



PRENATAL CARE — GUIDE —



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

www.morelandobgyn.com | 262.544.4411

WELCOME FROM MORELAND OB-GYN!

Congratulations on your pregnancy, and thank you for choosing Moreland OB-GYN as your obstetrics provider. Pregnancy is a life-changing event. Navigating the complex medical system and making choices regarding your health and your growing baby's health can be overwhelming.

Our Moreland Pregnancy Navigators (MPN) team are specialized nurses who help guide obstetric (OB) patients through every trimester. They serve as the patient's main advocate throughout her pregnancy and postpartum period, helping to schedule any necessary appointments and screenings and providing one-on-one care, offering peace of mind during her pregnancy journey.

From your first trimester to postpartum care, our MPNs provide personalized guidance, answer your questions, and address any concerns. Their compassionate and knowledgeable approach ensures you receive the highest level of care, making your pregnancy experience as smooth and stress-free as possible.

At Moreland OB-GYN, we pride ourselves on being your go-to resource. Below, we provide a detailed overview of what to expect during your first trimester, including symptoms you may experience and lifestyle changes you should implement now and throughout your pregnancy. We also offer detailed information on the second and third trimesters, helping you feel prepared and confident as your due date approaches.

Remember, your MPN is just a phone call away, ready to answer questions or discuss concerns.

Sincerely,

Your Moreland Care Providers

WHEN TO CALL YOUR PHYSICIAN'S OFFICE

Day or Night

- If you think you are in labor or you think your water broke.
- Signs of preterm labor (3 or more weeks before due date).
 - Contractions, 6 or more an hour.
 - Severe period-like cramping, comes and goes or is constant.
 - Abdominal cramps, with or without diarrhea.
 - Low back ache, comes and goes or is constant, may radiate to the lower abdomen.
 - Pelvic pressure feels like the baby is pushing down.
 - Changes in vaginal discharge, color, amount or odor.
 - If you think your water breaks, may be a big gush or a slow leak, note the color (should be clear).
- Spotting in early pregnancy or vaginal bleeding like a period or more, at any time. Please note if clots are present. (This is especially important if you have been diagnosed with Placenta Previa).
- Abdominal pain.
- Decreased fetal movement.
- If you are running a fever, over 100.4° oral temperature.
- Headaches (severe or won't resolve with Tylenol), especially if accompanied by vision changes and/or extreme swelling (to face, hands and/or lower extremities).
- Urinary problems that are causing burning and pain, significant increase in frequency and feels as though you aren't emptying your bladder, blood in your urine.
- If you sustain any falls.
- If you are involved in a car accident.
- Abdominal trauma.
- Cannot keep **any** fluids/food down for 24 hrs or more.

If you're experiencing any of the above symptoms, please call 262-544-4411 during our general clinic hours or 1-800-446-3274 during off-clinic hours and on weekends.

***If you're experiencing severe chest pain or shortness of breath, you should go to the emergency room.

REMEDIES FOR NAUSEA AND VOMITING IN PREGNANCY

For many women, nausea and vomiting may occur during the early months of pregnancy. For most women, nausea resolves around the start of the second trimester, 14 weeks, but for some women it may last longer into the pregnancy. Although this is often referred to as “morning sickness”, it can happen any time of the day or night. Pregnancy nausea is thought to be caused by the increased hormone levels, estrogen and progesterone, that are produced by the ovaries early in pregnancy. Because of increasing levels of these hormones, the secretory cells in the stomach increase their production of gastric juices, at the same time the bowels slow down their ability to empty the contents of the stomach. This can cause the feeling of nausea and in some cases, vomiting.

Tips and Tricks to Help

- 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 soda, caffeine free (Sprite, 7Up).
- Increase fluid intake, try lemon slices in water, lemonade, and Lemonhead candy. May try sparkling water instead of plain, as the carbonation may help.
- Peppermint hard candy or peppermint gum. **No peppermint essential oils.**
- Avoid greasy/fried or spicy foods.
- Avoid smells that bother you.
- **Eat small frequent meals or snacks, every 2-3 hours.**
- **Increase protein intake (eggs, cheese, nuts, meats, yogurt).**
- Rest when able.
- Get some fresh air. Breathe through your nose.
- Sea Bands.
- Ginger tea or Ginger ale.
- Ginger tablets 250-500mg 2 or 3 times/day.
- Vitamin B6, 25mg, 3 to 4 times/day (up to 200mg/day).
- Unisom (Doxylamine) 12.5mg 2 times/day or 25mg before bed. This is a sleep aid and may cause you to feel drowsy. Unisom (doxylamine) and B6 can be taken together
- Reliefband®



If you are unable to keep any fluids or food down for 24 hours or more, please call the office at 262-544-4411. Do not send a MyChart message.

