

# PREGNANCY PLANNING KIT

Whether you've just decided to start a family or you're in the early weeks of pregnancy, you likely have a lot of questions. We're here to help.



**Moreland**  
Leading Women To Better Health OB-GYN

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*“This pregnancy planning kit gave me great insight into all things pregnancy! It’s just the right mix of information to make me feel confident as we move through the early stages of planning our family. I’ve already shared this with all of my soon-to-be-mommy friends!”*

– Elizabeth, Waukesha

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# PRE-PREGNANCY PLANNING SECTION

## What to Expect Before You Get Pregnant

The excitement about pregnancy can often be overshadowed with questions and uncertainty. Put your mind at ease with information to help you understand what's normal, conception tips, and what to anticipate with pregnancy planning.

### What's Normal?

When it comes to conception, there are many factors to consider. Your age, your state of health — in terms of exercise, weight, and smoking, for example — and your family history, can all affect your fertility.

Of all couples trying to conceive:

- 30 percent get pregnant within the first cycle (about one month)
- 60 percent get pregnant within three cycles (about three months)
- 80 percent get pregnant within six cycles (about six months)

If you are having trouble with your menstrual cycles or conception, it is always a good idea to seek out the advice of a board certified obstetrician. If anything, meeting with a doctor can help put your mind at ease as you embark on your journey into motherhood.

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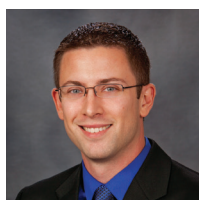
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# Tips to Get Pregnant

**Ditch the Birth Control.** Yes, of course, right? It might seem like a no-brainer, but depending on the type of birth control you use, you might have some questions. If you're using a birth control pill or need to have an IUD removed, ask your doctor if you should wait a few cycles before trying to conceive. Some doctors recommend letting your cycles regulate for a few months while others encourage you to get busy! It is also a good idea to start prenatal vitamins three months before stopping your birth control.

**Get Your Body Ready.** In the months leading up to conception, and of course throughout your pregnancy, you need to take good care of your body. Simple things like taking a daily vitamin, getting in 30 minutes of exercise each day, and getting your flu shot can make a big difference in how you feel before, during, and after pregnancy.

**Eat A Well-Balanced Diet.** Starting your pregnancy off with a healthy, happy body is always a good idea. Start thinking about the foods you eat as fuel for you and your future baby. It is also good to talk to your doctor about reaching your ideal weight before you become pregnant. Through a combination of healthy eating and exercise, you can start your pregnancy off on the best possible foot!



### Darin R. Gregory, M.D., FACOG

You will never regret eating a healthy diet and getting in daily exercise once you start incorporating both into your routine. These two things can make a big difference in how you feel during your pregnancy.



### Christine A. Sponagle, M.D., FACOG

Sleep, reduce your stress levels (if you can!) and set aside time each day to take care of your body and your mind.

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**Take A Look In Your Medicine Cabinet.** Before your attempt to conceive, it is important to consider the medications you are currently on, or have recently taken. Some medications are unsafe during pregnancy and it is important that you evaluate your medication regimen. Herbal medicines and even certain teas can be unsafe for you and baby, so avoid any products or supplements until you talk with your doctor.

**Check Your History.** It might be a good idea to check your family tree. Knowing if any genetic disorders run on either side of your family can help you decide if genetic testing should be a consideration. In addition, if you've had a past pregnancy with complications, a miscarriage, or premature delivery, you should let your doctor know so they can help you prevent any issues with future pregnancies. A preconception appointment is a great opportunity to address any concerns.

If you are having trouble getting pregnant or if you are 35 years of age or older, you may be considered a high risk pregnancy patient, but don't let that worry you. There are specialized physicians who can help you.

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*“If you have concerns about conception or fertility, talk to your doctor. I am always happy to talk through questions with my patients and help them understand the difficulties they may face as older, or higher risk patients. We can work together to make a plan that fits your needs so you feel prepared and positive about pregnancy and delivery.”*

– Allison M. Nelson, M.D., FACOG, Moreland OB-GYN

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**Reduce Caffeine Intake.** Most experts agree that one or two cups of coffee, or another caffeinated beverage, is okay for moms-to-be. But if you drink more than that, consider slowly reducing your caffeine levels before conception.



