

# **Novas, Dohr, Coll & Gadson, OBGYN**

**Office Phone (847) 304-0044**

This number is routed to the answering service for emergencies after hours.

**Office Hours:**

Monday through Thursday 9am-7pm

Friday 9am-5pm

Saturday 8am-12pm

## **Congratulations on your pregnancy!**

We want to help make this experience fun, exciting and safe. There is a doctor on call twenty-four hours a day in case of an emergency. The doctors are on staff at Advocate Good Shepherd Hospital and AMITA St. Alexius Women & Children's Hospital. Our goal is to serve you and help ensure a safe, happy and healthy birth. Our philosophy is to not intervene with nature unless it is a potential risk to you or your baby. Please let us know how you envision your pregnancy and labor so we may better care for you. The following information will help you learn about our practice and what to expect in the following nine months. Please refer to this for questions that come up. Also, please refer to the ACOG book Your Pregnancy and Childbirth: Month to Month, compliments of Drs. Novas, Dohr, Coll & Gadson OBGYN Associates.

## **What makes our obstetric care unique!**

- Unlike most OB groups, we do not use other practices or hospital-based physicians to cover your care on evenings or weekends. One of our 4 doctors is always available 24/7. With other practices, many patients find out that another doctor's practice may be the one providing coverage when they deliver.
- We offer the most comprehensive genetic testing including an ultrasound and labs at 12 weeks. Discuss with your doctor what testing is available to you as many practices do not offer all of these tests
- We now have a convenient online patient portal to view your lab results, visit notes, and billing inquiries. Ask the front desk staff how to get signed up!

- Our practice performs all ultrasounds in-office including an attempt of 3D/4D imaging in the third trimester. Ultrasounds are performed by our trained, certified and experienced MD's and ultra-sonographers.
- Our medical spa offers ancillary services such as: pregnancy massage, nutrition consultations, breast feeding classes, and skin care during and after pregnancy. Inquire about our "*Pregnancy Life*" spa program for special offers and complimentary services we offer our patients for each trimester
- We have 3 experienced labor and delivery nurses available during office hours for counseling and questions.
- We have a Physician Assistant and Nurse Practitioner on staff who can see all patients and answer questions as well.
- All lab work is drawn in-office.

## **Prenatal Visits**

Classes, books, and your doctor's office are the best sources of information. Avoid reacting to friends' and relatives' anecdotal experiences. Internet sources through our website are ACOG approved, other sources may not be as accurate. Just visit our website [www.novasassociates.com](http://www.novasassociates.com) and click on "Patient Education" → "ACOG" and view all the available articles.

We recommend that you see all the doctors at least once. If you have one particular doctor that you tend to communicate better with, you can keep the majority of your routine visits with that doctor. When you come to the hospital for delivery, we cannot guarantee that your preferred physician will be available, and any of the physicians may be there for your delivery or emergency calls.

Deliveries do happen during office hours! You may be asked to see another doctor if your doctor is attending a delivery or you may be asked to reschedule. You may call the office on the day of your visit to see if appointments are running "on-time". Our Physician Assistant, Nurse Practitioner, or Labor and Delivery Nurses in the office can also see you with routine appointments.

At each visit, we will discuss what is happening at that particular time in your pregnancy. If you have any questions, please write them down prior to your appointment and we will be happy to discuss them with you. If you do call the office, our Labor and Delivery nurses can help you with most obstetric calls or concerns.

At each visit we will record the following:

- *Weight*: A weight gain of 20-30 lbs. is recommended depending upon your initial weight. Weight gain is not consistent throughout the pregnancy. Some visits may not show much weight gain, while another visit may show an increase in weight.
- *Blood pressure*: An average blood pressure is at or below 120/80. Elevated blood pressures need to be followed very closely by the doctor.
- *Urine dip*: This test measures both protein and glucose. Both should be negative throughout your pregnancy. Protein can be seen in urine with dehydration as well.
- *Fetal heart rate*: Your baby's heartbeat is assessed during each visit after 12 weeks

## **Confirmation of Pregnancy**

Did you just find out you're pregnant?! If you just had a positive pregnancy test, please call our office and we will schedule you for a visit with the Nurse Practitioner or Physician Assistant to confirm your pregnancy and go over what to expect at each visit.

## **What to expect at each routine visit**

The following is a list of what you can expect at each visit during a routine pregnancy. Keep in mind not all pregnancies are routine and at any time, more appointments may be added if follow ups are needed. It is important to come to each appointment to be assessed for any complications.

### **1st visit:**

Your initial obstetric visit is typically between 7-10 weeks gestation. A trans-vaginal ultrasound is performed to assess viability and accurate dating of the pregnancy. You will also have a blood draw for routine prenatal panel labs. A pap smear may be done if it is indicated since your last exam. Genetic testing performed by our office will be discussed and a descriptive hand out will be given.

### **2<sup>nd</sup> visit:**

This visit is between 11-13 weeks. If genetic testing is not desired, a routine visit is performed.

If genetic testing is desired, an abdominal ultrasound is performed for assessment and nuchal translucency measurement (explained in handout). A blood draw is also performed.

### **3<sup>rd</sup> visit:**

Scheduled between 16-18 weeks. A routine visit is performed. A blood draw is performed for the AFP or open neural tube defects screening (described in hand out).