COMMON DISCOMFORTS IN PREGNANCY

Even though every pregnancy is different, there are some common discomforts that many women experience. Many of these changes, both physical and emotional, are due to hormones.

- **Nausea and/or vomiting.**
- **Shortness of breath:** This is typically caused by the increasing size of your uterus putting pressure on your internal organs which then puts pressure on your diaphragm. Near the end of pregnancy, when your baby drops lower into your pelvis, this tends to get better. ****If you're experiencing severe chest pain or shortness of breath, call 911 or go to the ER.**
- **Loose and aching joints:** It is very important to use proper body mechanics in pregnancy because hormones relax your joints and muscles. You may feel as though your joints are loose, pop or even feel achy. Lower back pain is extremely common as your pregnancy progresses.
- **Urinating more frequently:** This can occur even in the beginning of pregnancy and will likely return at the end of the pregnancy. If you have burning or discomfort with urination, feel as though you are not emptying your bladder completely, urinating even more than you have been or have any one-sided lower back pain, call your physician.
- **Constipation:** You may experience less frequent bowel movements and/or your stools may be harder than normal. See Safe Medication page for treatment options.
- **Heartburn:** Your stomach capacity decreases and may cause stomach acids to rise into your esophagus which results in a burning feeling. To reduce symptoms, try increasing fluids, sit up after eating and avoid eating within 2 hours of going to bed, avoid spicy and/or fatty foods, use pillows to prop yourself up after a meal, and elevate the head of your mattress 6 inches, see Safe Medications page for treatments.
- **Round ligament pain:** There are ligaments on each side of the abdomen that hold the uterus in place. As the uterus grows, these ligaments stretch. Often at about 18-22 weeks, you may notice that any sudden movements cause them to spasm, resulting in pain along the lower abdomen and groin. Usually this discomfort only lasts a short time and may often be relieved simply by changing your position slowly. Tylenol (650mg every 6 hours) and belly bands can be helpful.
- **Fatigue:** Very common in early pregnancy. Rest as much as you can. You will generally notice an increase in your energy level around the start of the second trimester, which will often last until closer to delivery.
- **Breast tenderness/increase in breast size:** Supportive bras may be helpful.
- **Sciatica:** A common condition in pregnancy that causes pain in the sciatic nerve, which runs from the lower back down each leg. Treatments include PT, massage, or medication.



SAFE OVER-THE-COUNTER MEDICATIONS

Pregnant women may safely use the following over-the-counter (OTC) medications. **Please follow the directions on the package for adult dosage and use.** Generic substitutions are OK. If taking other medications, please consult with your doctor first. **Avoid the use of all essential oils and herbal supplements, including Elderberry syrup/supplement.**

DO NOT TAKE: Aspirin products (unless instructed by physician), Ibuprofen (Advil) or Naproxen (Aleve).

If you have any further questions about a medication, be sure to ask your nurse or doctor.

Problem	Over-the-Counter Medications	Call Your Obstetrician If You Have
Mild headaches/ aches and pains	Tylenol (Acetaminophen) 325mg, Extra Strength Tylenol (Acetaminophen) 500mg, DO NOT exceed 4000mg/day	Severe and/or persistent headaches
Nasal congestion due to a cold, sinusitis	Afrin Nasal Spray (for 3 days only), Mucinex (guaifenesin) Neti Pot, Saline Nasal Spray, Pseudoephedrine after 14 weeks, Plain Robitussin, DM ok after 14 weeks, Vicks Vapo Rub, Cold Eeze, Emergen-C Original (1 per day), NO AIRBORNE	No Relief
Heartburn	Tums, Mylanta, Maalox, Pepcid NO PEPTO-BISMOL	No relief - If taking Nexium or omeprazole prior to pregnancy consult physician
Sore throat	Alcohol-free lozenges, Tylenol	Severe or persistent sore throat
Constipation	Metamucil, Colace stool softener, Milk of Magnesia, Miralax	Severe straining
Gas	Gas-X (simethicone)	
Diarrhea	Imodium, Lomotil	If no relief after 24 hours, or blood in the stool
Hemorrhoids	Anusol HC, Chilled witch hazel packs, Sitz bath, Tucks, Preparation H cream/ointment	Bleeding or severe pain
Insomnia	Warm bath, Warm milk, Vitamin B6 (50mg), Benadryl (25mg), Tylenol PM, Unisom (25mg) 1 tablet at bedtime	
Symptoms of vaginal yeast	7 day Monistat treatment	No relief - call for appointment to evaluate
Allergies	Flonase, Nasacort, short term-Afrin (for only 3 days), Benadryl (may cause drowsiness or decrease in milk supply), Claritin (plain- no D), Zyrtec (plain- no D)	No relief with plain antihistamines
Sore Muscles	Icy Hot, Tylenol (extra strength is ok) Heat pad on low (do not place directly over your abdomen), Biofreeze	

