

## WHEN TO NOTIFY THE DOCTOR

Any symptoms not relieved by the listed treatments on the previous page.

**Bleeding:** If bleeding occurs, you need to call our office.

**Swelling:** Swelling during pregnancy is normal. However, if you notice a large amount of swelling over a short period of time which does not go down with bed rest, especially when associated with headache, abdominal pain, or visual disturbances, you need to notify us immediately.

**Burning or pain with urination:** Bladder infections are common in pregnancy and can lead to serious complications if not treated. It is important that you notify us if you think you may have a bladder infection.

**Abdominal pain or cramping:** It is sometimes difficult to tell the difference between normal discomforts of pregnancy and danger signals. If you have a sudden onset of abdominal pain not relieved by rest, call the office immediately. Any pain associated with fever, vaginal bleeding, backache, or leaking of clear fluid should be reported to our office.

**Headaches:** Headaches during early pregnancy are common. Headaches, significant swelling, upper abdominal pain, and spots before your eyes, especially when they occur during the third trimester needs to be reported to the office immediately.

**Fluid discharge:** An increase in vaginal discharge is normal. However, leakage of clear fluid or discharge associated with itching, burning, or odor needs to be evaluated.

**Fever:** Notify the office when you run a fever.

**Fetal movements:** When the baby is moving, it is a reassuring sign. However, when there is a sudden decrease in fetal movement, it may signal possible problems with the baby. It is important that you notify the office immediately.

**Fetal kick counts:** If you have concerns that the baby might not be moving as much, you may perform kick counts. You lie down on either side after breakfast and dinner, and with your hand on your abdomen, count the baby's movement. Your baby should move at least 10 times in 2 hours. If this is not the case, then call the office.

**Contractions:** Mild contractions are said to feel like "menstrual cramps" or "balling up" sensations. As the contractions get stronger, it becomes more and more painful. Please notify the office if you think you are having contractions.

Our office is available to answer any problems or questions 24 hours a day, 7 days a week. If our physicians are not available, then there will be other physicians who will be providing coverage for our patients. Please do not hesitate to call. If the physician does not return your call within a reasonable amount of time, then please call the answering service again.



HUNTSVILLE OB / GYN ASSOCIATES, P.A.

OBSTETRICS & GYNECOLOGY

J.E. SPEED, D.O., FACOG • S.G. TYGART, M.D., FACOG

165 WHITESPORT DRIVE SW, SUITE 1  
HUNTSVILLE, ALABAMA 35801  
PHONE: (256) 881-4357  
FAX: (256) 881-4389

Congratulations on your pregnancy. The physicians and the staff would like to make this experience a joyful one. We will work together as a team to meet our goal.

The following is information to help guide you through your pregnancy.

On your first visit, we will obtain a detailed medical history and perform a complete physical examination. It is very important that you are completely open with us so that we can give you the best care possible. We will discuss exercise, diet, on call schedule, ultrasound policies, certain danger signs, fetal movements, and the dangers of mercury in fish at your initial visit. Alcohol and smoking are strongly discouraged. A battery of tests will also be ordered at that time. We ask that you get these tests as soon as possible.

Subsequent visits will be every 4 weeks until 32 weeks of pregnancy, then you will be seen every 2 weeks until 36 weeks, at which time you will be seen weekly until you deliver.

Birthing classes are offered at both Crestwood Hospital and Huntsville Hospital. It is recommended that you attend these classes if possible.

Exercise is important during pregnancy. Low impact exercise is fine unless the physician advises bed rest. Aerobic exercise is also fine as long as you can carry on a conversation during the exercise. You should not be short of breath while exercising.

Nutrition during pregnancy is important. A well balanced meal is a must. Avoid uncooked meats and meat by products. Unpasteurized cheeses should be avoided. Deep salt water fish such as shark, swordfish, and tuna should be avoided because of the mercury content. Weight gain should be held to 25lbs.

## ADDITIONAL TESTING WHICH MIGHT BE PERFORMED DURING YOUR PREGNANCY

**Quad Test:** Offered during your 15-16th weeks of pregnancy. This test is optional. It is a screening tool for Down's Syndrome and neural tube defects such as Spina Bifida.

**Genetic Testing / Amniocentesis:** Either a blood test or amniocentesis can be performed to determine whether your baby is at risk for chromosome abnormalities. This is usually offered to all mothers who will be 35 years old or older at the time of delivery and those who are at increased risk for chromosome abnormalities.

**Ultrasound:** An ultrasound will usually be performed from 18-22nd weeks of pregnancy to confirm your due date. It is not meant to rule out birth defects. Ultrasounds may be done at other times during your pregnancy if there is a medical reason to do so.

**Gestational Diabetes Screen:** A blood test will be done around the 28th week of pregnancy. It is a screening test for gestational diabetes. You are not required to fast with this test. You will be given a measured amount of sugar solution to drink, and your blood will be drawn one hour later. Further testing may be required if your test results are abnormal.

**Non-Stress Testing:** This is a test to assess fetal well being and can be performed in the office. The fetal heart is monitored with an external transducer. The testing can last 20-40 minutes.

## MEDICATIONS WHICH ARE SAFE TO TAKE DURING PREGNANCY

**Tylenol**, regular or extra strength can be used for headache, fever, backache, or muscle aches.

### **Colds, allergies or sinus:**

1. Claritin / Zyrtec
2. Saline nasal spray
3. Humidifier for congestion
4. Robitussin DM for cough

### **Indigestion:**

1. Mylanta, Tums, Pepcid, Prilosec or Zantac
2. Avoid high fat foods, only 1 can of tuna per week
3. Eat 4 or 5 small meals

### **Constipation:**

1. Metamucil/citrucil / Miralax
2. Increase fluids
3. Fruits/vegetables

### **Diarrhea:**

1. Clear liquid diet for 24 hours
2. No dairy products for 48 hours
3. Kaopectate

### **Nausea/Vomiting:**

1. Emetrol
2. Eat crackers/dry toast before rising
3. Eat small frequent meals
4. Vitamin B6

### **Backache and ligament pain:**

1. Tylenol
2. Bed rest
3. Exercise
4. Abdominal support belt
5. Pelvic rock