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**Quit Smoking and Say No to Drugs.** Everything you put in your body can affect your fertility and your future baby. Smoking can reduce fertility and cause your eggs to age prematurely. Recreational drugs can be very dangerous for moms and babies, and should be avoided all together.

**Know when you're ovulating.** Ovulation usually occurs halfway through your menstrual cycle, which lasts an average of 28 days, from the first day of one period to the first day of the next. This range can vary, but monitoring your cycles and keeping track of dates can help you pinpoint the right time for conception.

You can also monitor your basal body temperature, or your mucus discharge, to help you determine ovulation.

- Your basal body temperature will reach its lowest point at ovulation and then rise immediately, about a half of a degree, as soon as ovulation occurs.
- You may see an increase in mucus and a change in color or texture as ovulation occurs because mucus affects sperm movement.

If you are looking for an alternative option, there are kits available for purchase that can help pinpoint ovulation. Ovulation predictor kits are able to determine your date of ovulation 12 to 24 hours in advance by looking at levels of luteinizing hormone, which is a hormone that peaks right before ovulation.

**Plan When to Have Sex.** Once you establish your fertility window, plan to have sex with your partner two to three days before ovulation. Sperm can live up to 72 hours, so you don't have to go crazy. If you aren't quite sure of exactly when you ovulate, we often suggest that couples have sex every other day during the second and third weeks of your cycle. For most couples, predicting ovulation and strictly timing intercourse is unnecessary and may cause more stress than needed.

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## Help Your Hubbie Get Ready.

Did you know your partner can also do things to help you get pregnant faster? Here are a few tips to help your man get ready for baby.

- Eat a healthy diet
- Maintain a healthy weight
- Wear loose fitting underwear and pants
- Reduce alcohol and quit smoking
- Avoid hot tubs and saunas
- Consider adding a daily multivitamin, or eat foods to maximize zinc, vitamin C, and folic acid

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## Real Mom Tips:



*"Finding the right OB was important to me. Knowing I was building a relationship of trust with someone who was going to be there cheering me on in the delivery room made me really picky - but I was so thankful for it in the end!"*

– Kathy, Delafield



*"Monitoring your cycles, planning sex and keeping track of ovulation can be stressful and it can take away the fun of starting a family. Try not to sweat the details and enjoy time together with your husband!"*

– Allison, Oconomowoc



*"Taking small steps to keep your body healthy made a big difference for me during my first pregnancy. Exercising made me feel strong during labor and delivery and I think it actually helped me recover faster. I had more energy because I was eating healthy foods and that made a big difference for me!"*

– Tricia, Waukesha

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# Pre-Pregnancy Checklist

You've decided to start a family, now what?! Our doctors at Moreland OB-GYN compiled the ultimate pre-pregnancy checklist below to help you get you started on your path to a successful, healthy pregnancy.

## Make A (Preliminary) Plan

- ☐ Read up on conception and ovulation basics
- ☐ Figure out when you're ovulating
- ☐ Evaluate your health insurance and plan a baby budget
- ☐ Get excited!!

## Take Care Of Yourself

- ☐ Visit the dentist
- ☐ Review current medications
- ☐ Get immunized
- ☐ Quit smoking and heavy drinking
- ☐ Reduce caffeine intake

## Fuel Your Body

- ☐ Take prenatal vitamins with folic acid
- ☐ Stock up on healthy foods and eat a balanced diet
- ☐ Start exercising or reduce extreme exercising
- ☐ Decrease your stress
- ☐ Get plenty of sleep

## Find the Right Doctor

- ☐ Review potential doctor profiles
- ☐ Schedule a preconception checkup
- ☐ Make a list of preconception checkup questions
- ☐ Talk to your doctor about genetic testing



*"Take your time finding a doctor and make sure you find a doctor and clinic that fits your style. It was important to me to build a relationship with one doctor, so they really got to know me and my family life. Think about what's important to you."*

– Anne, New Berlin



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Finding the right OB doctor is your top priority, but how can you recognize the differences? Learn what to ask and what you should consider before you schedule a preconception doctor visit.

