



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information Packet

Congratulations on your new pregnancy! The coming months will bring a great deal of joy, excitement and anticipation as you wait for the arrival of your little one. Along with the joy, excitement and anticipation, there will undoubtedly also be moments of fear, doubt and concern. Don't worry, all of these feelings are normal; and everyone here at Women's Healthcare Group of Illinois is here to make this experience an enjoyable one for you!

Table of Contents

Topic

Acupuncture and Pregnancy - 2
Alcohol, Cigarettes and Drugs During Pregnancy - 3
Bleeding During Pregnancy - 3
Constipation During Pregnancy - 4
Dental Care During Pregnancy - 4
Diet and Weight Gain During Pregnancy - 5
Exercise During Pregnancy - 6
Fatigue During Pregnancy - 7
Fetal Movement - 8
Foods to Avoid During Pregnancy - 8
Hair Dye During Pregnancy - 10
Labor, How Will I Know That It's Real - 10
Litter Box During Pregnancy - 11
Massage During Pregnancy - 11
Medications During Pregnancy - 11
Nausea and Vomiting During Pregnancy – 13
Prenatal Visits, What to Expect – 13
Reiki During Pregnancy – 14
Sex During Pregnancy – 15
Tanning During Pregnancy – 15
Travel During Pregnancy – 16
Ultrasound During Pregnancy – 16
Yoga During Pregnancy – 17



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information **Packet**

Acupuncture and Pregnancy

Research indicates that acupuncture can help to relieve common pregnancy related symptoms like nausea, vomiting, fatigue, heartburn, headaches, depression, pelvic and lower back pain, swelling, difficulty sleeping and constipation. There is also research that indicates that the use of acupuncture during the third trimester of pregnancy can help to prepare the body for the rigors of labor while both simultaneously reducing the labor pains that a woman experiences and the overall time that it may take her to deliver.

- **Nausea and vomiting:** According to a study conducted by Adelaide University, Australia, women receiving traditional acupuncture had less nausea and retching compared to women who didn't receive acupuncture. Stimulation of the point named pericardium 6 (p6), located below the wrist, was found to help in relieving the nausea and vomiting associated with morning sickness.
- **Pelvic and low back pain:** Research by the Institute for the Health of Women and Children in Sweden concluded that acupuncture was effective in relieving pelvic and lower back pain during the second and third trimesters of pregnancy. This same research found that the use of acupuncture during the third trimester did not lead to any adverse effects for Mom or baby. The most frequently used points to treat pelvic and low back pain were LR3 (located on foot) and LI4 (located on the hand), along with local tender points in the pelvic and lower back regions.
- **Depression:** Stanford University conducted a study involving 150 pregnant women who were also diagnosed with a major depressive disorder. Of them, 52 women who were given acupuncture treatment for eight weeks experienced a reduction in their depressive symptoms when compared to the women who did not receive acupuncture.
- **Labor:** A study published in the Journal of Pain Medicine suggests that the use of acupuncture treatments during term pregnancies reduces the degree of pain that women experience during labor. The same study also found that the use of acupuncture during term pregnancies can also reduce the overall time a laboring woman needs to deliver.
- **Headaches:** According to a study published in the European Journal of Integrative Medicine, acupuncture has been shown to help alleviate tension-type headaches.
- **Sleep problems:** According to a study published in the Journal of Acupuncture in Medicine, the regular use of acupuncture has been shown to help alleviate symptoms of insomnia.
- **Baby's breech position:** A study conducted by England's National Health Service found that the use of acupuncture can help stimulate babies that are not head down to move into the head down position.

At Women's Healthcare Group of Illinois we are proud to have a PhD in Acupuncture and Traditional Chinese Medicine available to treat all of our pregnant patients!



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information **Packet**

Alcohol, Cigarettes and Drugs During Pregnancy

Alcohol, nicotine from cigarettes and illicit drugs all pass from your blood stream through the placenta into your baby's system. Research has proven that alcohol and a number of illicit drugs may have long-term effects on your developing baby, including the development of intellectual disability. Furthermore, the use of alcohol, cigarettes and illicit drugs can also cause a number of pregnancy complications including miscarriage early in pregnancy, stillbirth later in pregnancy and low birth weight. If you need help with cessation of alcohol, tobacco or drug use, PLEASE let us know immediately.