### **4<sup>th</sup> visit:**

Scheduled between 19-22 weeks. A comprehensive fetal anatomy ultrasound is performed by one of our certified ultrasound technicians. It will include a trans-vaginal ultrasound to assess your cervix. Our ultrasound certified MD's will perform an ultrasound right after to follow-up. The rate of birth defect detection is 50%.

### **5<sup>th</sup> visit:**

Scheduled between 25-27 weeks. A one hour glucose tolerance test will be performed to screen for gestational diabetes. You will be asked to refrain from eating or drinking anything except water for 1 hour prior to your appointment. A measured glucose drink will be given and blood will be drawn one hour after the drink. We will also include a CBC in the blood draw to assess for anemia. If it is found to be low, over the counter iron (SloFe) will be recommended, and is best absorbed when taken with Vitamin C (orange juice is a good source). During this visit, you will watch a short video about signs/symptoms of preterm labor. This video may also be accessed on our website at [www.novasassociates.com](http://www.novasassociates.com) under "Patient Education" → "March Of Dimes Preterm Labor Video"

### **6<sup>th</sup> visit:**

Scheduled between 28-30 weeks. A 3<sup>rd</sup> trimester routine ultrasound is performed to assess fetal growth, position, and well-being. At this appointment, our office performs 3D/4D ultrasound free of charge, as long as baby is in a "good position" for it. During a routine

pregnancy this will be the last ultrasound performed. If your blood RH factor is negative (O-, A-,B-, and AB-), a RhoGAM injection is given at 28 weeks to prevent Rh Disease of the newborn and is standard of care.

### **7<sup>th</sup> visit:**

Scheduled between 30-32 weeks. Routine obstetrical visit. TDaP (tetanus, diphtheria, and pertussis) vaccine is given to protect your newborn from whooping cough (pertussis).

### **8<sup>th</sup> visit:**

Scheduled between 32-34 weeks. Routine obstetrical visit.

### **9<sup>th</sup> visit:**

Scheduled between 34-36 weeks. Routine obstetrical visit. Between 35-36 weeks, a group B beta strep culture is performed. This is a vaginal swab culture. Group B Streptococcus (GBS) is a type of bacteria that is found in 10-30% of pregnant women. A woman with GBS can pass it to her baby during labor and delivery. Most babies who get GBS from their mothers do not have any problems. A few, however, will become sick. This illness can cause serious health problems and even death in newborn babies. It usually can be prevented with this screening test and treatment with an IV antibiotic during labor.

### **10<sup>th</sup> visit until delivery will be weekly visits:**

Routine obstetrical visit. An internal vaginal exam will be performed to assess fetal position, dilation, and progress.

## **Prenatal Education**

Our office offers nutrition counseling during pregnancy. We also offer breast feeding classes on selected Saturdays by our lactation consultant who is also a nutritionist. Good Shepherd and St. Alexius provide childbirth education classes. We are given monthly class schedules from the hospitals and they can be found at the check-out window. You may also view and register for classes on the hospital websites.

Good Shepherd Hospital is <https://www.advocatehealth.com/gshp/health-services/obstetrics/>

St. Alexius Hospital is <https://www.amitahealth.org/services/womens-health-institute/>

## **Pediatricians**

You need to select a pediatrician or a family practice doctor to care for your infant after delivery. Please ask us for recommendations and also check with your insurance plan to choose a pediatrician closest to home and work. Please inform us whom you choose so we can include the information in your chart. At the time of delivery, the hospital will inform your pediatrician or family doctor of your baby's delivery. If you choose a doctor that is not on staff at Good Shepherd or St. Alexius, an on-call physician will see your baby while in the hospital. See the enclosed list of pediatricians at the end of this book.

## **Hospitals**

Good Shepherd Hospital, located in Barrington, is a Level II facility with exceptions. St. Alexius Hospital, located in Hoffman Estates, is a level III facility with exceptions. They are both excellent facilities to deliver your baby. The nurses on staff are knowledgeable and caring. Labor & Delivery, Recovery, and Postpartum rooms are private for each patient. There are amenities that make your stay a positive and memorable experience. Anesthesiologists are on staff 24 hours a day. Neonatologists (high risk baby doctors) are also available 24 hours a day should your baby need extra medical attention after delivery. Tours of the Labor and Delivery unit are offered at different times of the month.

Tour dates and pre-registration for delivery can be found on the web sites given above.

## **Fetal Movements**

Around 18-25 weeks you may first notice a fluttering several times per day. The movement will feel less noticeable when the mother is active. After 28 weeks, fetal movement should regularly be felt throughout the day. If you have any perception of decreased movement, stop what you are doing to eat and drink something, lay somewhere quiet on your left side, and then focus on fetal movements for the next hour. Six movements from the baby in an hour are reassuring. If fewer than six movements are felt within 2 hours, call the office.

# **Commonly Asked Questions**

## **Travel**

Always wear a seatbelt correctly positioned under your abdomen. Please call us IMMEDIATELY if you are involved in a motor vehicle accident.

Avoid areas where changes in climate, food or altitude could cause problems. Be sensible when travelling to areas with high-risk for transmission of communicable diseases. Visit the CDC website for the most up to date travel restrictions and recommendations. If you travel for longer than 1 hour at a time, stop at least every two hours to empty your bladder and stretch your legs. Travel after 34 weeks is not recommended. If you are a high-risk pregnancy, travel is not recommended at all. If you have a complication while traveling, you are at higher risk due to poor coordination of care. Always stay well hydrated, do ankle circles, do not cross legs, and move around every hour to prevent blood clots. Know where the nearest emergency facility with obstetrical care is located.