## What is A Doula or Midwife?

Nurse-midwives are medical professionals with training in more natural and low intervention birthing practices and nursing. Graduate school is required for both certified nurse-midwives (CNMs) and certified midwives (CMs).

If you have the desire for a more traditional labor, it is important to understand that not all women are good candidates for nurse-midwifery care. For the health and safety of both mom and baby, women with certain medical conditions and high-risk pregnancies require the care of a board-certified obstetrician.

Doulas are specially trained to provide support during labor and delivery. Often referred to as childbirth assistants, a doula's role is to provide mom with education and support before, during, and after delivery. A doula can also provide expertise on newborn care and breastfeeding, as well as in-home support, after birth.

## Does Your Doctor Deliver Your Baby?

You will see your preferred doctor for the majority of your care. Although each of the physicians in our office has his or her own patients, they are associates. This means that one of our physicians is always available to meet your needs including during labor and delivery. Being a part of a practice means that your doctor communicates directly and often to their partners. You can be assured that this communication relays all your wants and needs during your pregnancy, and a trusted doctor is always available to care for you.

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## Ask About the Birthing Center Experience You Want

In the same way you should take your time to find the right doctor for your needs, you may also want to consider where you plan to deliver your newborn. Birthing centers and hospitals vary greatly, from traditional birthing rooms to sprawling suites with jacuzzi tubs and spa-like decor. But keep in mind, if you or baby have any health complications, or if you are deemed a high-risk pregnancy, your doctor may require you to deliver in a specific hospital with access to specialized care. As a result, many doctors feel the safest place for any delivery is in a hospital because complications can arise at any point.

## Consider Access to Natural Birthing Approaches

You have the right to make decisions when it comes to your care and your delivery, especially if you decide to take a more natural approach to delivery. Having a physician, hospital, or birthing center that encourages you to explore natural approaches can be an important factor to consider.

Your doctor should encourage you to talk about your ideal birthing plan. Many tools and amenities are available to laboring moms, you just have to know to ask:

- **Birthing balls** are used by some women during pregnancy and delivery to help ease pelvic pain. Sitting, bouncing and swaying from side to side on a ball can help shift and align the pelvis and improve comfort during contractions.
- **Squatting bars** aren't just for the gym anymore! A bar can be attached to your hospital bed, or placed next to it, to allow you to assume a squatting position during labor. A squatting position is thought to widen the pelvic opening, help with pain relief, and use gravity to help baby come more quickly.

## Expert Care for High-Risk Pregnancies

Are you over the age of 35? Do you have an existing medical condition or have you had a previous high-risk pregnancy? Seeing a doctor who specializes in helping high-risk patients can put your mind at ease knowing you are in experienced, capable hands.

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## Understand the Importance of Ultrasound

Ultrasound technicians, or sonographers, require certification to complete their job, but only a handful are accredited by the American Institute of Ultrasound in Medicine (AIUM).

What does this mean for you? Finding a clinic that offers AIUM accredited sonographers means you have a team with the highest standards of care and service. Accredited sonographers are required to take more images and to regularly submit their images for peer review to ensure accuracy.

This may not seem like a big deal now, but when you see your little baby for the first time, you're going to want an accurate image and the right person walking you through the anatomy of your little one. Believe it or not, only a handful of local clinics invest in AIUM certification and specialized ultrasound equipment. Is your clinic one of them?

**Keep in mind that you control your own care, and in many cases, you have the option to choose your healthcare provider and delivery location.**



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## What to Expect

Two lines. The plus sign. You saw the 'yes' and now you're wondering what to do!? The first few weeks are full of highs and lows. Learn what's normal and what to expect.

## What You May Be Feeling

Many new moms-to-be experience very similar emotions in the first few weeks. Excitement, nervousness and of course, curiosity; you are likely wondering so many things about baby, your body, and what to expect.

Here are a few things you may feel physically:

- Increasing fatigue
- Nausea
- Food cravings and aversions
- Breast and abdomen tenderness
- Loose and aching joints

**Sometimes feelings of nausea can be relived with a little water and a quick snack. Eating five smaller meals a day can often help curb nausea as well.**

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Everything you are feeling is important. Be sure to write down your questions and observations so you are prepared for your first prenatal appointment. Talk to your doctor about your questions and rely on their expertise and experience to guide you.