Bleeding During Pregnancy

Bleeding during pregnancy is common, especially during the first trimester, and usually it's no cause for alarm. Bleeding can however sometimes be a sign of a serious pregnancy related complication. So, if you experience bleeding during any point in your pregnancy, call one of our providers immediately. Both during hours and after hours, Women's Healthcare Group of Illinois providers can be reached at 847-244-0222.

Why am I bleeding.....

- During the 1st trimester of pregnancy, bleeding is very common. About 20% of pregnant women will experience some bleeding during the 1st trimester. 1st trimester vaginal bleeding is commonly due to the newly forming pregnancy implanting into the wall of the uterus (i.e. "Implantation Bleeding"). This is normal. 1st trimester bleeding may also result from an ectopic pregnancy, from an infection of the vagina or the cervix or from a miscarriage.
- During the 2nd and 3rd trimesters of pregnancy, bleeding, especially if it is light and follows sexual intercourse can be normal. However, vaginal bleeding during the 2nd and 3rd trimester can also be an indication that a more serious condition including preterm labor or problems with the placenta, the blood vessels being shared between Mom and baby or the umbilical cord exists.

What Should You Do If You Have Abnormal Bleeding During Pregnancy...

- Because vaginal bleeding in any trimester can be a sign of a problem, call your doctor. Wear a pad so that you can keep track of how much you're bleeding, and record the type of blood (for example, pink, brown, or red; smooth or full of clots). Bring any tissue that passes through the vagina to your doctor for testing. Don't use a tampon or have sex while you are still bleeding.
- You should expect to receive an ultrasound to identify what the underlying cause of your bleeding may be. Vaginal and abdominal ultrasounds are often performed together as part of a full evaluation.



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information Packet

Constipation During Pregnancy

Many hormones are created by the ovaries and the placenta during pregnancy. Some of these hormones causes muscle to relax. This includes muscles around the intestines. When muscles around the intestines are relaxed, the intestines move food and waste through the digestive tract more slowly than normal. This leads to constipation. Frequently taking iron tablets can make constipation worse.

To treat constipation.....

- Drink at least 60-72 ounces of water a day.
- Eat a high fiber diet. Ideally, you should consume 25 to 30 grams per day of dietary fiber from fruits, vegetables, breakfast cereals, whole-grain bread, prunes, and bran.
- Exercise routinely. If you are inactive, you have a greater chance of constipation. Walking, swimming and other moderate exercises will help the intestines work by stimulating your bowels. Schedule exercise three times a week for 20-30 minutes each.
- Use over-the-counter remedies like Metamucil, Dulcolax and Milk of Magnesia. Remember, always speak with your health care provider before using over-the-counter medications though.

When treating constipation, NEVER.....

- Use laxative pills. Laxatives can stimulate uterine contractions. They can also cause dehydration.
- Use mineral oils. Mineral oils may reduce the absorption of nutrients, meaning that you and your baby are at risk for being malnourished.

Dental Care During Pregnancy

Maintaining good oral hygiene and dental health is very important during pregnancy. Research has found a link between poor oral health, gum disease and the risk of preterm labor and delivery. In fact, it is estimated that 18% of preterm births maybe a result of poor oral health and periodontal disease. This is because poor oral health cause inflammation, and chemicals created during an inflammatory response can cause the uterus to contract prematurely. So, it is very important that pregnant women brush using soft bristle toothbrushes at least twice a day and that they floss at least once a day.

Because blood flow to the gums increases during pregnancy, it is common that pregnant women will find that their gums bleed with tooth brushing. While bleeding gums are not unusual during pregnancy, if a pregnant woman does need to go to the dentist for dental work, it is safe to do so. Local anesthetics



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information **Packet**

can also be used as can dental x-ray with an abdominal shield. If you require dental work during this pregnancy, we can provide paperwork for your dentist clearing you to receive this work.

Diet and Weight Gain During Pregnancy

In order to get the nutrients you need, you must eat from a variety of food groups, including fruits and vegetables, bread and grains, protein sources and dairy products. Typically, you will need to consume an **extra 300-500 calories** per day. Remember that it is always important to eat your calories from variety of different food groups.