TESTS AND APPOINTMENTS

Non-invasive **OPTIONAL** Genetic Testing

Carrier Testing

Carrier Testing is a blood test on the woman that may be done prior to or during pregnancy. These tests are a screening tool for some common inherited disorders. The most common of these are Cystic Fibrosis (CF), Spinal Muscular Atrophy (SMA) and Fragile X.

- **CF** primarily involves the respiratory, digestive and reproductive systems. Symptoms may be mild to severe. If the woman tests positive as a carrier, then the father would be tested. If both parents test positive as carriers, there is about a 25% chance of having a child with CF.

All newborns in the state of WI are mandated to have a Newborn Screen blood test before discharge from the hospital. This screening does include CF.

- **SMA** is a disorder involving the destruction of nerve cells that affect voluntary muscle movement. If the woman tests positive as a carrier, then the father would be tested. If both parents test positive as carriers, there is about a 25% chance of having a child with SMA.
- **Fragile X** is a syndrome that mainly involves developmental delay and intellectual disability. If the woman tests positive as a carrier, there is up to a 50% chance of having a child with Fragile X syndrome.

If you are interested in having Carrier testing, let your physician know at your first office visit. Natera Horizon screens for the 3 disorders of CF, SMA and Fragile X along with several others.

Because this test is optional, it is **VERY IMPORTANT** that you call this phone number, **844-778-4700**, email: **estimate@natera.com** or text “coverage” to **636363** PRIOR to your first physician appointment and before you have this test done. They will discuss with you any out-of-pocket costs in addition to checking your insurance coverage.



There are two Screening/Risk Assessment test options looking for chromosomal abnormalities in babies that are done in the first trimester of pregnancy. Usually only one of the test options listed below is performed. According to the American College of Obstetricians and Gynecologists (ACOG), most children in the United States are born healthy. Only 2 or 3 out of 100 newborns have major birth defects.

First Trimester Screen

The First Trimester Screen test is a combination of a blood test (Nuchal) on the mother and a specialized (Nuchal) ultrasound on the baby. These both need to be done between 11 weeks 6 days & 13 weeks 6 days of the pregnancy. Results of this test give an estimated risk for three abnormalities:

- **Trisomy 21-Down Syndrome** is the most commonly occurring chromosomal abnormality which results in physical, developmental and intellectual problems. May range from mild to severe. About 96% of cases are detected with this test. False positive results occur in about 5% of tests.
- **Trisomy 18-Edwards Syndrome** is the second most common chromosomal abnormality which results in developmental problems along with deformities of the organs. About 95% of cases are detected with this test.
- **Trisomy 13-Patau Syndrome** is associated with severe mental and physical problems. About 95% of cases are detected with this test.

This test is optional therefore you will need to check with your insurance for coverage information and cost to you if you choose to have this done. You will need to know, **PRIOR** to your first office visit with the physician, what your financial responsibility will be before having the test. Below are codes that will help determine your insurance coverage.

Test Names	CPT Code(s)	Diagnosis Code(s)
Nuchal Blood Test	84704 84163 36415	Z34.90 (pregnant) 009.5 (pregnant, 35 years and over) 009.291 (pregnant, prior pregnancy with trisomy defect)
Nuchal Ultrasound	76813	Z34.90 (pregnant) 009.5 (pregnant, 35 years and over) 009.291 (pregnant, prior pregnancy with trisomy defect)

Moreland OB-GYN utilizes the Perinatal Assessment Center (PAC) at Waukesha Memorial Hospital for this testing.

Natera Non-Invasive Prenatal Testing (NIPT)

NIPT uses single nucleotide polymorphism (SNP) technology that requires only a blood draw on the mother. SNP's are the 1% of our DNA that makes us different from one another. This test may be done any time after 10 weeks of pregnancy, but should not be done until after your first appointment with your physician.

