



Initial Pregnancy Information

Obstetrics & Gynecology

Welcome to The Women's Health Group. We are so glad that you have chosen our office for your Obstetrical care! This is an exciting time and all of the physicians and staff at The Women's Health Group want to ensure that you receive exceptional care.

For routine pregnancies, you will first receive an appointment to go over your history in more detail with your physician to go through some of our pregnancy recommendations. You will have your labs drawn at that time and have an exam. You will have an ultrasound at that visit to confirm how far along you are in your pregnancy. Office appointments will be scheduled every four weeks and continue monthly until approximately 28 weeks. You will then have appointments every 2 weeks until the month prior to your due date. We will then start seeing you on a weekly basis.

There are definitely situations in which you will need to be seen more frequently than this and that will be determined on an individual basis by your physician.

There may be times when we might recommend you see your primary care physician if we feel they may be better equipped to manage your symptoms, including, colds, sore throats, ear aches, etc.

The physicians of The Women's Health Group share call on a rotating basis. If you are having an emergency after regular office hours, call the main number, 918-293-6200 and leave a message with the answering service. The doctor on call will return your call as soon as possible. Please disable "call blocker" on your phone as it is difficult to return phone calls when this is in use. Please have the name and number of the pharmacy you use available in case a prescription is needed.

We currently deliver babies at Hillcrest Hospital South and St. John Medical Center.

MEDICATIONS ALLOWED DURING PREGNANCY

Please do not stop any current prescription medications until talking with your doctor. If you are unsure about the safety of a medication with pregnancy, please call and talk to our nurse.

Minor aches, pains, headaches: Acetaminophen (Tylenol) 1-2 extra strength every 6 hours as needed (No more than 6 tablets or 3000mg per day). Avoid aspirin containing products, ibuprofen and Naprosyn/Naproxen. (ex. Motrin, Aleve, Excedrin, Advil)

Constipation: Colace, Senokot, Citrucel, Fibercon, and Miralax are all fine. It is also good to drink lots of water, and eat fruits and veggies.

Hemorrhoids: Increase fiber and water. Preparation H or Anusol. If these are not working, please call as you may need a prescription strength medication.

Heartburn: Tums, Maalox, Pepcid AC, or Nexium OTC. Avoid greasy, spicy, and fried foods.

Diarrhea: Immodium AD, clear liquids and a bland diet for 8-12 hours. If you have a fever of 100.4 or greater or if the diarrhea persists or you begin vomiting, please call the office. Please avoid Pepto Bismol because it contains aspirin.

Nausea: Eat small, frequent meals. Unisom (one half tablet up to three times per day), vitamin B6 50mg 3X/day. If these are not working, please call as you may need to be seen or have a prescription called to the pharmacy.

Colds/Allergies/Cough: Sudafed, Benadryl, Claritin, Zyrtec, Mucinex, Robitussin DM. We recommend avoiding phenylephrine containing products like Sudafed PE. All of these medicines are best to avoid if possible, during the first trimester.

Yeast Infections: Monistat 7 is the recommended treatment. Be careful with the applicator and only insert it halfway into the vagina.

It is best to take the least amount of medication you can during the first trimester as this is when the crucial parts of your baby are forming. There are certainly, however, medications that need to be continued and should be continued as sometimes stopping them abruptly can also cause problems. Please, if you have a question about your medications, call us.

The ACOG and TWHG recommend pregnant women are vaccinated against COVID. The CDC, ACOG and The Women's Health Group recommend that all pregnant women receive the flu shot during pregnancy if you happen to be pregnant during flu season. It does not matter what stage you are in your pregnancy.

The CDC, ACOG also recommends a Tdap shot between 27 and 36 weeks of pregnancy. They recommend family members, babysitters, etc. who will have regular contact with the baby in the first six months to receive the vaccine as well. If they have not been vaccinated in the past 10 years.

ULTRASOUNDS: An ultrasound will be performed at your first doctor visit to confirm how far along you are and determine an accurate due date.

You will also have what we call an "anomaly scan" at 20 weeks. This is where we look in detail at all of the major parts of the baby. We look at the brain, spine, face, heart, and kidneys, and this is when we would determine the gender if you are wanting to find out.

Additional ultrasounds will be ordered at the discretion of your physician.

When scheduling scans, no one under the age of 8 is allowed to be present for ultrasounds. We have dangerous chemicals in the cabinets used to clean the ultrasound equipment and somehow small children seem to always find exactly where it is. We also want to devote as much attention as we can to making sure we see as many details of your baby as we possibly can.

NUTRITION: Recommendations for weight gain during pregnancy depend on your prepregnancy weight and BMI (body mass index). If you are normal weight before pregnancy with a BMI 19-25, then the recommended weight gain is 25-35 pounds. If your BMI is greater than or equal to 30, then the recommendation is 11-20 pounds. You need about 300 extra calories a day during pregnancy.