- **Fruits and Vegetables:** Fruits and vegetables contain many important nutrients for pregnancy, especially Vitamin C and Folic Acid. Pregnant women need at least 70 mg of Vitamin C daily. This can be found in fruits like oranges, grapefruits and honeydew, or in vegetables like broccoli, tomatoes, and brussels sprouts. In order to prevent malformations of your developing baby's brain and spinal cord, you should consume at least 0.4 mg of folic acid per day. Dark green leafy vegetables, black beans, lima beans, black-eyed peas and veal are all good sources of folic acid. You should have at least **2-4 servings of fruit** and **4 or more servings of vegetables** per day.
- **Bread and Grains:** The body's main source of energy for pregnancy comes from the essential carbohydrates found in breads and grains. Whole grain and enriched products provide important nutrients such as iron, B Vitamins, fiber, and some protein, even. You can get the required amount of folic acid from fortified breads and cereals. Depending on your weight and dietary needs, you should consume anywhere between 6-11 servings (6-11 oz) of bread/grains per day.
- **Protein:** Meat, poultry, fish, eggs, and beans contain the protein, B vitamins and iron needed in pregnancy. In total, you should consume at least **3 servings of protein** every day. After all, your developing baby needs lots of protein to grow properly, especially during the second and third trimesters of pregnancy. In total, the U.S. RDA recommends that you eat about 27 mg of protein every day. Lean beef, chicken, lamb, liver, turkey, and veal are all good options for getting that protein. While fish and other forms of seafood can also be good sources of protein for pregnant women, there are some limitations to what types of seafood and how much of these types of seafood pregnant women should eat. That is because certain seafood like tuna, salmon, sardines and mackerel that contain higher levels of mercury should be eaten in limited amounts.
- **Dairy Products:** At least 1000 mg of calcium is needed daily to support your pregnancy. Calcium is essential for babies as they build strong muscle, nerves, teeth and bones. Since your developing baby requires a considerable amount of calcium, your body will take calcium from your bones if you do not consume enough calcium in your diet. Good sources of calcium include milk, cheese, yogurt, cream soups, and puddings. Some calcium is also found in green vegetables, seafood, beans, and dried peas. You should consume at least **4 servings of dairy products** every day.



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information Packet

How much weight you should gain during pregnancy depends upon your pre-pregnancy weight.

Prepregnancy weight category	Body Mass Index	Recommended Range of total weight (lbs)
Underweight	Less than 18.5	28-40
Normal Weight	18.5-24.9	25-35
Overweight	25-29.9	15-25
Obese (all classes)	30 and greater	11-20

Exercise During Pregnancy

Overall and in most cases, exercise is safe during pregnancy. In fact for most pregnant women, it is even recommended. Typically, the first rule of thumb is if you were physically active before you were pregnant, it is likely safe to remain active during pregnancy, and your healthcare provider will likely tell you to remain active as long as it is comfortable doing so. It is important to note though that pregnancy IS NOT the time to exercise for weight loss. While exercise does not put you at risk for miscarriage in a normal healthy pregnancy, you should still consult with one of the health care providers here at Women's Healthcare Group of Illinois before starting any new exercise routine.

There are many benefits to regularly exercising during pregnancy. Regular exercise during pregnancy has been shown to.....

Reduce backaches, constipation, bloating and swelling in the legs.

- Help prevent or treat gestational diabetes.
- Increases your energy
- Improves your mood
- Improves your posture
- Promotes muscle tone, strength, and endurance
- Helps you sleep better

If the thought of exercising during pregnancy makes you nervous, just remember that your baby is surrounded by fluid in the amniotic sac, which is nestled inside the uterus, which is surrounded by the organs, muscles and your physical body. This actually creates a rather safe environment for your developing baby. However, even with all of this protection, it is still recommended that you avoid high-impact exercise. This means that you will probably want to avoid these types of exercises while pregnant:

- Activities where falling is more likely
- Exercise that may cause any abdominal trauma, including activities that with jarring motions, contact sports or rapid changes in direction



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information Packet

- Activities that require extensive jumping, hopping, skipping, or bouncing
- Bouncing while stretching
- Waist twisting movements while standing
- Intense bursts of exercise followed by long periods of no activity
- Exercise in hot, humid weather
- Do not hold your breath for an extended period of time
- Do not exercise to the point of exhaustion

You may want to include these basic guidelines in planning exercise during pregnancy:

- Be sure to wear loose fitting, comfortable clothes, as well as, a good supportive bra.
- Choose well-fitting shoes that are designed for the type of exercise you are doing.
- Exercise on a flat, level surface to prevent injury.
- Eat enough healthy calories to meet the needs of your pregnancy, as well as, your exercise program.
- Finish eating at least one hour before exercising, see also pregnancy nutrition.
- Drink plenty of water before, during and after your workout.
- After doing floor exercises, get up slowly and gradually to prevent dizziness.

