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Women's Healthcare of Kendall, LLC

# Pregnancy Care Guide

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## Our Goals

Pregnancy and childbirth is a period of growth and change in our bodies and lives. Many of the things we experience during this time are new and different to anything that we have experienced before. Our goal, as your providers during this special time, is to provide guidance and quality care throughout the course of the pregnancy to ensure a healthy mom and baby, while allowing you to enjoy the process along the way.

This pregnancy guide is a handbook of the most common questions and concerns that we encounter in pregnancy on a daily basis. Keeping this guide with you will ensure that you are well prepared for most things you encounter throughout this journey.

If you have any questions in addition to the information found in this guide, please do not hesitate to contact us at (305) 270-7999 or email us at [info.desk@womensmd.net](mailto:info.desk@womensmd.net)

**Welcome to the Practice!**

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# Nutrition in Pregnancy

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A well balanced and healthy diet should include proteins, carbohydrates, vitamins, minerals, and fats. If you are starting at a normal weight prior to pregnancy, you only need an additional 300 calories per day to ensure normal fetal growth and healthy weight gain. This is an equivalent to an additional balanced meal per day. Be sure to include a prenatal vitamin as a part of your daily routine for the recommended daily doses of all necessary vitamins including iron, folic acid, calcium, vitamin B6, zinc, and iodine.

What to Gain During Your Pregnancy				
	<b>Underweight</b> BMI < 18.5	<b>Normal</b> BMI 18.5 to 24.9	<b>Overweight</b> BMI 25 to 28.9	<b>Obese</b> BMI ≥ 30
One Baby	28 to 40 lbs	25 to 35 lbs	15 to 25 lbs	11 to 20 lbs
Twin pregnancy	50 to 62 lbs	37 to 54 lbs	31 to 50 lbs	25 to 42 lbs

## What to Gain in Pregnancy

### ***Can I eat fish?***

Fish that should be avoided during pregnancy include **Shark, swordfish, king mackerel and tilefish**. Skrimp, canned light tuna, salmon, and catfish are safe to eat in pregnancy. It is safe to consume up to 12 ounces of these and similar fish per week.

### ***Can I eat raw meat or sushi?***

It is recommended to eat only **cooked** fish in order to avoid potential harmful organisms or infections, such as Listeria. This bacteria may be present in raw and uncooked meats, poultry, shellfish, and in unpasteurized milk and cheeses.

### How much coffee or tea can I drink?

The recommended amount of caffeine should be limited to 200mg daily. Below is a chart with common coffee and tea options and the amount of caffeine they contain. For a good resource website for more information, see the link below:

[Caffeine during Pregnancy](#)



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# Your Due Date

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A normal pregnancy lasts about 280 days (or about 40 weeks), counting from the first day of your last menstrual period. A normal range, however, is from 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 14 weeks each:

- 1st trimester: 0 - 13 weeks and 6 days
- 2nd trimester: 14 - 27 weeks and 6 days
- 3rd trimester: 28 - 40+ weeks

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 to monitor 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.

## ***I just found out I’m pregnant! When should I schedule my first appointment?***

We are happy to see you as soon as you would like. We can often see the baby’s heartbeat by ultrasound as early as 5-6 weeks.

## ***How often should I expect my appointments?***

For the majority of the pregnancy, appointments will be every 4 weeks. Because we have ultrasound and lab equipment in the office, we often combine important testing with your appointment for additional convenience. During the third trimester starting around 28 weeks, appointments will be every 2-3 weeks. We will see you at least weekly during the last month of pregnancy leading up to the due date.

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# Pregnancy Calendar of Events

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Below we have detailed a sample of what to expect regarding appointments and office visits throughout the course of your pregnancy. Some labs are sensitive to how far along you are in your pregnancy and are done at specific times. Other labs and ultrasounds can change based on your provider's needs and recommendations.