## **Caffeine and Artificial Sweeteners**

250mg of caffeine a day is safe in pregnancy, which typically equates to one cup of coffee. Artificial sweeteners have now been approved as safe during pregnancy, however, we recommend that you limit your intake of artificial sweeteners.

## **Hair & Nail Care**

Getting your hair permed or colored is ok, however, due to the changes in your body related to pregnancy, they may not take as well. All nail care is safe in pregnancy.

## **Dental Care**

It is ok to go to the dentist while you are pregnant. In fact, we recommend that you continue with your preventative dental cleanings. You can have Novocain for any needed procedure as long as you are not allergic to it and it is WITHOUT epinephrine. X-rays are also permissible if absolutely necessary and a double shield is covered over your abdomen. We do not recommend tooth

whitening procedures in pregnancy, as your gums are more sensitive due to hormonal changes. It is not uncommon to have some gum bleeding.

## **Massage Therapy**

Massage during pregnancy can decrease anxiety, promote better sleep and reduce stress during labor. It is best done by a licensed massage therapist experienced in pregnancy massage and in a side lying position or with a special table. Our medical spa has an experienced medical massage therapist. Please make an appointment with the front desk.

A few precautions: Certain acupuncture points should be avoided as they can lead to uterine stimulation. Vigorous abdominal massage is dangerous to the fetus. There have been reports of it causing bleeding in the fetal brain. Perineal massage four to six weeks prior to delivery may help decrease the amount of tearing at the time of delivery and decrease the need for an episiotomy. Consult with your physician.

## **Chicken Pox/Shingles (Varicella)**

If you have had chicken pox, there is little to no increased risk if you are exposed during your pregnancy. If you have not had chicken pox and are exposed, please call the office.

## **Fifth Disease (Parvovirus B19)**

Fifth Disease is a contagious infection that causes a rash. It has the appearance as if your cheeks have been slapped. It's spread by infected body fluids (from coughing, sneezing, kissing, etc.) or contact with contaminated surfaces (blanket, doorknob, countertop, etc.) Most of us have been exposed and are already immune, which protects you and your unborn baby from getting the virus. If you have a concern that you have been exposed, you can be tested in the office with a blood draw. Please visit the CDC (Center for Disease Control) website for more information:

<https://www.cdc.gov/parvovirusb19/pregnancy.html>

## **Hand, Foot and Mouth Disease (Coxsackievirus)**

Coxsackievirus is part of the enterovirus family and lives in the human digestive tract. It is spread person to person, usually on unwashed hands and surfaces contaminated by infected feces. It can also spread by sneezing and coughing.



Symptoms include painful red blisters that may originate in the throat and mouth, palms of hands, and soles of feet. There is no medication for Coxsackie virus. Treatment includes treating the individual symptoms. If you have a concern that you have been exposed, you can be tested in the office with a blood draw.

## **Toxoplasmosis Protozoa**

Can be caused by eating contaminated raw meat or eggs and is also found in cat feces. Do not change litter boxes while pregnant or allow a cat to walk on your kitchen counters. Another household member needs to change the litter daily. Always wash hands after any contact with a cat. Do not eat raw or undercooked meats (including deli meats, unless they are heated), fish or raw eggs.

## **Listeria (Listeriosis)**

An infection caused by eating foods contaminated with the bacteria *Listeria monocytogenes*. It can hide in many foods including hot dogs, deli meats/cold sprouts. Symptoms can include fever and diarrhea, but it may vary based on the individual and the area of the body infected. Always cook meats thoroughly and eat while hot (including deli meat) and avoid unpasteurized dairy products (raw milk, soft cheeses). You can find information about at-risk foods and preventing listeria on the CDC website:

<https://www.cdc.gov/listeria/prevention.html>

## **Exercise and Activities**

Don't try to lose weight during pregnancy. There are exercise programs for pregnant women available at various fitness centers. Yoga and swimming are recommended. If any discomfort occurs, stop activity, rest and hydrate. As long as you are feeling well and your doctor allows it, you may continue working out and participating in sports activities. Vigorous activity could result in musculoskeletal injury due to joint changes in pregnancy. Also, do not get overheated. No hot tubs, saunas, or tanning beds. Keep your heart rate less than 140 during exercise. We discourage new, vigorous exercise routines. We also discourage potentially dangerous sports activities while pregnant (examples: snow or water skiing, scuba diving).

## **Fetal Effects of Exercise**

- Oxygen delivery to the fetus is unchanged.
- Temperature within the uterus increases slightly during exercise. It is wise to refrain from strenuous exercise in hot environment.
- Avoid dehydration that exacerbates heat stress.
- Mild to moderate exercise has not been shown to have any adverse effects on the fetus.
- Strenuous exercise may slightly increase the rate of spontaneous miscarriage, congenital malformation, and growth restriction.

