- After 20 weeks you should not exercise lying flat on your back
- Avoid exercise that could cause you to fall. As your baby grows, your center of gravity changes.
- Walking, swimming, low impact aerobics, and yoga are all great exercises

TRAVEL

Traveling by car, bus, or airplane is safe for healthy pregnant women.

- Wear your seatbelt
- Bring a pillow for long journeys
- Drink lots of fluid and avoid caffeine
- Pack nutritious snacks and water
- Request the aisle Seat
- Bring a pair of loose fitting shoes in case your feet swell
- Plan to get up, use the bathroom, and walk around every 2 hours
- Each airline has different rules about how late in pregnancy a woman may fly. You may need a note to fly in your third trimester

SEX

Sex is safe and does not harm the baby.

It is normal to have:

- **More interest in sex:** more blood flow to pelvic area and larger, firmer breasts may enhance your interest and enjoyment.
- **Less interest in sex:** tender breast, nausea, and fatigue may make sex not as appealing to you.

You may feel: Very sexy and attractive or very unattractive, guilty or awkward, or uncomfortable.

As pregnancy progresses, be creative with position changes. Listen to your body.

Do not have sex if you have: Vaginal or abdominal pain, blood or fluid leaking from your vagina, or have been advised by one of our providers not to have sex.

VITAMINS

Make sure to take your daily prenatal vitamins with DHA.

WATER INTAKE

You should drink at least 2 liters of water daily.

WHAT TO STOP, AVOID, OR LIMIT

WHAT TO STOP:
SMOKING, ALCOHOL, AND RECREATIONAL DRUGS

All of these increase the risk of miscarriage, bleeding, smaller babies, premature babies, developmental delays, and other complications.
Once you know that you are pregnant, it is best to stop them completely.

WHAT TO AVOID

FISH THAT MAY CONTAIN MERCURY OR OTHER CONTAMINANTS
Shark, swordfish, king mackerel, and tilefish are all high in mercury. Other fish such as striped bass, salmon, and fish from local rivers and lakes may contain high levels of PCBs and other industrial pollutants.
Limit fish to 2 servings per week of shellfish and tuna.

NSAIDS (NON STEROIDAL ANTI INFLAMMATORY DRUGS)
NSAIDS (Motrin, Advil, Ibuprofen, Aleve) may cause bleeding or complications with fetal circulation.
Tylenol is safe to take in pregnancy.

CAT LITTER AND SOIL
These may contain toxoplasmosis, a harmful parasite. Your cat is safe, but the cat poop may not be. **Do not change cat litter while pregnant.** When gardening, **wear rubber or leather gloves** and **wash fruits and vegetables.**

HOT TUBS AND SAUNAS
If you are sweating from the temperature of the water, it's too hot for the baby.
Tub baths are safe and can be very relaxing.

HERBS
Many herbs can be harmful to the baby.
- **What to avoid:** black/blue cohosh, buckthorn, cascarea, ephedra, feverfew, mandrake, tansy, and yarrow.
- **Safe herbs include:** chamomile, lavender, and red raspberry leaf.

*If you are not sure about the safety of an herb, always consult a provider.

WHAT TO AVOID (CONTINUED)

FOODS THAT MAY CONTAIN BACTERIA OR CONTAMINANTS

E. Coli, listeria, salmonella, and toxoplasmosis may be in the following list of foods. All of these may cause serious food poisoning or illness in pregnant women and children under 5 years old.

PLEASE AVOID:

- Unpasteurized juice
- Raw meat, raw fish, and raw shellfish
  - Sushi, Sashimi, ceviche, raw oysters, and carpaccio
- Soft Cheeses
  - Brie, feta, blue, goat, camembert, gorgonzola, and Mexican soft cheeses
- Some Deli Meats, including:
  - Salami, liverwurst, and hot dogs* can be contaminated with listeria

  *Hot dogs should be well cooked

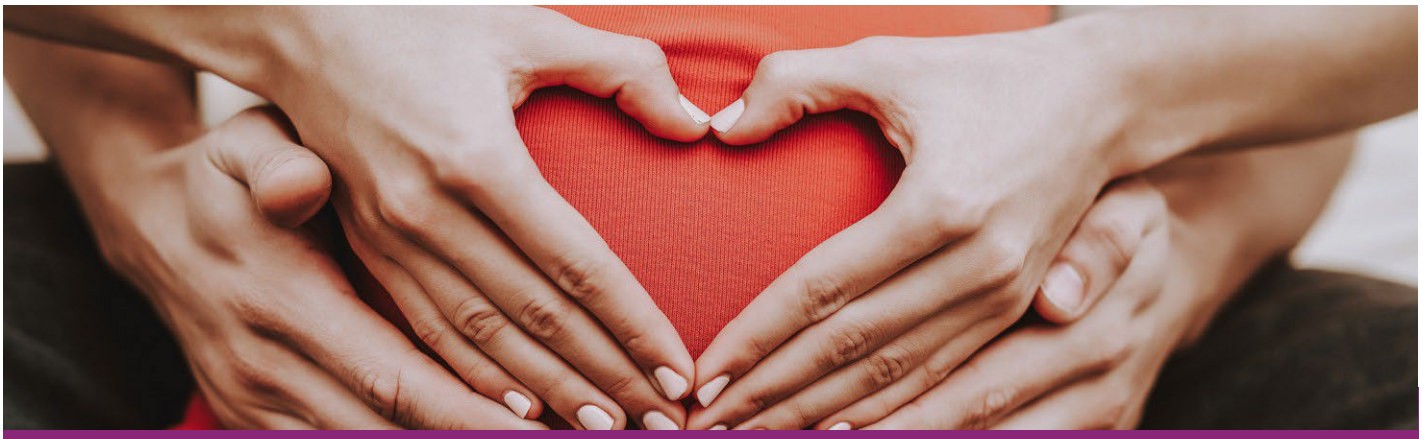
WHAT TO LIMIT

CAFFEINE

It's best to limit caffeine to 1 serving or less each day.

ARTIFICIAL SWEETENERS

Not enough is known about the effects of artificial sweeteners, occasional use is considered safe.



If you have any questions during your pregnancy, you can contact our office by phone or email and we will be happy to provide additional advice!

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