## 4 to 5 weeks

A positive pregnancy test!! Time to make an appointment to confirm that your pregnancy is growing normally

## 5 to 8 weeks

Your Initial OB visit:

- Pregnancy confirmation ultrasound
- Pap smear and vaginal cultures
- Screening for STDs (sexually transmitted diseases)
- Labwork: CBC, blood type and Rh status, antibody screen, HIV, Syphilis, Hepatitis B, Rubella Immunization
- Genetic screening for diseases such as cystic fibrosis, sickle cell disease, Fragile X syndrome, and spinal muscular atrophy

## 10 to 14 weeks

Genetic Testing for the baby:

- NIPT or non-invasive prenatal testing can be done as early as 10 weeks - it tells us the risk for chromosomal abnormalities and also your baby's **GENDER!**
- Nuchal translucency ultrasound

## 15 to 20 weeks

Anatomy Screening:

- Anatomy ultrasound to confirm that your baby is developing normally (usually done at 18 weeks)
- Labwork: Alpha Fetoprotein to check for neural tube defects such as spina bifida

## 24 to 28 weeks

Screening for Gestational Diabetes:

- Labwork: 1 hour glucose tolerance test, CBC and antibody screen

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### 28 to 30 weeks

If you have a Negative blood type (Rh negative) at this time is when you receive your **RHOGAM** injection.

We also recommend the **Tdap vaccine** for all patients at any time after 27 weeks.

### 30 to 32 weeks

Third Trimester Screening

- Chlamydia and Gonorrhea cultures and lab work for Syphilis, HIV, Hepatitis B is repeated
- Growth ultrasound

***\*This is a great time to start looking for a pediatrician\****

*Your can also Pre Register at the hospital around this time (see below for details)*

### 35 to 36 weeks

Group B streptococcus (GBS) screening culture performed

### 38 to 40 weeks

Almost there!

- At this time be begin cervical exams to determine if there is dilation (see below for signs of labor)
- If you are delivering via cesarean section, most are scheduled after 39 weeks unless otherwise determined by your doctor.

### 40 to 41 weeks

Past your Due Date

- We perform Non-stress testing (NST) and a Biophysical Profile (BPP) during this week to ensure fetal health.
- Induction of Labor for Post Due Dates occurs after 41 weeks as long as mom and baby remain healthy and NST/BPP is normal.

Frequency of these visits, scheduling of inductions and cesarean sections will vary depending on each individual pregnancy and will be determined by your providers as needed.

*Our primary goal is for you to have a safe, healthy and successful pregnancy and delivery. We always strive toward vaginal deliveries when possible, and our physicians all perform cesarean deliveries or vacuum-assisted vaginal deliveries when appropriate.*

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# Maternity Pre-Registration

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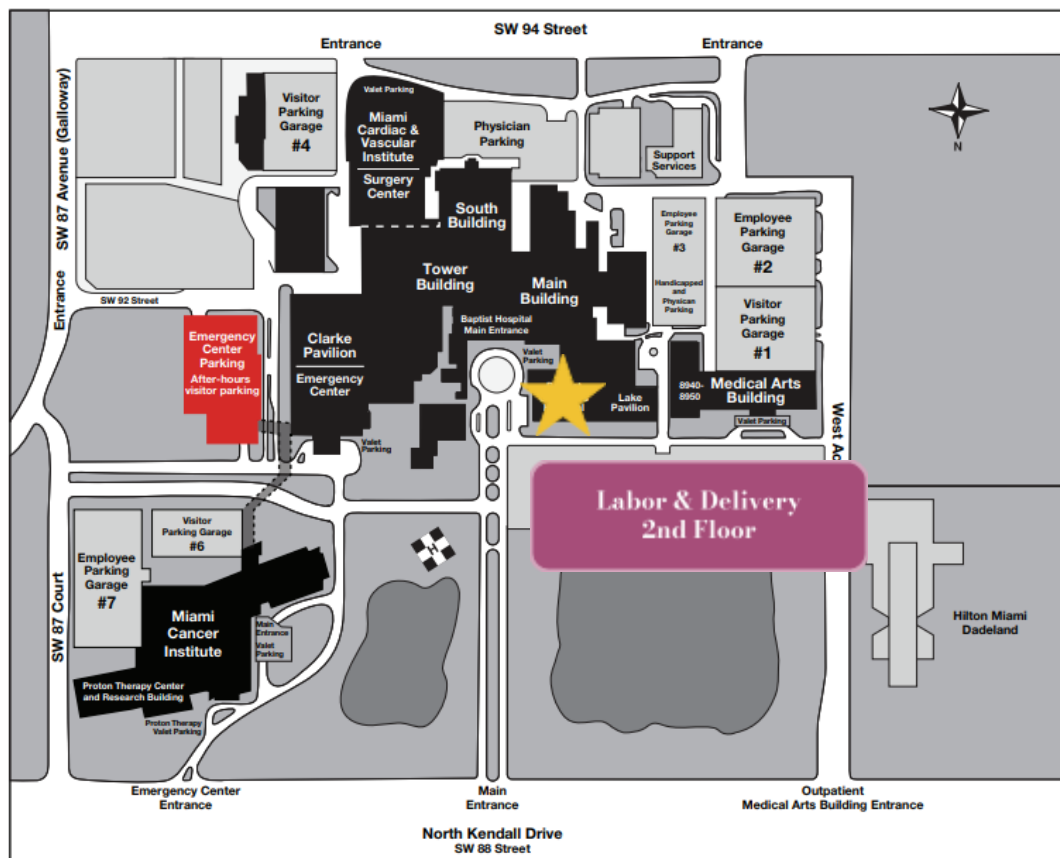
Our team delivers babies at the main Baptist Hospital on Kendall Drive in Miami. Prior to delivery, please pre-register at the hospital website through the link below by 30 weeks gestation:

