



NOW THAT I AM PREGNANT

What do I need to know about my OB care?

THE CONFIRMATION VISIT

- At this initial visit we will confirm you are indeed pregnant.
- This visit is usually done around 8 weeks.
- We will review your medical history, your current medications, and your previous pregnancy history. We will address any current issues you are having.
- You may have an ultrasound at this visit. The provider will make that decision after reviewing your history.
- You will have an opportunity to ask any questions you have.

THE INITIAL OB VISIT

We also call this the New OB visit, and it is usually done around 12 weeks.



This visit will likely be LONG.

There is a lot of paperwork to do. We will thoroughly review your history. We will assess your risk factors and discuss any additional testing or care you may need.

We will do a physical exam, listen to your baby's heartbeat and draw your prenatal labs. Generally, you do NOT have an ultrasound at this visit.

THE NEW OB VISIT

OPTIONAL GENETIC SCREENING


Optional genetic testing that we offer to all patients at the New OB visit.

- MaterniT 21 (NIPT)
- Inheritest Society guided panel

- Here is a link that explains genetic testing options

<https://womenshealth.labcorp.com/educational-videos>

Please review this information and be ready with questions at your visit. You will be asked to decide if you want the testing or not at your New OB visit.



HOW
MUCH
WILL THE
TEST
COST?

To determine your insurance coverage for genetic screening, follow the link below to get a cost estimate.

<https://womenshealth.labcorp.com/patients/cost-estimator#/testList>

To follow the above link- push control or command and click the link

MaterniT 21 plus

Inheritest Society-guided panel

Si usted habla español, comuníquese con un miembro de nuestro equipo de Every Mom Pledge (Promesa para toda mamá) llamando al 844.799.3243

RECOMMENDED VITAMINS

- Prenatal vitamin with DHA
- Add up what you are getting in your diet and what is in your prenatal to determine if you need to take an extra Calcium or Vitamin D
- Adequate Calcium (1,000 mg if over 18 years old and 1,300mg 18 or under)
<https://www.dietaryguidelines.gov/food-sources-calcium>
- Adequate Vitamin D (600 iu a day)
- <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/food-sources-select-nutrients/food-sources>

WHAT SHOULD I
BE EATING OR
NOT EATING?

Here is a link to a review of dietary guidelines for pregnancy :

<https://www.acog.org/womens-health/faqs/nutrition-during-pregnancy>

HOW MUCH WEIGHT SHOULD I GAIN?

That all Depends on your starting weight/BMI

The chart here is for women having one baby

For more information or if you are having twins follow this link:

<https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm#weight>

Underweight

BMI less than 18.5

28-40 pounds

Normal Weight

BMI 18.5-24.9

25-35 pounds

Overweight

BMI 25.0-29.9

15-25 pounds

Obese

BMI greater than 30.0

11- 20 pounds

To calculate your BMI go here:

https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm



WHO WILL DELIVER MY BABY

- We have 4 doctors in our practice that do deliveries at Chesapeake Regional Medical Center
- They share call on weekends, holidays and over night with other local OB practices
- If you are scheduled for induction or cesarean section, you will be scheduled with one of our doctors
- If you go into labor or deliver after hours, the on-call provider will do your delivery (this may be a provider from another practice)



WHAT
SHOULD I DO
IF I HAVE AN
EMERGENCY
AFTER
HOURS?

- If you have an after-hours emergency call 757-547-2322. The answering service will take a message and page the person on call who will call you back. If you do not receive a return call within 15 minutes, call the answering service again.
- Please disable any call blockers you have set up on your phone.
- Do not call the after-hours line for non-emergent questions or medication refills. Call during office hours and speak to the triage nurse or send a message through the patient portal.
- In the event of a life-threatening emergency, do not delay care while waiting on a return call. Go directly to the hospital or call 911

SHOULD I GET THE COVID VACCINE

- YES, it is highly recommended!
- Here is a link with patient information

[COVID_vaccine__Patients_UPDATED_01-18-22_ENGLISH.pdf](#)

- Should I get a booster?
- YES! Here is a link with more information about the Covid Vaccine booster in pregnancy

<https://www.highriskpregnancyinfo.org/covid19-vaccine-boosters>

SHOULD I GET A FLU SHOT?