Natera Panorama NIPT is a screening for chromosomal abnormalities in the fetus, such as Trisomy 21, 18, 13 and analysis of sex chromosomes, as well as 5 additional microdeletions. It can be used for single and twin pregnancies. Fetal sex can be determined for a single pregnancy and on both fetuses in a twin pregnancy.

If you are interested in having the Natera NIPT testing, or any other genetic testing, you will let your physician know at that first office visit. We are not able to order the testing until you have had your first appointment with your physician.

This test is optional. Natera billing specialists will get a comprehensive view of your insurance and individual situation and help to determine what the cost of testing will be for you. **You can learn more at natera.com, by calling 844.778.4700, email: estimate@natera.com or by texting "coverage" to 636363. They will discuss with you any out-of-pocket costs in addition to checking your insurance coverage.**

Alpha-fetoprotein

There is a screening test available in the Second Trimester called Alpha-fetoprotein (AFP).

AFP is a blood test done on the mother between 15 weeks and 20 weeks 6 days of pregnancy. This test is screening for neural tube defects of the spine or skull, such as Spina Bifida. If the level of AFP is elevated, there is an increased risk of having a child with a neural tube defect.

If you choose to have this optional test performed, you will need to contact your insurance regarding coverage. You will need to know **PRIOR** to your first office visit with the physician what your financial responsibility will be before having this test. Below are codes that will help determine your insurance coverage.

If you choose to have any of these genetic screening tests and have a positive result, your physician will discuss with you in detail what the next steps would be. Any further testing could be invasive such as Chorionic Villus Sampling (CVS) or Amniocentesis depending on how far along the pregnancy is.

Test Names	CPT Code(s)	Diagnosis Code(s)
Alpha-fetoprotein (AFP)	82105	Z34.90 (pregnant) 009.5 (pregnant, 35 years and over)
Non-Invasive Prenatal Testing (NIPT) Panorama Singleton (Predict Fetal Sex)	81420	Z34.90 (pregnant)
Panorama Singleton (No Fetal Sex)	81422	009.5 (pregnant, advanced maternal age; 1st, 2nd, 3rd trimester)
Panorama Twin (No Fetal Sex)	81420	
Panorama Twin (Detect both fetal sexes)	81422	009.291 (prior pregnancy with trisomy)

Routine Tests In Pregnancy

Weight, Blood Pressure & Fetal Heart

Tones (FHT)

Each Routine Prenatal Visit (RPV) will include the nurse getting your weight and blood pressure and providing information relevant to the gestational age (GA) of your baby. In other words, how many weeks + days you are along in the pregnancy. Your physician will listen for FHT's at each visit, and your nurse will also explain to you any tests or actions you need to take.

OB Panel

The initial routine blood test done on the mother in early pregnancy is called the OB Panel. It includes a Complete Blood Count (CBC) which gives information about your red blood cells such as the hemoglobin and hematocrit, an indicator of anemia. It also tells the physician about your disease fighting cells (white blood cells) and your clotting ability (platelets). The panel will show your blood type and Rh factor. You will be tested for immunity to Rubella (German measles) and infectious diseases like weight, blood pressure, Syphilis & Fetal Heart Tones (FHT).

Ultrasound

Moreland OB-GYN practice has its own Ultrasound (US) department. All our sonographers are AIUM accredited and use up-to-date equipment. First trimester US will be done around 7-8 weeks unless medically indicated sooner.

Pelvic Exam

Your initial visit with the physician for your prenatal care may involve a pelvic exam, pap test (if due) and swabs in your vagina to rule out certain infections. FHT's are obtained by the physician at every visit over 10 weeks by means of a handheld Doppler device placed on your abdomen.

Urine Culture

Urine culture between 12 - 16 weeks GA. Your nurse will give you instructions.

Anatomy Ultrasound

Anatomy Ultrasound is performed between 19 - 21 weeks GA. This test takes about 1 hour and looks carefully at the growth and development of your baby. Gender may often be determined at this US. You will schedule an appointment for this.

Glucose Tolerance

Glucose Tolerance test is done between 24-28 weeks GA. This is a test that will measure the amount of glucose (sugar) in your blood after drinking a "glucose drink" and having your blood drawn 1 hour later. This is to look for any concerns related to Gestational Diabetes (GDM), in other words, diabetes caused by pregnancy. A repeat CBC test will also be done at the same time you have your glucose test blood draw. Your MPN will call to discuss this test and provide detailed instructions on how and when to go to the lab.