Fatigue During Pregnancy

From the moment of conception your body is putting in WORK! Consider this. In just 280 days, your body is building an entirely new human being from just one microscopic cell. Not surprisingly, from time to time you're going to feel tired and you're going to need a little extra rest. Nausea and vomiting in early pregnancy can make this fatigue a little bit worse. Anemia later in pregnancy can do the same. There are some things that you can do to improve this fatigue.

- **Regular physical activity** is your best weapon against fatigue. Enroll in a prenatal exercise class.
- **Your diet** should include generous amounts of carbohydrates, proteins, fruits and vegetables. Don't skip meals and watch out for those sugary snacks. Low blood sugar causes fatigue and horrible headaches.
- Take an iron supplement daily and be sure to eat iron-rich foods.
- Practice relaxation and meditation to relieve stress and tension.
- During your work day, take time out to **stretch** your upper and lower back to ease tension. If you're comfortable doing so, lie with your feet elevated above the level of your heart for about 15 minutes. This will improve the blood flow and make you feel energized.
- Accept the fact that you need extra rest and pace your daily activities. Add an afternoon nap to your schedule; catnaps of 15 to 20 minutes can be rejuvenating.
- Avoid taking on extra responsibilities during this time in your life.



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information **Packet**

- Invest in a rocking chair and enjoy the comforting motion of moving forward and backward. Your baby will also benefit.
- Keep a good supply of nutritious snacks on hand. Fruits and juices, crudités, cheese, milk and yoghurt, peanuts and raisins, cold chicken, and high fiber muffins.
- Savor this wonderful experience as your body's wisdom leads you through the miracle of creation.
- Have a cup of chamomile tea before bedtime.
- A few drops of lavender oil on a tissue near your pillow will also calm and soothe your nerves.

Fetal Movement

The sensation of your baby's movement will change during your pregnancy. You can expect to begin feeling movement between 16 to 18 weeks. Early on, this will be sporadic, and you may not feel the baby move every day. As the baby grows however, you will feel more and more movement. Later in the pregnancy, the movements you feel may be smaller or less vigorous. This is normal and results from the fact that, as your baby gets larger, there is less space for him or her to move. During the third trimester (i.e. after 28 weeks), if you feel like your baby is moving less often than normal, do Fetal Kick Counts. To do Fetal Kick Counts, go somewhere quiet, lie down on your left side and count your baby's movements. If the baby moves at least 10 times in an hour, the movement is adequate. If there are fewer than 10 movements over the first hour, do the same thing again the next hour. 10 or more movements over the next hour, and the movement is adequate. If however there are fewer than 10 movements two hours in a row, then call you Women's Healthcare Group of Illinois provider.

Foods to Avoid During Pregnancy

Not only are you what you eat when you are pregnant, but so too is your baby. And there are certain foods that should be avoided when you are pregnant because they can pose a particular risk to your baby.

- **High-Mercury Fish:** Mercury is a highly toxic element that can adversely affect development of your baby's brain. It can be found in high levels in certain fish including Shark, Swordfish, Mackerel, Tuna (especially Albacorn Tuna). Pregnant women should not eat these high-mercury containing fish more than 1-2 per month.
- **Undercooked or Raw Fish:** Undercooked and raw fish, especially shellfish, can contained a number of infection causing bacteria including Vibrio, Salmonella and Listeria. Infection with these bacteria can, not only make both Mother and baby sick; they can also prove fatal to unborn babies.