## **Contra-Indications to Exercise in Pregnancy**

- Incompetent cervix (premature thinning or dilating of the cervix)
- Placenta previa
- Multiple gestations
- History of recurrent miscarriage
- Threatened premature delivery
- Vaginal bleeding
- Palpitations/shortness of breath
- Hypertension or anemia

## **Exercise Recommendations**

- Regular exercise (three times per week) is preferable to intermittent exercise.
- Avoid exercise in the supine position (lying flat on your back) after the first trimester. Also avoid standing motionless for long periods. This is associated with decrease in the hearts ability to pump blood to the uterus.
- Do not exercise to exhaustion.
- Women should be aware of the decreased oxygen available for aerobic exercise during pregnancy and should modify intensity according to symptoms.
- When you are feeling tired or short of breath...STOP!
- Any type of exercise involving the potential for even mild trauma to the belly should be avoided. Any exercise requiring excellent balance should be avoided.
- Pregnancy requires an additional 300 calories a day to maintain the pregnancy. Therefore, when exercising, be careful to ensure an adequate diet.

- To avoid overheating (especially in the first trimester), ensure adequate hydration, appropriate clothing and optimal environmental surroundings during exercise.
- Do not exceed a heart rate of 140 beats per minutes. 150 if active before pregnancy.
- Avoid trying to vigorously increase flexibility as joints are weaker during pregnancy.
- Many changes of pregnancy persist for 4-6 weeks postpartum. Therefore, pre-pregnancy exercise routines should be resumed gradually.

## **Benefits of Exercise During Pregnancy**

- Pregnant women who are fit have a better capacity to carry out the workload of labor and delivery.
- Ability to resume regular activity is hastened after delivery.
- Less weight gain.
- Pelvic floor muscles remain stronger and there is less pelvic pressure/pain at the end of the pregnancy.

## **Nutrition**

Don't try to lose weight during pregnancy. What you eat nourishes your baby as well as yourself. Eat a healthy, well-balanced diet that includes adequate protein, fresh fruits and vegetables, grains and (pasteurized) dairy products. In pregnancy, most women need about 2000 calories per day.

Your appetite may increase during pregnancy but limit sweets and junk food as these foods increase your calories but do not provide good nutritional value. Watch your salt intake to help reduce swelling in the legs and feet, especially in the 3<sup>rd</sup> trimester. Drink plenty of water throughout your pregnancy as it remains essential for your health and the health of the growing fetus. All patients may benefit from nutrition counseling in pregnancy. Our office has classes and private sessions available.

## **Warning Signs**

**Call the office if you experience any of the following warning signs:**

- Vaginal bleeding
- Severe swelling of face or fingers
- Severe abdominal or back pain that comes in a pattern every 15 minutes or more often prior to your 37<sup>th</sup> week.
- Be sure to watch our pre-term labor DVD at your 25 week visit, available on our website on the “March of Dimes” icon found in “Patient Education.”
- Loss of fluid from the vagina
- Decreased fetal movement
- High fever (temperature greater than 100.4 degrees F), chills, body aches. Treat any fever with two extra strength Tylenol (1000mg) every 4-6 hours.
- Severe, persistent vomiting that lasts longer than 4 hours or if you go more than 24 hours without being able to keep anything down especially water.
- Painful urination
- A headache that doesn’t respond to Tylenol
- Any injury that hurts you or causes concern about the baby, such as a fall or auto accident.

## Do’s and Don’ts

### Do:

- Stay hydrated, about 8-10 glasses of water per day. Use the color of your urine to help gauge proper hydration. If your urine color is dark yellow, you are not drinking enough water. If your urine is a very light yellow that is adequate water intake.
- Eat regular and healthy meals. If you are experiencing nausea/vomiting, try eating frequent small portions throughout the day.
- Take your vitamins daily.
- Refer to this pamphlet frequently.
- Call with questions, please keep non-emergency questions to normal business hours.
- Enjoy this miracle!!

## **Don't:**

- Eat raw unpasteurized foods like cold cuts (unless it's heated), raw or rare meats, sushi, unpasteurized soft cheeses, or hot dogs and sausage unless steaming hot.
- SMOKE! (including vapor and marijuana). Smoking increases the risk of low birth weight, still birth, and health problems in infancy. If you need help quitting, talk to your physician.
- Use essential oils/herbs. Call our office for clarification.
- DRINK ALCOHOL! Excess consumption of alcohol may cause low birth weight, birth defects and mental retardation (fetal alcohol syndrome).
- Consume large amounts of caffeine. Limit to no more than 250mg per day which equates to about one cup of coffee.
- Perform strenuous activity.

## **Common Symptoms**

### **Fatigue**

Fatigue is very common in pregnancy especially in the 1<sup>st</sup> and 3<sup>rd</sup> trimesters. Make sure you get the rest you need, taking short naps when you can.

### **Frequent Urination**

From the start of pregnancy you will notice you have to urinate more frequently. It becomes even more frequent as the uterus enlarges and pushes on the bladder. You will also notice that the amount you urinate will become smaller as well. Be sure to call the office if you start feeling a burning sensation or pain while urinating.

### **Constipation**

This is another very common symptom with pregnancy, starting from the beginning due to hormone changes. To help prevent hemorrhoids, avoid constipation by staying well hydrated and increase the fiber in your diet with fruits, vegetables and grains.

### **Emotional Changes**

Many women experience emotional ups and downs due to hormonal changes, fatigue, and worry. While this is normal, some women may suffer from the extreme end of the lows. If you are concerned about the way you are emotionally feeling, your pregnancy and your baby, please call the office to talk with a nurse or doctor. Do not let it wait if you are concerned. A depression screening is routinely filled out around 25 weeks during your 1 hour glucose test.