We recommend you eat foods that are high in iron (red meat, spinach, beans, iron enriched cereal/grains) as it is common and normal to become iron deficient or anemic during pregnancy. A high protein diet (about 70 grams) is also recommended. You will need to increase your daily fluid intake. You need at least 8-12 glasses of water per day.

Caffeine: Caffeine should be limited to less than 200 mg/day. (ex. 8 oz of coffee= 95mg, tea= 47mg, 12 oz soda= 29mg). Be careful with herbal teas/supplements (ex. green and black tea). They contain a fair amount of caffeine and there is some debate as to whether they affect absorption of folic acid and iron.

There are some food restrictions/precautions during pregnancy. Fish is great to eat but in limited quantities due to the mercury content in fish. Most fish can be eaten twice a week (no more than 12 ounces total). Fish to avoid include: Shark, King Mackerel, Tilefish, and Swordfish and any raw fish. When consuming tuna it is best to eat Chunk Light tuna and avoid Albacore White tuna. For more information on fish you can go to www.acog.org and go to the information on Nutrition During Pregnancy.

Deli meat, hot dogs, and soft cheeses have been known to carry Listeria. Although very rare, it can be very harmful to your pregnancy. It is best if you are going to eat these items to heat them thoroughly. You should avoid any unpasteurized foods (ex. Brie, feta, blue cheese, camembert, Mexican style cheeses like queso blanco, queso fresco, or panela). You need to wash fruits and vegetables well and

avoid eating raw sprouts. Any foods made with raw eggs should also be avoided (ex. Eggnog, raw batter, Caesar dressing, and hollandaise sauce.) Meats and poultry should be thoroughly cooked prior to eating.

You need 1500mg/day of calcium during pregnancy and breastfeeding. Your prenatal vitamin contains only a small amount so you will most likely need to take a calcium supplement. (ex. Tums, Caltrate-D, Citrucal-D, Viactiv). A calcium supplement that contains magnesium can help prevent constipation that sometimes happens with calcium supplements. Most prenatal vitamins now contain omega-3 fatty acids or DHA. This is good for the brain and eye development of your baby.

ALCOHOL: We do not recommend drinking alcohol during your pregnancy.

SMOKING: Smoking has been proven to be directly harmful to your baby. It is not recommended in any amount. If you want help to quit smoking call: 1-800-QUIT-NOW or you can go to the website at www.smokefree.gov.

SEX: Sex is usually okay during pregnancy. At times, you will be asked to avoid sex if a complication arises.

EXERCISE: It is recommended that you continue whatever exercise you were doing before pregnancy.

We do not recommend starting any vigorous training during your pregnancy. We do recommend you avoid sports that may result in direct abdominal trauma including horse back riding, roller blading, snow skiing, water skiing, jet skiing, etc. Scuba diving should be avoided entirely. Avoid saunas, hot tubs, whirlpools, or showers over 100 degrees. Exercise programs and classes designed for pregnancy are fine. After the first trimester, we recommend that you not lay flat on your back for any prolonged period of time.

DENTAL WORK: We recommend you see your dentist on a regular basis especially during pregnancy. Procedures such as fillings, root canals, etc can be done under local anesthesia. If x-rays are performed, the abdomen needs to be fully covered with a lead apron.

SALON SERVICES: We ask that you avoid the tanning bed during pregnancy. It is okay to color your hair although probably better to wait until you are in your 2nd trimester (approximately 13-14 weeks). Realize that your hair texture is different with pregnancy so perms or coloring may be slightly different than before. Pedicures and manicures are fine during pregnancy and massage designed for pregnancy is fine.

TRAVEL: While riding or driving a car, you should always wear your seatbelt across your shoulder and lower abdomen. Commercial air travel during pregnancy is fine as long as you are not having any complications. The best time to travel is usually in the second trimester (14-28 weeks). We ask that you not travel after 36 weeks. International travel is restricted to a much earlier gestational age. Private aircraft should remain below 10,000 feet. We usually give you a copy of your prenatal records to take with you when you travel in case of an unanticipated trip to the emergency room. It is best to plan frequent breaks when driving to walk around. You should walk around on the plane every hour if taking longer flights. It is also very important to stay well hydrated.

DISABILITY FORMS/FMLA/LEAVE OF ABSENCE: Most people will have some sort of form from work that needs to be completed prior to delivery. We would be happy to fill these out. We do charge \$25.00 to complete these forms. We typically recommend 6 weeks off after delivery of your baby whether it be vaginally or by c-section. FMLA allows you to take 12 weeks off however this is typically unpaid leave.