**How Your Body is Changing.** In the early weeks of pregnancy, you may not look pregnant yet, but you may already be feeling some of the changes in your body.

- Is your nose getting stronger? Many women experience a boost in their sense of smell during pregnancy.
- Have to pee all the time? Frequent urination is common and results from increasing hormones, more efficient kidneys, and your growing uterus putting pressure on your bladder.
- Clothes feeling tight? You may start to notice some changes in your body shape as your body makes more room for baby to grow.

**Work-Related Concerns and Questions.** Many women wonder if they are able to keep working while pregnant. In many instances the answer is yes, with minimal changes to your normal day-to-day routine. However, it is important to ask your doctor if you have any concerns. If your job requires heavy lifting or you perform x-rays, for example, you may need to talk to your employer about providing you with additional protection or about changing your tasks.





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**Is Every Pregnancy the Same?** Fortunately (or unfortunately, depending on your past experience) every pregnancy is different. Some women report that their first pregnancy was more difficult because everything was new and foreign, while others don't seem to mind pregnancy at all. Many women say that the sex of the baby affects how they feel, too, so a new or different feeling during the first trimester with baby #2 may mean another gender is on its way!

**Can We Still Have Sex?** Unless your doctor has advised against it, sex is permitted and even encouraged during pregnancy. Many people wonder if sex will hurt the baby and that is a myth; you can continue your normal sex life. In fact, in the third trimester, your doctor may advise you to try having more sex to help get labor started naturally.

## Real Mom Tips



*"Planning for pregnancy should be fun, but sometimes I was challenged to remember it all! Making a checklist of questions to take to my OB doctor and journaling what I was feeling is the best advice I got!"*

– Callie, Oconomowoc



*"Every pregnancy is different -- and that's okay! You will likely have a different experience compared with your sister, your friends, and even your last pregnancy (if you've had one). Don't get discouraged if you experience ups and downs during the first trimester."*

– Sarah, Hartland



*"It's important to find the right doctor and support team for your pregnancy. Do your research and find a doctor and clinic that matches your style."*

– Kendra, Watertown

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# First Trimester Checklist

We make it easy for you to prepare for the weeks and months ahead with an easy-to-follow checklist!

### Take Care Of Yourself

- ☐ Consult your doctor about medications you're taking
- ☐ Make sure your activities are pregnancy-safe
- ☐ Read up on safe foods for pregnancy
- ☐ Buy some new clothes, including supportive bras

### Fuel Your Body

- ☐ Take your prenatal vitamin
- ☐ Stock up on healthy foods and eat a balanced diet
- ☐ Try to exercise for 30 minutes daily
- ☐ Quit smoking and drinking
- ☐ Reduce caffeine intake
- ☐ Decrease your stress
- ☐ Get plenty of sleep
- ☐ Hydrate
- ☐ Take pregnancy power naps (while you still can!)

### Plan Your Doctor Visit

- ☐ Make a prenatal appointment
- ☐ Learn the signs of a pregnancy problem
- ☐ Use a journal to record observations and questions

### Revise Your Pregnancy Plan

- ☐ Check your health insurance
- ☐ Start saving for your baby budget
- ☐ Consider on-the-job safety
- ☐ Look into your work-related benefits

### Preparing For Baby

- ☐ Write down your pregnancy memories
- ☐ Talk to your partner about parenting
- ☐ Start a baby name list

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# How to Prepare for Your Appointment

Knowing what to ask at your first OB visit is important. Use our question template and journal to prepare for your appointment.

## Questions for My First Doctor Visit:

Here are a few questions to get your started:

- What is my due date?
- When should I develop my birth plan?
- What should I avoid? (food / drink / environment)
- What should I do more / less of?
- Do I have an increased risk for complications?
- Do I need to consider any screenings or tests?
- What are concerning signs I should look for?
- How can I contact you with additional questions?
- What additional resources or support is available to me?