## **Nausea/Vomiting**

Nausea and or vomiting can have many different levels. It is a normal symptom, especially in the first trimester. Some woman may not have any, and some women may have it frequently throughout the pregnancy. If you are having an issue with severe nausea/vomiting, and cannot keep anything down especially water, please call our office. Some things you can try to help with nausea/vomiting include: eating small, frequent meals/snacks throughout the day, crackers, ginger (ale, candies, or tea), or vitamin B6 (tablets, candies, suckers). Over the counter Unisom (doxylamine succinate) ½ tab (12.5mg) may be used in conjunction with Vitamin B6 tablets (25-50mg) 3-4 times per day for nausea. If none of these remedies help, there is also prescription medication that can be prescribed.

## **Spotting**

Spotting in early pregnancy, which is common, is alarming but not always a sign of eminent danger to your pregnancy. You should always let us know about spotting and or bleeding as soon as possible. Spotting in the 3<sup>rd</sup> trimester can sometimes be a serious complication, please call us immediately. Spotting in the third trimester after vaginal exams can be normal. Spotting can also occur after intercourse.

## **Dizziness**

Dizziness and light-headedness is also common during pregnancy. If you lose consciousness, this is potentially dangerous and should be reported immediately. Remember to move slowly, avoid getting out of bed or changing positions too quickly. If you are feeling faint, sit down or lie down. Do not shower while alone when dizziness occurs. Eating small frequent meals throughout the day and staying well hydrated will help decrease your chance of dizziness or light headedness.

## **Headaches**

Pregnancy and the increase of hormones may cause headaches. Tylenol is safe in pregnancy, use as directed. Sometimes, a caffeinated beverage in conjunction with Tylenol can help. Try to get enough rest, eat regularly, stay well hydrated, apply cold or warm compress to forehead, and use relaxation techniques. Call if they persist.

## **Round Ligament Pain**

When the uterus grows, the round ligaments stretch and can be quite painful. It can feel like a sharp stabbing pain usually on either side of the uterus. It can sometimes also be felt in the vagina and it can cause you to “stop in your tracks”.

Taking Tylenol as directed and a warm heating pad can help. Remember, it is a good sign the uterus is growing.

## **Back Pain**

Back pain can be common in pregnancy due to the growing uterus and hormonal changes. Three out of 4 women experience back pain. The weight of the baby in the pelvis and on nerves can cause a lot of the back pain women experience. Lumbar and sciatica pain tend to be the most common.

Sitting or standing for long periods of time as well as lifting can make it worse. For most, back pain tends to be more intense at the end of the day.

Strengthening and stretching exercises can be helpful as well as swimming and pelvic tilts. Pillow nesting at night can be helpful. Some women find good relief from using pregnancy belts and straps for different pains and discomforts. Pregnancy massage can be a great relief for back pain and is available in our office. If back pain persists and doesn't seem to be helped using these techniques then physical therapy may be initiated.

## **Swelling**

Some women experience swelling of the hands, legs and feet. If you are on your feet frequently, swelling tends to be increased. Your blood pressure is monitored carefully to be sure swelling of your legs and feet are not related to high blood pressure issues. To help decrease your swelling be sure to stay well

hydrated, limit your salt intake, and elevate your legs on pillows as much as possible. Compression stockings can also help to promote good circulation.

## **Trouble Sleeping**

Many women, especially in the 3<sup>rd</sup> trimester, have difficulty sleeping. This is mostly due to the growing baby causing discomfort for the mother's body, nervousness and worry about the baby's arrival, and the frequent need to use the restroom. Some things that may help with sleeplessness include; using many pillows for your back, under abdomen, and between legs while you lie on your side, having your partner give you a massage before bed, and two Tylenol PM tablets are ok after the first trimester is over. Unisom one tablet at bedtime is also ok at any time in the pregnancy.

## **Approximate Fetal Growth and Development**

<b><u>Weeks</u></b>	<b><u>Weight</u></b>	<b><u>Length</u></b>
8	<1/2oz	1.25"
13-16	7oz	5.5"
21-25	1-2lbs	11-15"
30-34	3-6.5lbs	16-19"
35-40	6-9lbs	18-21"

## **Vitamins**

### **Prenatal Vitamins**

Prenatal vitamins are recommended six weeks prior to conception, throughout the pregnancy, and six weeks after delivery. If you are breast feeding, it is recommended to continue prenatal vitamins throughout the time you breastfeed. As there are so many prescription vitamins that tend to be costly,



we recommend purchasing prenatal vitamins over the counter as they are comparable and more cost-effective. Check the amount of folic acid in your prenatal vitamin. If it is less than 1000mcg (or 1mg) we recommend you purchase folic acid 400mcg (or 0.4mg) to supplement your prenatal vitamin. Please see the handout in your OB bag for some recommended brands of over the counter vitamins.

## **Calcium**

We recommend our pregnant patients get 1200mg of calcium a day. Some women can achieve this through diet; in milk, yogurt, cheese, green leafy vegetables, broccoli, figs, oranges, white beans, and almonds. If you feel you are not able to get enough from your diet, we recommend taking a calcium supplement.