<https://baptisthealth.net/bhmmaternity>

You may also call Maternity Pre-registration at Baptist Hospital (786) 596 - 5959

## When to come to the hospital:

- Regular contractions which are becoming closer together and stronger. For the first baby, try to wait at home until the contractions are strong and are at least 4-5 minutes apart.
- If you think your water broke. Sometimes it is a big gush, and other times it is less obvious and can be slow, constant leaking.
- If you have moderate vaginal bleeding. Some bleeding may be normal after an exam in the office.
- You are concerned the baby is not moving as often as normal.



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# Hospital Checklist

## For Mother

- Photo ID, insurance information
- Birth Plan
- Sleepwear (something loose and comfortable)
- Non-slip socks or slippers
- Bathrobe or sweater
- Maternity or postpartum underwear
- Nursing bra and nursing pads
- Change of clothes and comfortable shoes to wear home
- Toiletries: toothbrush, toothpaste, shampoo, conditioner, lotion
- Hair tie or headband
- Lip moisturizer
- Sanitary napkins
- Massage oils or lotions
- Relaxation materials (books, music, etc.)
- Glasses and contacts with solution, if applicable
- Cell phone with charger
- Breast pump, if applicable
- Camera
- Snacks

## For Baby

- Newborn diapers
- Receiving blankets
- Onesies (at least 3-4 in different sizes)
- Infant hats
- Pacifier, if applicable
- Swaddles or receiving blankets
- Infant car seat
- Newborn clothes to go home in



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# Medications in Pregnancy

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We have compiled a list of over the counter medications that are safe to use in pregnancy. While the FDA has shown these medications to be safe, you should always consult your doctor about any medications you are taking. If you are on medication or would like to take a medication not on this list, check with your provider to ensure it is safe.

## Allergies

Benadryl 25mg every 6 to 8 hours  
Claritin 10mg once a day (do not use Claritin D)  
Zyrtec 10mg once a day (do not use Zyrtec D)

## Back Pain

Tylenol (acetaminophen), regular or extra strength, as directed on the bottle  
**You CANNOT take ibuprofen, Advil, Aleve, or Motrin**

## Cold or Flu Symptoms

Tylenol  
Vicks VapoDrops Cough Relief  
Cough drops/Throat lozenges  
Cepacol  
Vitamin C  
Chloraseptic spray  
Saline Nasal spray  
**Avoid any medication was includes pseudoephedrine or phenylephrine**

## Cough/Congestion

Mucinex  
Robitussin DM  
Guaifenesin  
Saline nasal spray  
Nasal flushing (Neti Pot)  
**Avoid any medication was includes pseudoephedrine or phenylephrine**

## Constipation

Benefiber  
Docusate sodium - Colace, Pericolace, Dulcolax, etc.  
Metamucil  
Milk of Magnesia

## Diarrhea

Immodium as directed on the box  
*Call if no improvement after 24 hours*

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## Gas

Gas-X thin strips, softgels or ultra strength chewable - use as directed  
Mylicon (simethicone) 80mg, 1 tablet after meals and at bedtime

## Headache

Tylenol (acetaminophen), regular or extra strength, as directed  
Excedrin Tension Headache (Aspirin free)

**You CANNOT take ibuprofen, Advil, Aleve, or Motrin**

## Heartburn

Tums, regular EX or Ultra, 1-2 tablets at bedtime  
Mylanta or Maalox, as directed on the bottle  
Pepcid, as directed  
Nexium, as directed

## Hemorrhoids

Tucks Medicated Cooling Pads  
Witch hazel  
Hemorrhoid creams, ointments or suppositories (Preparation H, Anusol)  
Hydrocortisone 1% cream