## My questions:

(Hint: Nausea, Heartburn, Pain, Baby Movement, Exercise, Food, Weather Concerns, Travel)

# MY PREGNANCY JOURNAL: FIRST TRIMESTER

Today's Date: \_\_\_\_\_

Due Date: \_\_\_\_\_

I THINK BABY IS A:



## OUR FAVORITE NAMES

CRAVINGS

MY FOOD

AVERSIONS

SYMPTOMS & MOOD: \_\_\_\_\_

## FAVORITE MOMENT

MOM

DAD

## PREGNANCY MILESTONES

## A SPECIAL NOTE FOR BABY

LIKES

BEING PREGNANT

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## Pregnancy and Travel

Many women wonder what their options are when it comes to pregnancy and traveling. If you are having a healthy pregnancy, you have limited restrictions during the first and second trimesters. Here are few things to consider:

**Airplanes Are Typically Safe.** Air travel is safe up to 36 weeks and most airlines will allow you to travel until you are 9 months along. Policies may vary, airline to airline, so be sure to check before making your final travel plans. Always check with your doctor first, because some conditions, like placental abnormalities, make air travel unsafe.

**Do Not Travel to Zika or COVID-19 Regions.** Postpone any travel to areas where Zika virus has been reported or COVID-19 is a high risk. Refer to the CDC website for more information.

**Take Precaution in Third World Countries.** If you have to travel to a third world country, you will need to be very careful about the foods you eat and the fluids you consume. Always choose bottled water or bottled beverages. Try to avoid adding ice to anything, unless you can be certain the ice was made with bottled water. Avoid deli-style salads, vegetable, and fruit plates. Consider avoiding food stands and food trucks if you are unsure about the food quality standards.





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**Avoid Long Trips If ...** Consider limiting travel to local destinations if you are carrying multiples, past 36 weeks or if you have other pregnancy complications. You want to be close to your doctor and your hospital of choice should baby decide to make an early appearance.

**Avoid High Altitudes.** Prolonged vacationing or activity at altitudes of 10,000 feet is generally not recommended unless you already live at a high elevation. Prolonged exposure to high altitudes can cause lower than normal birth weight.

## Tips and Tricks to Help Pregnancy Nausea

- Keep some saltine or graham crackers at your bedside and eat them before you get out of bed in the morning.
- Get out of bed slowly in the morning.
- Slow position changes (from sitting to standing, etc.)
- Sip carbonated seltzer or white soda, caffeine-free.
- Increase fluid intake, try lemon slices in water, lemonade, and/or lemonhead candy.
- Peppermint Lifesavers or peppermint gum.
- Avoid greasy/fried or spicy foods and smells that bother you.
- Eat small frequent meals or snack, every 2-3 hours.
- Increase protein intake (eggs, cheese, nuts, meats, etc.)
- Get some fresh air.
- Sea Bands.
- Ginger Tea, Ginger ale, or Ginger tablets 250-500mg 2 or 3 times/day.
- Vitamin B6 10-25 mg, 3 or 4 times/day.
- Unisom (Doxylamine) 12.5 mg 2 times/day or 25 mg before bed.



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## Fish and Pregnancy

Fish and shellfish contain high-quality protein and other essential nutrients, are low in saturated fat, and contain omega-3 fatty acids. However, nearly all fish and shellfish contain traces of mercury. For most people, the risks from eating mercury in fish and shellfish is not a health concern. Yet, some fish and shellfish contain higher levels of mercury that may harm an unborn baby or young child's developing nervous system. Therefore, the Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) advise women who may become pregnant, pregnant women, nursing mothers, and young children to carefully select fish varieties.

Follow these three simple tips:

1. Avoid fish with high levels of mercury: shark, swordfish, king mackerel, tilefish.
2. Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are low in mercury: shrimp, canned light tuna, salmon, pollock, and catfish.
3. Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas. For further information about the safety of locally caught fish and shellfish, visit the Environmental Protection Agency's Fish Advisory website or contact your State or Local Health Department.



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## Add a little fun...

### Schedule A Babymoon

Just in case you didn't already know, a babymoon is a vacation for moms and dads before the arrival of baby. Think of it as one last chance to get away, just the two of you, before you are officially a family of three (or more!). Be sure to consult with your doctor about safe travel tips.

### Consider A Push Present

By far the best part of modern pregnancies is the invention of the push present. While the world of moms is pretty divided on the notion of the push present, you can hint to your partner that you don't need diamonds or expensive gifts, maybe just your favorite meal (that you couldn't eat during pregnancy) delivered right to the hospital.