# **Omega-3 Fatty Acids**

## **What are Omega Fatty Acids?**

Fatty acids are important for muscle and nerve function. Most are made in your body, however, your body cannot produce omega fatty acids. Therefore, they have to come from your diet. The essential two are omega-3 and Omega-6 fatty acids.

### **Omega-6 fatty acids:**

- Linoleic acid (LA)
- Arachidonic acid (AA)
- Docosapentaenoic acid (DPA)

### **Omega-3 fatty acids:**

- AlphaLinoleic acid (LnA)
- Docosahexaenoic acid (DHA)
- Eicosapentanoic acid (EPA)

## **Which is More Important?**

Both fatty acids are important, however, the American diet has changed so that there is an excessive amount of Omega-6 fatty acids and a deficiency of Omega-3 fatty acids.

## **The big problem...**

Humans consume much greater amounts of Omega-6 fatty acids. These are found in animal fat laden meat, dairy products, “fast” and fried foods. This is not healthy for you or your baby. Omega-3 fatty acids are as important if not more important. However, these are not found in animal meat. They are found in fish and nuts.

## **Why are Omega-3 Fatty Acids so Important?**

Omega-3 fatty acid supplementation can improve fetal growth and brain development. It can also decrease the risk of pre-eclampsia (toxemia) and pre-term labor. Omega-3 supplementation in the latter half of pregnancy increases breast milk production of DHA and EPA. This helps your baby develop if you breast feed.

## **How Much Omega-3 Fatty Acid is Enough?**

The daily recommended value for pregnant and lactating women is at least 300mg per day.

## **Foods That Contain Omega-3 Fatty Acids**

- Deep ocean, oily-fleshed fish (salmon, sardines, and Mackerel); You should consume these at least twice weekly
- Oils derived from marine life
- Dairy foods that have omega-3 fatty acids incorporated into them such as eggs, milk, orange juice, and yogurt
- Walnuts and flax seeds
- Vegetable oils such as flax seed oil, walnut oil, and coconut oil.

## **Bottom Line**

Incorporate these foods into your daily meals to improve the development of your baby. Discuss this with your doctor if you have further questions.

**People should not avoid fish because it is a good source of protein and other nutritional benefits. It is a good source of omega-3 fatty acids. It is the mercury in some bigger fish that may cause toxicity.**

Fish that are safe to eat: salmon, sardines, sole, freshwater catfish, tilapia, farm-raised trout, shrimp, clams, scallops and oysters.

## **Avoid**

Swordfish, shark, tilefish, marlin, raw fish (sushi), fresh tuna, tuna steaks, king mackerel and large fish

## **One Meal a Week**

Mahi Mahi, orange roughy, sea bass, red snapper, flounder, freshwater bass, halibut, grouper, trout, canned tuna, and crab.

We recommend you obtain your omega fatty acids from your diet. If you would like a supplement, we recommend over the counter Omega-3 fatty acids available in children's chewable gummy bears or regular capsules.

# **Safe Medications in Pregnancy**

*Medications should only be used when necessary or prescribed. The following over the counter medications are safe for you to take during your pregnancy.*

## **Colds and Sinus**

- Rest, increase fluids
- Use over the counter Tylenol (Acetaminophen) if temperature is greater than 99.8 – 1000mg (2 extra strength tabs/caps) every 6 hrs as needed
- Afrin nasal spray. (Do not use more than 3 days)
- Sudafed (Pseudoephedrine or Phenylephrine) per package instructions only after 12 weeks. (Do not take if any elevation in blood pressure)
- Chlor-Trimeton (Chlorpheniramine)
- Cool air vaporizer at your bedside (clean unit frequently)
- Plain saline nasal sprays
- Vicks vapor rub
- Breathe-Rite nasal strips
- Tylenol Cold & Flu, DayQuil Cold & Flu per package instructions only after 12 weeks – these multi-symptom meds should only be used if you

have all the symptoms. Otherwise, use the separate medications to treat the individual symptoms to limit unnecessary medications

***Be sure to read medication labels, especially when using multiple medications, to ensure you are not duplicating active ingredients***

## **Cough**

- Rest and increase fluids
- Robitussin DM, Delsym (Dextromethorphan) cough suppressant per package instructions
- Cough drops
- Chloraseptic throat spray
- Mucinex (Guaifenesin) to loosen chest secretions per package instructions

## **Allergies**

- Claritin (Loratadine)
- Claritin D (Loratadine with Pseudoephedrine) after 12 weeks (Do not take if any elevation in blood pressure)
- Clarinex (Desloratadine)
- Zyrtec (Cetirizine)
- Zyrtec D (Cetirizine with Pseudoephedrine) after 12 weeks (Do not take if any elevation in blood pressure)
- Allegra (Fexofenadine)
- Allegra D (Fexofenadine with Pseudoephedrine) after 12 weeks (Do not take if any elevation in blood pressure)
- Xyzal (Levocetirizine)
- Benadryl (Diphenhydramine)
- Flonase (Fluticasone) Nasal Spray
- Nasocort (Triamcinolone) Nasal Spray

Follow package instructions for each of these medications.

## **Constipation**

- Increase water and activity
- Increase fiber in your diet with fresh fruits, prunes, bran cereals, and vegetables.
- Colace (Docusate Sodium) stool softener found over the counter.