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information Packet

- **Undercooked, Raw and Processed Meat:** Undercooked, raw and processed meats may contain a number of infection causing parasites and bacteria including Toxoplasmosis, E. Coli, Listeria and Salmonella. Infection with these infection causing microbes can damage a developing baby's

brain. This can lead to intellectual disability, blindness and epilepsy. Infection with these microbes can also lead to stillbirth. While most bacteria are found on the surface of whole pieces of meat, other bacteria may linger deep inside of the muscle fibers. So, ALL meat should be cooked thoroughly. And note, while processed meats like hotdogs, deli meats and lunchmeats are not raw, they may still become contaminated by infection causing microbes during the packaging process. So before being consumed, they should still be cooked until they are steaming hot.

- **Raw Eggs:** Raw eggs may be contaminated with Salmonella. While most people who get Salmonella may just feel like crap, suffering from fevers, nausea, vomiting, diarrhea and stomach cramps; Salmonella can sometimes cause preterm labor, preterm delivery and stillbirth. Foods to avoid include *lightly scrambled eggs, poached eggs, Hollandaise sauce, homemade mayonnaise, salad dressings, homemade ice cream and cake icings.*
- **Organ Meat:** Organ meats like liver are very nutritious in many ways. However, they also may contain high levels of Vitamin A and copper. Too much Vitamin A and copper can lead to birth defects and fetal liver damage. Organ meats should therefore be eaten no more than once a week.
- **Caffeine:** It is ok to consume caffeine during pregnancy. BUT only if you are consuming 200mg of less of caffeine a day. That is the equivalent of 2-3 cups of coffee a day or 5-6 cans of Coca-Cola a day. Drinking more than 200mg of caffeine a day can be a problem because caffeine is absorbed very quickly by the body and it then can easily pass into the placenta reaching your baby. Unborn babies and their placenta do not have the main enzyme needed to metabolize caffeine, so a baby's caffeine levels can build up quickly. Too much caffeine can restrict a baby's growth increasing the chances that him or her will be born too small. Low birth weight, meaning a weight at birth of 5lbs 8 ounces or less increases the chances that an baby will develop diabetes and heart disease later in life.

DISCLAIMER → While Coke is delicious, PLEASE DON'T DRINK 5-6 cans of Coca-Cola a day!



- **Raw Sprouts:** Raw sprouts including alfalfa, clover, radish and mung sprouts may be contaminated with Salmonella. Just like when Salmonella is encountered in raw eggs, exposure to the bacteria during pregnancy can lead to preterm labor, preterm delivery and stillbirth.
- **Unwashed Fruits and Veggies:** The surface of unwashed or unpeeled fruits and vegetables may be contaminated with several bacteria and parasites including Toxoplasmosis, E. Coli, Salmonella and Listeria. These infection causing microbes can cause intellectual defect, blindness and seizures in unborn babies. They can also lead to preterm labor, preterm delivery and stillbirth. So please thoroughly wash and peel all fresh produce.



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information **Packet**

- **Unpasteurized Milk, Cheese and Fruit Juice:** Pasteurization is the process of “cooking” products and killing harmful bacteria that may exist within them. Not surprisingly, unpasteurized milk, cheeses and juices may contain a number of infection causing microbes like Listeria, E. Coli, Salmonella and Campylobacter. These microbes can cause preterm labor, preterm delivery and stillbirth.
- **Alcohol:** Pregnant women are advised to COMPLETELY avoid drinking alcohol. Alcohol consumption during pregnancy increased the risk of miscarriage and stillbirth. Additionally, even small amounts of alcohol consumption during pregnancy can negatively affect a baby's brain development leading to intellectual disability. Alcohol consumption during pregnancy can lead to Fetal Alcohol Syndrome, facial deformities and heart defects.
- **Processed Junk Foods:** Believe it or not, your baby can taste everything that you eat. That's because the flavor of the foods that you eat are contained in the amniotic fluid, and your baby drinks that amniotic fluid. Research has shown that baby's born to Mothers who eat lots of processed junk foods during pregnancy are more likely to develop obesity and diabetes later in life. Remember, even now you are training your baby's brain to crave later in life what you are eating now.

Hair Dye During Pregnancy

Although fairly limited, most research indicates the chemicals found in both semi-permanent and permanent dyes are not highly toxic and are safe to use during pregnancy. In addition, only small amounts of hair dye may be absorbed by the skin, leaving little that would be able to reach the fetus

Labor, How Will I Know That It's Real

When you are in labor, your uterus will painfully contract at a fixed interval, normally every 3 to 5 minutes. Each contraction will last for between 30 to 70 seconds. Over time, these contractions will typically become stronger and even closer together. When you have had these painful regular contractions for 1 hour or more, you should go the Labor and Delivery. It is NOT necessary to call your healthcare provider before going to Labor and Delivery. As soon as you get there, a nurse on the unit will call your healthcare provider.