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Sometimes life is unpredictable. Arm yourself with general information about high-risk pregnancy, fertility options, and more.

## What Is Considered High Risk?

A pregnancy is considered high-risk if mom or baby may require extra care during the pregnancy. High-risk pregnancy factors include:

- Past pregnancy complications, like premature delivery
- Multiples on the way
- Advanced maternal age
- Diabetes
- High blood pressure
- Blood disorders or chronic diseases
- Obesity
- Substance abuse, heavy drinking, or smoking problems
- Cancer
- Preeclampsia

Women who get pregnant after 35 are more likely to have babies born with chromosomal abnormalities. Almost 1 out of 100 women who get pregnant after age 35 may have this kind of abnormal baby.

## Pre-Pregnancy Planning

What to Expect

Tips to Get Pregnant

Real Mom Tips

Pre-Pregnancy Checklist

How to Prepare for Your Appointment

## First Trimester Planning

What to Expect

Real Mom Tips

First Trimester Checklist

How to Prepare for Your Appointment

## Exclusive Medical Expert Tips

Tips & Tricks

**Frequently Asked Questions**

## High Risk Patient Protocol

If your doctor has any concerns about your pregnancy or if you have any high-risk pregnancy factors, you may require additional monitoring, testing and screening during the course of your pregnancy, including:

- Genetic counseling or screening
- More frequent doctor visits and blood tests
- Diabetes management
- Additional ultrasound evaluations
- Regular fetal heart rate monitoring

In the majority of cases, high-risk pregnancy patients go on to have safe deliveries and healthy, happy babies. Your doctor will work closely with you to ensure that you feel comfortable and confident about your pregnancy and delivery.

## Fertility Uncertainty

If you have a history of infertility, if you are 35 and younger with regular periods trying for 12 months unsuccessfully, or over the age of 35 with regular periods and trying for 6 months or more unsuccessfully talk to your obstetrician about special services to meet your needs such as:

- Lab work and timing studies
- Medication to promote ovulation
- Semen Analysis
- Intrauterine insemination

The possibility of infertility can be scary, but rest assured that there are medical options available to both women and men. Talk to your doctor to get additional information about what may be available to you.



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## Pain Management During Delivery

If this is your first pregnancy, it is perfectly normal to be a scared (even a little terrified) of delivery. But for thousands of years women have been strong, brave, and confident and you can be too.

Looking for a natural pain relievers? Here are a few options:

- Touch and massage, pressure, and counterpressure
- Heat and cold
- Hydrotherapy, tub bath, or shower
- Ambulation and change of position
- Biofeedback
- Transcutaneous electrical nerve stimulation (TENS)
- Acupuncture/acupressure
- Self-hypnosis

If the all-natural route is not for you, an epidural is an effective method of pain relief and is used by the majority of patients in the United States. The aim is to segmentally block pain signals in the lower thoracic and upper lumbar areas.

With an epidural, you will still feel the pressure of contractions and delivery, so you can be an active participant in the birthing process. The advantages of choosing an epidural are that you get excellent pain relief without maternal and fetal respiratory or cardiac depression.

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*“If you have questions about pregnancy, just ask your doctor. Helping patients feel at ease about their care is always our top priority. It is always my goal to ensure that my patients feel confident and prepared for their pregnancy journey.”*

– Sarah A. Janz M.D., FACOG, Moreland OB-GYN

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# WISHING YOU A HAPPY & HEALTHY PREGNANCY



At Moreland OB-GYN, we specialize in women's health care and prioritizing the needs of our patients. We hope you'll connect with us to help answer your questions and we hope you'll turn to our experts as a trusted resource for information.

When you're ready, we are available to help. Visit our website to learn more about what Moreland OB-GYN can offer you and your growing family.

Making an appointment is easy, just visit our request an appointment page online. Or call 262-544-4411 and one of our patient service representatives will be happy to schedule your appointment.

Enjoy your pregnancy and our team at Moreland OB-GYN wishes you and your family all the best!



[www.morelandobgyn.com](http://www.morelandobgyn.com)

262.544.4411