Group B Streptococci (GBS)

Group B Streptococci (GBS) is a swab of the vagina at 34-36 weeks GA. It is looking for a normal type of bacteria that lives in the vagina and rectum. There are usually no symptoms of GBS. If you do test positive, you will be treated with antibiotics in your IV during labor. This will prevent your baby from contracting it during delivery, which could cause illness to the baby.

Additional Syphilis Test

Syphilis is a serious infection that's usually spread by sexual contact. During pregnancy, syphilis can pass to a fetus and cause premature birth, miscarriage, and stillbirth. It can also cause lifelong health issues for a baby or death of a baby soon after birth. It's important to get repeat testing while you are pregnant. You are tested initially in the OB panel and then additionally tested at 28 weeks gestation. Some physicians may also recommend another screening upon admission to the hospital for delivery so that your newborn can receive immediate treatment if necessary.

Routine Appointments In Pregnancy

At Moreland OB-GYN, all newly pregnant patients will speak with an MPN and establish an individualized care plan. Patients are assessed and scheduled for [ultrasounds](#) and provider appointments in the first trimester. Your [confirmation of pregnancy appointment](#) with your physician will be between 7-8 weeks (unless you're experiencing issues) and will include an ultrasound.

After pregnancy is confirmed, you will have a scheduled call with your MPN at the 8/9-week mark. This 20-30-minute call will include health history questions and educational points relevant to your first trimester.

Your Initial Prenatal Visit (IPV) appointment is scheduled for 12 weeks gestational age (GA) and lasts about 20 minutes. Your appointments moving forward (Routine Prenatal Visit- RPV) with the physician are about 10 minutes long and are at these approximate intervals:

- From your first visit to 28-30 weeks GA, a visit every four weeks.
- From 30-36 weeks GA, a visit every two weeks.
- From 36 weeks GA to delivery, a visit every week.

The information listed above is a guideline for routine visits. For a problem or illness visit, you may be seen by an NP/PA or your physician whenever needed. If your pregnancy has complications, your physician may add visits, labs, or ultrasounds to your care plan. If you are over age 35 and considered [Advanced Maternal Age \(AMA\)](#) or if you are diagnosed with Gestational Diabetes, your physician will likely add additional tests or appointments to your care plan.

Vaccines Recommended By The Center For Disease Control (CDC) For Pregnant Or Lactating Individuals

Flu vaccine to protect against influenza. Pregnancy is a challenge to your immune system therefore you are at greater risk for severe illness and complications if you contract influenza. You may receive the flu vaccine at any time in pregnancy during flu season. No one can get influenza from the vaccine because it is an inactivated virus that is used.

Tdap vaccine is protection against Whooping cough (Pertussis) infection and is recommended for all pregnant women to get during each pregnancy. The vaccine should be given between 27-36 weeks GA. The purpose of getting this during pregnancy is to protect yourself and the baby. You will pass some immunity against whooping cough infection to your unborn baby and provide some coverage against contracting it in the first few weeks of life.

Covid Vaccine. The American College of Obstetricians and Gynecologists (ACOG) strongly recommends that pregnant individuals be vaccinated against COVID-19. Given the potential for severe illness and death during pregnancy, completion of the initial COVID-19 vaccination series is a priority of our Moreland OB-GYN providers. mRNA COVID-19 vaccines (Moderna or Pfizer) are preferred over J&J/Janssen COVID-19 vaccines for all vaccine-eligible individuals, including pregnant and lactating individuals, for primary series and booster vaccination.

Vaccination may occur in any trimester. COVID-19 vaccines may be administered simultaneously with other vaccines including vaccines routinely administered during pregnancy, such as influenza and Tdap. If you have already been vaccinated with the COVID-19 vaccine, ACOG recommends you receive a booster dose of COVID-19 vaccine.

It is also recommended that family members and childcare providers be vaccinated with the Flu, Covid and Tdap vaccines. Tdap however does not need to be repeated for these people if they have had one in the past 10 years.

RSV Vaccine. ACOG recommends the RSV vaccine if you are 32 to 36 weeks pregnant from September to January. The vaccine creates antibodies that pass to your fetus. This means the baby will have some antibodies to protect them from RSV for the first 6 months after birth.

RSV, or respiratory syncytial virus, is a virus that spreads in the fall and winter. RSV can be dangerous for babies and young children. It is the leading cause of hospitalization among infants in the United States.

You can get the RSV vaccine at the same time as other vaccines recommended during pregnancy. Common side effects of the RSV vaccine include arm pain, headache, muscle pain, and nausea, similar to other vaccine side effects. Side effects are normal and not a cause for concern.