## Insomnia

Benadryl 25 - 50mg at bedtime  
Dramamine  
Tylenol PM  
Melatonin  
Unisom

## Nausea/Vomiting

Ginger tea, candies, fresh  
Vitamin B6, 50mg, 1 tablets twice a day  
Combination of Vitamin B6 and Unisom, 2 times per day  
*Talk your doctor if you are unable to keep down food or drinks*

## Yeast infection

Clotrimazole 7  
Monistat 7

*Although medications are sometimes necessary for treatment of these symptoms, see below for some modifications that you can perform daily to help prevent worsening and may decrease your need for certain medications.*

<b>Symptoms</b>	<b>Helpful Hints</b>
Back Pain	Use pillows between the knees behind the back and under the belly while sleeping Use pregnancy belt/belly band throughout the day
Cold/flu/cough	Drink plenty of water and make sure to stay hydrated
Constipation	Drink plenty of water daily (8 to 10 glasses a day) Increase fruits and leafy vegetables, bran, fiber cereals, and prunes to your diet Increase physical activity
Diarrhea	Avoid milk or milk products Clear clear liquids until diarrhea stops Keep a BRATT diet (bananas, rice, apple sauce, toast and tea)
Gas	Avoid spicy or fried foods
Headache	Rest in a dark room Massage neck and shoulders Cold compresses
Heartburn	Small, frequent meals every 2-3 hours Avoid spicy or greasy foods
Hemorrhoids	Good fiber intake Avoid constipation and excess straining during bowel movements Warm sitz baths (soaking in a tub of warm water with Epsom salts)
Nausea/Vomiting	Small, frequent meals every 2-3 hours Plain crackers, avoid greasy foods Drink plenty of fluids (water, gatorade, tea) Ginger ale, ginger tea, ginger candies
Sinus/Allergies	Increase water intake Saline water nasal flushes (ex. Neti-pot) Humidifiers
Sleep Aid	Warm shower Warm decaffeinated tea (Sleep Time Tea) Avoid TV or phone use prior to bedtime Avoid eating large meals 2 hours prior to bedtime
Sore Throat	Decaffeinated hot tea with honey

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# Frequently Asked Questions

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## I just found out I'm pregnant! When should I schedule my first appointment?

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## How often should I expect my appointments?

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## Do I need genetic testing?

For couples with certain ethnic backgrounds, we offer testing to see if you are a carrier for high risk diseases specific to that ethnicity. All patients regardless of age can also consider testing for disorders such as Down Syndrome. Please see the ACOG website for an overview of the available tests. This will be discussed further at your initial visits.

## Can I exercise? Can I have sex?

For most women, exercise and sex are safe during the entire pregnancy. Low-impact exercises such as walking and stretching can help to avoid excessive weight gain, prevent gestational diabetes and keep a woman conditioned for labor and delivery.

It is recommended for pregnant women to exercise at least 5 times per week for 30 minutes of moderate exercise. In general, listen to your body and avoid excessive exhaustion or overheating. If you are experiencing bleeding or painful cramping, it is best to avoid these until speaking with your provider.

Avoid contact sports and those associated with a higher risk of falls (ie. gymnastics, horseback riding, downhill skiing, etc...). Exposure to extreme air pressure should also be avoided such as in SCUBA diving and high altitude exercise.

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## Can I go to the dentist?

Patients are encouraged to maintain good dental hygiene and see their dentists as needed. If your dentist requires a release, please call the office or speak to our office staff at your next appointment.

## Can I travel?

If you must travel, the best time to do it is most likely in the middle of your pregnancy between 14 to 28 weeks. Most airlines allow travel until 36 weeks of pregnancy, although individual policies may vary.

While on a plane, car, train, etc. walk around every 1-2 hours and do some gentle stretching of your legs to avoid complications such as blood clots.

## Are nosebleeds common?

Yes! Hormonal changes cause swelling of your nasal mucosa and even in your gums. This can lead to a feeling of stuffiness and congestion, bleeding gums while brushing your teeth and nosebleeds.

## What is round ligament pain?

As your uterus gets larger, the round ligaments, which hold the uterus in place on both sides, are stretched. Round ligament pain happens when this stretching occurs and can be felt in the lower right or lower left side of the abdomen. Usually the pain is sharp and grabbing, and it happens with certain movements, changing positions, or walking. Usually rest or a change in position will alleviate the pain.

If you have any questions in addition to the information found in this guide, please do not hesitate to contact us at (305) 270-7999 or email us at [info.desk@womensmd.net](mailto:info.desk@womensmd.net)

## Welcome to the Practice!