- Citrucel, Metamucil, Benefiber or Fiber-con as a fiber supplement.
- Milk of Magnesium, and Miralax for occasional constipation relief.
- Probiotics and prebiotics are safe during pregnancy
- For severe occasions of constipation, may use a glycerin suppository, fleets enema, or Magnesium Citrate (all products over the counter) for an occasional, one-time dose.

## **Hemorrhoids**

- Keep tissue moist, or use pre-moistened, flushable wipes.
- Avoid constipation
- Preparation H, Anusol, or Tucks pads according to package instructions.
- Warm sitz baths which can be found at most stores and fits in your toilet. This helps keep the rectal tissue moist and can relieve some of the discomfort. It can be used 2-3 times a day for 10-15 minutes.

## **Headache or Minor Pains**

- Treat any fever
- Tylenol/Acetaminophen, no more than 4000mg in 24 hours. If extra strength 500mg, take 2 every 4-6 hours, no more than 8 in 24 hours.
- Heating pad on low to medium heat or ice packs to affected area.
- Therma-care heat wraps to affected area.
- Icy hot or Bengay is ok to use topically for aches and pains.

## **Heart Burn**

- Over the counter Tums, Rolaids, Prevacid, Pepcid AC, Tagamet, Mylanta, Nexium, and Maalox are all ok to use. Follow package instructions with each of these medications.

## **Gas**

- Gas-X (Simethicone) and Mylicon are safe to use. Follow package instructions.
- Heating pad on low to medium heat can help with gas.
- Walking and remaining active can also help with gas pain.
- Reposition frequently when laying down to relieve gas pressure and pain.

# **Medications to Avoid in Pregnancy**

- Kaopectate and Pepto-Bismol during pregnancy and breastfeeding as it contains aspirin which should not be taken in pregnancy or given to infants.
- Aspirin (unless directed by provider), Advil, Motrin, Ibuprofen, mineral oils, castor oil, douches, tetracycline, and Prilosec.
- Avoid Vitamin A greater than 10,000 units
- Sudafed medications are not recommended before the second trimester and if you have had any high blood pressure readings.
- If you have any questions regarding any medications, or you would like to take a medication not listed, please call our office to verify its safety in pregnancy.

## **Herbs**

Many herbs and essential oils are contraindicated in pregnancy. Please refer to your complimentary copy of “Your Pregnancy & Birth” book to view some of these. If you have any questions regarding safety of herbs or oils, please call our office for verification.

# **Vaccinations**

## **Flu Vaccine**

Flu shots are an effective and safe way to protect you and your baby from serious illness and complications of the flu. The flu shot given during pregnancy helps protect infants younger than 6 months who are too young to be vaccinated and have no other way of receiving influenza antibodies. The flu shot has been given to millions of pregnant women over many years, and flu shots have been shown to be safe for pregnant women and their babies. It is available at our office or many other outside care providers. We provide the quadrivalent vaccine (protects against 4 major strains) that does NOT contain preservatives.

## **TDaP Vaccine**

The Tdap (Tetanus, Diphtheria, and Pertussis) vaccine is also highly recommended for our patients during every pregnancy, even if they are in close proximity and you have had one previously. Our office routinely gives the Tdap vaccine around 32 weeks. It is vital in helping to protect the baby from whooping cough in the first few months of life as they are not able to receive this vaccine until 2-3 months of age. Current up-rise in this disease (whooping cough) has prompted the CDC and ACPeds to make this recommendation.

## **TB Skin Test**

The TB skin test is safe and ok to get during your pregnancy. Most people in a health care setting are required to get this test. For most people, however, this test is not done.

All other vaccines are generally held until after delivery. We routinely test for Rubella immunity at your first OB visit. If you are found to be non-immune, you will be given the vaccine post-partum.

## **Screening For Gestational Diabetes**

All patients must have a one hour glucose tolerance test between 25-28 weeks. This is done here at our office. This is a screening test to help rule out gestational diabetes.

## **One Hour Glucose Tolerance Test**

- Test Preparation:
  - You do not have to fast, however, do not eat or drink anything, except water, for one hour prior to your appointment. This includes gum, candy, or mints.
  - No smoking/vaping one day prior to the test.
  - There are no restrictions on quantity or type of food that you may consume on the day prior to the test.
  - You may not eat or drink (except water) during the test.
  - Please inform the receptionist upon checking in that you are doing the one hour test to help expedite the start of your test.
- Test Instructions:

- You will be given a measured glucose drink of 50 grams that must be consumed in 5 minutes or less. After it's consumed, a timer will be set for one hour.
- You will see the physician for a routine OB visit
- We will screen for postpartum depression risk during this visit
- You will view a short video on signs and symptoms of preterm labor. This video may be accessed on our website [www.novasassociates.com](http://www.novasassociates.com) → "Patient Education" → "March of Dimes" link
- At the end of the hour, a blood draw will be performed. You should be notified in 1-3 days of the results.

## **Three Hour Glucose Tolerance Test**

If you do not pass the one hour glucose test (result of 135 or greater), you will need to do the three hour glucose challenge test. This test is considered a diagnostic test for gestational diabetes, as the one hour is a screening test. You will need to schedule an appointment for first thing when the office opens as you are to have nothing to eat or drink (except water) from midnight the night before your scheduled test. There are Saturday appointments available for this test if it is difficult for you to do it during the week due to work.