Vaccines to AVOID during pregnancy are Chicken Pox (Varicella), Shingles (Zoster), Measles-Mumps-Rubella (MMR) and Human Papilloma Virus (HPV).



NUTRITION AND SUPPLEMENTS IN PREGNANCY

It is important to have a healthy, well balanced food intake along with a daily Prenatal Vitamin. Your Prenatal Vitamin (PNV) needs to both include and avoid certain ingredients.

Include:

- 400-800 mcg of folic acid.
- 600 IU of vitamin D3 daily but no more than 2,000 IU daily. Vitamin D is required for your body to properly absorb calcium. Calcium is important for your bone protection during pregnancy.
- PNV usually has a range of 100-200 mg of calcium. You need 1,200 mg of calcium daily. This is easily achieved through foods, PNV and calcium supplements (if needed). ***A list of foods that have a high level of calcium is provided for you to help calculate your daily calcium intake. If you find that you are falling short of the 1200 mg calcium requirement, then add a supplement to get you to that amount.***
- 150 mcg Iodine.
- 27 mg Iron.
- 200 mg DHA (a type of fish oil).

Avoid:

Avoid a PNV that contains any type of herbal supplements and/or essential oils. These components have not been studied for safety in pregnancy. Being labeled “natural or organic” does not necessarily mean harmless.

It is generally recommended that you **DO NOT** take any additional supplements other than what is described above. More is not always better! This includes Vitamin Water. **Too much of Vitamin A** can be harmful to your baby. Your PNV likely has Vitamin A and you should not exceed 8,000 IU daily. Liver has high amounts of Vitamin A and needs to be limited to once or twice a week. Vitamin A in the form of Beta-Carotene in foods is considered safe. Beta-Carotene is found in orange and yellow fruits/vegetables (carrots, squash, peaches, cantaloupe) and some green vegetables (lettuce, parsley, collard greens).

Vitamin C intake should be limited to less than 2,000 mg a day.

Healthy eating and weight gain are subjects that are of great interest to women during pregnancy.

Eating a variety of foods, not skipping meals, and adding healthy snacks is important for the growth of your baby. A source of protein should be consumed at every meal, for example, chicken, meats, eggs, beans, cheese, yogurt, nuts, peanut butter, to name a few. Eat plenty of fruits and vegetables. Try to avoid too many “sweets” and “junk” food.

There are a few food restrictions during pregnancy.

- **Lunch meat, deli meat (cold cuts), and hot dogs need to be consumed in small amounts over the course of your pregnancy.** You will need to cook hot dogs completely and heat lunch/deli meat for 30 seconds in the microwave before eating. Processed meats have a greater risk of listeria bacteria which is harmful in pregnancy.
- **Fish and seafood are limited to 1-2 servings (6-8 oz) per week.** You should not consume anything raw, so avoid Sushi or any raw seafood such as oysters. **Fish to avoid completely are Tilefish, Kingfish, Shark, Whale, Swordfish and King Mackerel.** Light tuna is allowed, however if you do eat it, it will count as your 2 servings for that week.
- **Avoid all unpasteurized food products** such as raw milk, apple cider and soft cheeses like Brie, Blue, Goat, and Feta unless labeled as pasteurized. Restaurants, Farmers Markets and Health Food Stores may stock these cheeses unpasteurized.
- **Caffeine consumption is limited** to one 8-12oz (200 mg or less) serving per day of regular coffee, tea or soda. Avoid all Energy Drinks. Avoid Herbal teas.
- **Artificial sweeteners may be used in small amounts during pregnancy, except saccharin, which is not recommended in pregnancy.**
- **Meats and poultry need to be cooked completely.**
 - Poultry: 165°
 - Pork: 160°
 - Beef: 160°
- Avoid any **raw or undercooked** foods.
- **Wash** all fruits and vegetables before eating.
- **Certain supplements are not recommended during pregnancy.** Bring all of your supplements, supplement powders and collagen to your first visit with your physician.



The amount of weight you gain during your pregnancy depends on several factors.

- **Your pre-pregnancy weight:**

Normal weight, you should gain about 25-35 lbs.

Overweight, you should gain about 15 lbs.

Underweight, you should gain about 27-40 lbs.

- **Your activity level**

- **Your calorie consumption**

You and your doctor will discuss your individual needs. If you are pregnant with multiples, like twins or triplets, the recommendations will be given by your doctor.

Never be on a weight loss/diet program during pregnancy.



THINGS TO AVOID FOR A HEALTHY LIFESTYLE DURING PREGNANCY

Eating well and taking a prenatal vitamin are things you should do to have a healthy pregnancy. There are also things you should avoid to decrease the risk of possible complications in pregnancy.