In addition to regular painful contractions, if you experience vaginal bleeding, leakage of watery fluid from the vagina, or if your baby is not moving as much as you have become use to, you should go to Labor and Delivery.



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information Packet

Litter Box During Pregnancy

If you absolutely must, you can change your cat's litter box safely while you're pregnant, but it's better to have someone else do this chore for you if possible. The concern is for Toxoplasmosis, a parasitic infection that can be transmitted through cat poop. If your cat has Toxoplasmosis, cleaning the litter box can aerosolize the microbe, causing you to breathe it in. Toxoplasmosis has been linked to causing cysts in a developing baby's brain, potentially leading to brain damage, seizures and blindness.

Massage During Pregnancy

Women can begin massage therapy at any point during their pregnancy. That is because massage is **COMPLETELY SAFE** during the first, second, or third trimesters of pregnancy. In spite of this fact, many facilities will refuse to offer massage to women during the first trimester of their pregnancy. This is because most pregnancy loss that occur, if they are going to occur, during the first trimester. And many facilities fear that should a miscarriage occur, a patient may link it to a recent massage. However, there is no link between massage and pregnancy loss during any point in pregnancy.

At Women's Healthcare Group of Illinois, we are happy to offer prenatal massage to all of our patients. Research has proven that prenatal massage is associated with a number of benefits. These benefits include:

- Reduction of pregnancy related mood disturbances like depression and anxiety.
- Reduction of muscle aches and joint pain.
- Reduction in swelling.
- Improved sleep.
- Improved labor outcomes including shorter labors and less labor pain.

Medications During Pregnancy

A number of medications are safe in pregnancy. To be sure that a medication is safe however, ALWAYS consult with your Women's Healthcare Group of Illinois provider to verify. Below is a list of commonly used over-the-counter medications that are **SAFE** to use during pregnancy.

Problem	Medication	Dosage
Allergy	Allegra Benadryl Claritin Flonase Zyrtec	Use as directed on the package
Cold and Congestion	Afrin Nasal Spray	Use as directed on the package



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information Packet

	Mucinex Tylenol Cold, Tylenol Flu, Tylenol PM Coricidin HBP Zinc Lozenges Vitamin C	
Constipation	Colace (Docusate Sodium) Metamucil/Citrucel Milk of Magnesia Miralax Psyllium Senokot	Use as directed on the package
Cough	Robitussin Cough Throat Lozenges Zinc Lozenges	Use as directed on the package
Diarrhea	Imodium	Use as directed on the package
Headache	Tylenol	Use as directed on the package
Hemorrhoids	Anusol-HC Preparation H	Use as directed on the package
Heartburn	Antacids like Maalox, Mylanta, Tums EX and Rolaids 500's. H2 Blockers like Zantac, Pepcid, Prilosec and Nexium	Take antacids 1/2 hour before meals and before bedtime. Use as directed on the package. May use if cleared by your Doctor and if Antacids are not working.
Morning Sickness	Vitamin B6 Unisom	B6 50-100mg: twice a day Unisom: once a day at night
Rash	Benadryl Lotion Caladryl Lotion Cortisone Cream	Use as directed on the package
Vaginal Yeast Infections	Gynazole 1 Gyne-Lotrimin Monistat **Note, if the infection does not improve, let your provider know**	Use as directed on the package



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information **Packet**

Nausea and Vomiting During Pregnancy

Nausea and vomiting of pregnancy commonly occurs between 5 and 18 weeks of pregnancy. Between 50 and 90 percent of women with normal pregnancies have some degree of nausea, with or without vomiting. The severity of these symptoms can vary and can last for various periods of time. Worry not though, there are many things that you can do to try to combat nausea and vomiting in pregnancy.