When you arrive we will do a blood draw for your fasting level. You will then be given another measured glucose drink - this time 100 grams - that must be consumed in 5 minutes or less. Your blood will be drawn at one hour, two hours, and three hours after drinking this glucose.

We encourage you to bring a book, laptop, or something to keep yourself occupied as you will be here for three hours. We also can offer a quiet room to sit in for comfort or if you would like to lay down to rest.

Please be aware that if you throw up at any time during your test, the test becomes void and will have to be repeated. If you are starting to feel nauseous, please let a staff member know as we may be able to help ease the nausea with other methods.

We also recommend you bring a lunch or snack for after the test is complete. At the end of this test, some women feel light headed or faint due to a drop in the blood sugar or just not having anything of substance since midnight the night before. We will encourage you to have your lunch/snack after the last blood draw is taken but not before that.



You may not feel your normal self until the following day due to the fluctuations in the blood sugar.

## **We Are Here For You!**

We are here to answer any questions you may have during your pregnancy. Our goal is to provide the best, most conscientious, and most knowledgeable care available to make this a very special, happy, memorable, and safe pregnancy/delivery for you and your baby!

### **The Doctors and Staff at Novas, Dohr, Coll & Gadson, OBGYN Associates**

#### **Advocate Good Shepherd Hospital**

450 W IL-Highway 22  
Barrington, IL 60010  
(847) 381-0123

#### **AMITA St. Alexius Women & Children's Hospital**

1555 Barrington Road  
Hoffman Estates, IL 60169  
(847) 843-2000

## **Good Shepherd Hospital Pediatricians**

### **Back To Basics Pediatrics**

❖ Christine Poulos, MD

Office:

❖ 2403 Harnish Drive  
Suite 101  
Algonquin, IL 60102  
(224) 333-0730

## **Children's Medical Group**

- ❖ Erin O'Brien MD
- ❖ Jason Tjaden MD

Office:

- ❖ 301 N Randall Road  
Lake in the Hills, Illinois 60156  
(847) 658-6065

## **Children & Teens**

- ❖ Robert Belter MD
- ❖ Michael Fell MD
- ❖ Joni Hamilton MD
- ❖ June Mannion MD
- ❖ Amir Megahead MD
- ❖ Michael O'Donnell MD
- ❖ Scott O'Donnell MD
- ❖ Barry Sommerfeld MD
- ❖ Maria Camarda-Voight MD

Offices:

- ❖ 27401 W. Highway 22  
Suite 103  
Lake Barrington, Illinois 60010  
(847) 382-8900
- ❖ 1701 W. Wise Road  
Schaumburg, Illinois 60193  
(847) 895-2900
- ❖ 620 S. Main Street  
Algonquin, Illinois 60102  
(847) 854-5900
- ❖ 9401 Ackman Road  
Lake in the Hills, Illinois 60156  
(224) 569-4100

## **Lake Shore Pediatrics**

- ❖ Diane Fondriest, MD
- ❖ Rilina Ghosh, MD
- ❖ Melanie Goodell, MD
- ❖ Deborah Gulson, MD
- ❖ Elizabeth Michaels, DO
- ❖ Riley Minster, MD
- ❖ Sheri Ross, MD
- ❖ David Saltzman, MD
- ❖ Susan Sheinkop, MD
- ❖ Martha Pignatarok, CPNP

### Offices:

- ❖ 27750 West Highway 22  
Suite 150  
Barrington, Illinois 60010  
(847) 381-2428
- ❖ 900 Westmoreland  
Suite 106  
Lake Forest, Illinois 60045  
(847) 615-0700
- ❖ 1800 Hollister Drive, #220  
Libertyville, Illinois 60048  
(847) 362-5707

## **Pediatric Care**

- ❖ John Beckerman MD
- ❖ Kathleen Lockhart MD
- ❖ Heidi Kramer MD
- ❖ Claudine Baggio DO
- ❖ Kathleen Bezdek APN

### Office:

- ❖ 27790 W. Highway 22  
Suite 7

Barrington, Illinois 60010  
(847) 382-7337

## **Pediatric Specialists**

- ❖ Barry Altshuler MD
- ❖ Charles Braverman MD
- ❖ Mary Collins MD
- ❖ Mary Jo Gawronski DO
- ❖ Kristen Kershaw MD (Crystal Lake only)
- ❖ Ann Minciotti MD (Barrington only)
- ❖ Terri O'Malley MD
- ❖ Angeline Zarzuela MD

### Offices:

- ❖ 5057 Shoreline Road  
Lake Barrington, Illinois 60010  
(847) 381-5005
  
- ❖ 820 E. Terra Cotta Avenue, Suite 226  
Crystal Lake, Illinois 60014  
(815) 455-2100

## **Pediatric Associates**

- ❖ Judith Brown MD
- ❖ Darryl Colen DO
- ❖ Jonathan Kaufman MD
- ❖ Margaret Stefani DO
- ❖ Sandra Graba MD
- ❖ Patricia Giannoni APN

### Offices:

- ❖ 912 W Northwest Highway  
Suite G-7  
Fox River Grove, IL 60021  
(847) 381-6700

❖ 260 Congress Parkway, Suite B  
Crystal Lake, Illinois 60014  
(815) 459-6780

**AMITA St. Alexius Pediatric Physician Referral Line:  
866-253-9426**

Call to receive information on their pediatric doctors and verify they accept your insurance.