Avoid all alcoholic beverages. There is no research available that demonstrates what level of alcohol consumption is likely safe. If you had alcoholic beverages prior to knowing you were pregnant there is no need to be concerned if you stopped with your positive pregnancy test.

Avoid changing a litter box. If you have cat(s) at home, it is recommended that you do not change the cat litter box. There is a parasite that can be in a cat's feces that when mixed with the dust from the litter can be inhaled by the person changing it. We prefer that you do not expose yourself to this during your pregnancy.

Avoid all tobacco and smokeless products.

Cigarette smoking is known to be harmful to your developing baby as well as causing complications in pregnancy. Babies born to smokers are more likely to be premature and smaller in weight. **E-cigarettes and vaping are not safe alternatives to cigarette smoking!** These contain numerous harmful chemicals. There is help available to assist you to stop smoking. Your nurse and doctor will give you resources.

Avoid the use of any recreational drugs. This includes marijuana and all "street" drugs. There is no evidence to show that CBD oil and any other products with CBD are safe to use during pregnancy. Our recommendation is to avoid these products.

Avoid extreme sports and activities. While mild exercise is okay and even recommended, you should avoid activities like riding ATVs, snowmobiles, horses, and rollercoasters. You should also refrain from extreme sports like downhill skiing.

Avoid hot tubs and saunas during your pregnancy. These temperatures may elevate your own body temperature above 101 degrees and may have a harmful effect on baby.

Avoid skin care products that contain Retinol, Retin-A or Salicylic acid.

Avoid painting. Painting with non-lead-based paint is okay if you paint in a ventilated area and take frequent breaks.

Avoid sleeping on your back. Not recommended during the second and third trimesters.

Avoid prolonged exposure to loud noise. Using heavy machinery for long periods of time (working in a factory, etc.) or frequently attending loud concerts.



FREQUENTLY ASKED QUESTIONS:

Is it ok to douche during pregnancy? NO

May I have my hair colored? YES - There is very minimal absorption into your system.

Should I go to the dentist? YES - Regular dental cleanings and check-ups are important to continue. Always let your dentist know you are pregnant and use extra protection if x-rays must be done.

May I use sunscreen and insect repellent? YES - It is recommended that you protect yourself from the sun and insect bites. You may use repellent that contains DEET, just not at 100%. We suggest you shower off these products at the end of the day.

Should I wear my seat belt? YES - Seat belt should be positioned on your hips and below your belly.

May I get a manicure, pedicure, massage? YES - For a massage we recommend a "Prenatal Massage." Services should take place in a well-ventilated area.

Is exercising OK? YES - There are a few restrictions to keep in mind. No weight - lifting or resistance training over 25 lbs. Now is not the time to take up a new routine or sport. Use common sense, if you do not feel well doing something you are used to doing, then stop! Always use correct form and body mechanics. Drink plenty of fluids and eat. Abdominal crunches and lying flat on your back after 16-18 weeks GA should be avoided. If you need activity restrictions during your pregnancy for any reason, your physician will discuss it with you.

May I continue to have sex? YES - If you experience any type of pain during intercourse or have vaginal bleeding, then abstain and call your physician. It is considered normal to see a very small amount of spotting when wiping with bathroom tissue 24-48 hours after intercourse. If this is all that you experience, then no need for concern. However, even though it is considered "normal", we ask that you do not have anything inside of your vagina then for the next 7 days. There are some problems in pregnancy that could cause your physician to tell you to avoid sex completely during your pregnancy. We call this "pelvic rest." Please ask any questions you have about sexual relations during your pregnancy.

Is it OK to travel during my pregnancy? YES - There are several precautions and restrictions, however. Please stop all travel outside of the immediate area (within 1 hour or less of the hospital) at 35 weeks GA. If you are traveling by airplane, drink plenty of water and get up out of your seat to walk around 3-5 minutes for every 1 hour of flying. For travel by car, stop and walk around for several minutes every 2 hours. You are at an increased risk for blood clots during pregnancy and these tips will keep your circulation moving. If you plan to vacation/travel to altitudes above 8,000 feet sea level, stay well hydrated and be aware that you may not tolerate high altitudes well when you are pregnant. It is always important to discuss travel plans with your physician.

Our physicians recommend postponing all travel to any area that has known ZIKA virus mosquitos.

This applies to your entire pregnancy. The CDC has the most up to date information regarding this. Go to their website at www.cdc.gov, for current information. Mexico and many Caribbean Islands are known ZIKA areas.