- Yes, it is recommended that pregnant women get a flu shot during flu season
- You can get the flu shot either in our office or at a local pharmacy depending on your insurance.
- Here are 2 links with more information:
- <https://www.cdc.gov/vaccines/pregnancy/hcp-toolkit/flu-vaccine-pregnancy.html>
- <https://www.acog.org/womens-health/faqs/the-flu-vaccine-and-pregnancy>



TDAP VACCINE

- Tdap vaccine is recommended during the early 3rd trimester.
- In our office we usually offer the vaccine around 28 weeks.
- Here are 2 links with more information regarding the vaccine and pregnancy

<https://www.cdc.gov/pertussis/pregnant/mom/get-vaccinated.html>

<https://www.acog.org/womens-health/faqs/the-tdap-vaccine-and-pregnancy>

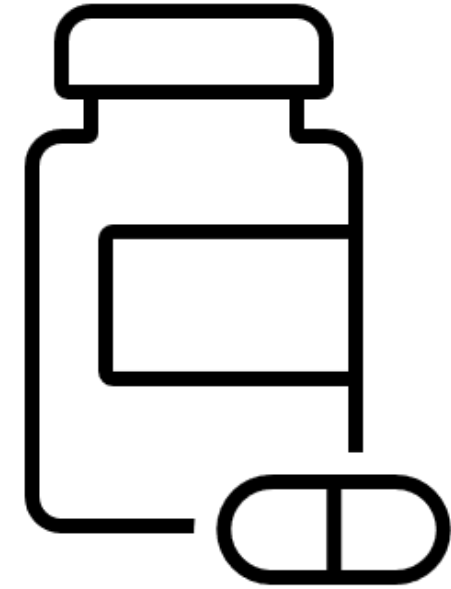
- Why get vaccinated- listen to a baby with whooping cough here:

https://www.babycenter.com/health/illness-and-infection/sounds-of-whooping-cough_10316927

WHAT OVER THE COUNTER MEDICATION CAN I TAKE?

In the obstetrics section of our website, you will find a list of medications under “Medications for Expectant Mothers”

If you have a specific question about a medication, you can send a message to your provider through the patient portal or you can call during office hours and ask to speak to the triage nurse.



ULTRASOUNDS

MOST WOMEN IN OUR PRACTICE ARE GOING TO HAVE 3 ULTRASOUNDS

The first ultrasound will be done at the confirmation appointment. This is to confirm that the pregnancy is progressing normally and to confirm the estimated due date.

The second ultrasound, also called the morphology ultrasound, is done around 20 weeks. This ultrasound is done to confirm the baby is developing normally. This ultrasound is the one in which we traditionally can determine the baby's gender.

The last ultrasound commonly done in our office is done around 36 weeks. This is done to estimate the baby's size and determine the baby's position.

WHEN WILL I COME FOR VISITS?

- In a normal uncomplicated pregnancy visit are usually
 - Every 4 weeks until 30-32 weeks
 - Every 2-3 weeks 30-36 weeks
 - Every week after 34-36 weeks
 - Twice a week after 40 weeks

This schedule will change as needed depending on your specific situation



HOW OFTEN DO I NEED LAB WORK DONE?

- Routine prenatal labs and genetic screening will be drawn at your New OB visit. Be sure that you are well hydrated.
- Around 16 weeks we offer AFP testing or multiple marker screening. This test screens for open neural tube defects and/or other genetic disorders like Down's syndrome.
- Around 28 weeks we will do a gestational diabetes test and repeat some of the blood tests done early in pregnancy like your blood counts.
- Around 36 weeks we will do a swab from around your vagina and rectum for group beta-strep
- Any other testing will be determined based on your medical situation.

POSTPARTUM

- You will need a postpartum visit 6 weeks after your deliver.
- You may be advised to follow up sooner if you had a c-section or are having other issues like elevated blood pressure or postpartum depression
- Postpartum depression is very common. If you are having symptoms, please do not wait for your 6 week visit to address it- call the office for an appointment.
- You should call if you are having severe headaches that do not improve with over the counter medication, vision changes/spots before your eyes, severe upper abdominal pain, excessive bleeding (heavier than a heavy period), passing large clots, or symptoms of postpartum depression
- For more information follow these links
- <https://www.womenshealth.gov/mental-health/mental-health-conditions/postpartum-depression>
- <https://www.preeclampsia.org/postpartum-preeclampsia>

We look forward to
working with you
during this exciting
time!

OUR GOAL IS TO
HELP YOU HAVE A
HAPPY AND
HEALTHY
PREGNANCY