FAMILY MEDICAL LEAVE (FMLA) AND DISABILITY FORMS

Moreland OB-GYN Associates, S.C. is here to assist you with the completion of your disability / FMLA forms for your maternity leave. We have trained staff who work closely with the physicians to complete and submit your medical leave paperwork to either your employer or Disability Company.

Completion of disability or FMLA forms takes approximately 7-10 days. Your paperwork can be submitted to our office by email, fax, mail or you can drop it off at the front desk with the office staff.

We ask that you submit all your medical leave forms. Please make sure that the information section has been completed and signed. Your signature is needed to release information.

Please feel free to contact us with any questions or concerns regarding this.
Moreland OB-GYN FAX #: 262-650-3856



ARE YOU GETTING ENOUGH CALCIUM?

GOAL: 1,200 mg per day for pregnant and breastfeeding women. Max 2,500 mg/day.

I. Calculate your approximate daily Calcium intake from food sources:

	No. of Servings	Calcium mg Per Serving	Total Calcium Per Food
Milk, cow's milk (8 oz)		x 300	= _____ mg
Yogurt (8 oz)		x 250	= _____ mg
Cheese (1 oz)		x 200	= _____ mg
Ice cream (1/2 cup)		x 100-150	= _____ mg
Calcium-fortified orange juice (8 oz)		x 300	= _____ mg
Unsweetened almond milk (8oz)		x 450	= _____ mg
Unsweetened cashew milk (8oz)		x 450	= _____ mg
(A) TOTAL CALCIUM From Foods			_____ mg

II. List any calcium (mg) you obtain daily from supplements.

(B) TOTAL CALCIUM From PNV/Supplements	+ _____ mg
MY DAILY CALCIUM INTAKE IS THE TOTAL OF A & B:	= _____ mg

Additional Calcium Sources

Dried Beans - Legumes

Vegetarian baked beans (1cup)	128mg
Garbanzo/Chickpeas (1 cup, canned)	80mg
Great Northern beans (1 cup, boiled)	121mg
Navy beans (1 cup, boiled)	128mg
White beans (1 cup, boiled)	161mg
Black turtle bean (1 cup, boiled)	103mg

Fruits & Vegetables:

Broccoli (1cup, boiled)	94mg
Green beans (1 cup, boiled)	58mg
Spinach (1 cup, boiled)	244mg
Butternut squash (1 cup, boiled)	84mg
Sweet potato (1 cup, boiled)	70mg
Collards (1 cup, boiled)	358mg
Mustard greens (1 cup, boiled)	150mg
Swiss chard (1 cup, boiled)	102mg
Figs, dried (10 medium)	268mg
Naval orange (1 medium)	56mg
Green peas (1 cup, raw)	40 mg
Bok Choy (1 cup)	40 mg
Kale (2 cups, chopped, raw)	110 mg

Soy Products:

Soy milk - calcium fortified (8 oz)	350 mg
Soybeans (1 cup, boiled)	175mg
Tofu (1/2 cup packed in calcium liquid)	258mg

Cereal & Bread Products:

Cereal bars - Calcium fortified (Kellogg's Nutri-Grain Bar & Quaker Fruit & Oatmeal - 1 bar)	200mg
Oatmeal, instant (1 package)	163mg
Cheerios, Fiber One - Honey Clusters, Life Oatmeal Squares (1 cup, dry)	100 mg
Life Cereal (3/4 cup dry)	100 mg
All Bran, Fiber One (1/2 cup, daily)	100 mg
Corn bread (2-oz piece)	133 mg
Oatmeal, instant (1 packet)	163 mg
Oatmeal, Quaker Instant- Nutrition For Women (1 packet)	350 mg

Nuts

Almonds (23 whole nuts (1 oz raw or roasted)	80 mg
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Supplements

Calcium chews (such as Viactiv, etc.)	500 mg
Citracal	500 mg
Tums - Calcium content varies	
Adora	200-500 mg

Vitamin D

Vitamin D is required for proper absorption of Calcium. The body will make its own Vitamin D if exposed to sunlight for at least 15 minutes per day. If you have little sun exposure or if you do not eat or drink dairy products, you should take a Vitamin D supplement of 1000 IU.

*Adapted from Foods That Fight Pain by Neal Barnard, MD



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.

Making an appointment is easy, just call 262-544-4411 and one of our patient service representatives will be happy to schedule your appointment. You can also request an appointment online at www.morelandobgyn.com.

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



www.morelandobgyn.com

262.544.4411