To prevent morning sickness, try the following suggestions until you find one or more that work for you:

- Eat a piece of bread or a few crackers before you get out of bed in the morning or when you feel nauseated.
- Get out of bed slowly. Avoid sudden movements.
- Have some yogurt, cottage cheese, juice or milk before you go to bed or before you get up. Try one of these if you have to get up during the night. Have a protein snack at bedtime and in the morning.
- Eat several small meals during the day so your stomach doesn't remain empty for very long.
- Eat high protein foods (ex. eggs, cheese, nuts, meat, etc) as well as fruits and fruit juices. These foods help prevent low levels of sugar in your blood which can also cause nausea.
- Drink soups and other liquids between meals instead of with meals. Wait about 20" after you have eaten solids to drink the liquids.
- Avoid greasy or fried foods. They are harder to digest.
- Avoid spicy, heavily seasoned foods.

To treat morning sickness try these suggestions until you find one of more that work for you:

- Place "Sea-bands" on the wrists.
- Sip soda water when you begin to feel nauseated.
- Take deep breaths.
- Drink spearmint, raspberry, or peppermint tea.
- Vitamin B6 50-100mg in the morning or evening may help.
- Drink Ginger Ale or Ginger tea.
- Take Benadryl 50mg every 6-8 hours as needed. This may make you feel drowsy however.
- Suck on Preggie Pops.
- Get acupuncture. There is a reason that we offer it at Women's Healthcare Group of Illinois, because it works!

Prenatal Visits, What to Expect

While every pregnancy is different, below is an example of what the prenatal schedule looks like for most uncomplicated pregnancies. Note that earlier in your pregnancy, your visits may take a little more time while later in your pregnancy, your visits may become a little bit quicker and more concise.



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information **Packet**

- **WEEK 6-8:** Pregnancy Confirmation. You will see a provider and review information in a confirmation packet. Routine initial prenatal labs will be drawn at this visit and an ultrasound for pregnancy confirmation scheduled. Your personal and family medical history will also be reviewed in-depth.
- **WEEK 7-9:** MD/Nurse Practitioner Visit. At this initial visit, a full physical exam will be conducted.
- **WEEK 10-14:** MD/Nurse Practitioner Visit. This will be a routine OB visit during which attempts will be made to hear the baby's heartbeat with a doppler machine. At this visit, routine genetic testing blood work will be offered.
- **WEEK 15-20:** MD/Nurse Practitioner Visit. This will be a routine OB visit during which attempts will be made to hear the baby's heartbeat with a doppler machine. In addition, a blood test called the AFP will be offered to screen for developmental problems with the baby's spine and/or brain. An anatomy ultrasound will also be ordered to look at all of the baby's critical anatomy (brain, heart, lungs, kidneys, spine, etc).
- **WEEK 24:** MD/Nurse Practitioner Visit. This will be a routine OB visit during which attempts will be made to hear the baby's heartbeat with a doppler machine. Additionally, you may have your routine gestational diabetes screening test done.
- **WEEK 28:** MD/Nurse Practitioner Visit. This will be a routine OB visit during which attempts will be made to hear the baby's heartbeat with a doppler machine. Additionally, if your routine gestational diabetes screening was not done at your last visit, it will be done at this visit. Additionally, if your blood is RH negative, you will receive a Rhogam injection so that your blood does not reactive unfavorably with your baby's blood. We will also encourage you to start thinking about selecting a Pediatrician for your baby, will review preterm labor precautions with you and will encourage you to consider scheduling a hospital tour and signing up for prenatal classes.
- **WEEK 30:** MD/Nurse Practitioner Visit. This will be a routine OB visit during which attempts will be made to hear the baby's heartbeat with the doppler machine.
- **WEEK 32:** MD/Nurse Practitioner Visit. This will be a routine OB visit during which attempts will be made to hear the baby's heartbeat with the doppler machine.
- **WEEK 34:** MD/Nurse Practitioner Visit. This will be a routine OB visit during which attempts will be made to hear the baby's heartbeat with the doppler machine.
- **WEEK 36:** MD Visit. This will be a routine OB visit during which attempts will be made to hear the baby's heartbeat with the doppler machine. Labor signs will also be discussed in more detail and a vaginal culture for Group B Strep done. A cervical exam will also be performed.
- **WEEK 37-40:** MD visit. Weekly routine OB visits during which attempts will be made to hear the baby's heartbeat with the doppler machine will be continued. Labor signs will also be discussed.

Reiki During Pregnancy

Pregnancy is one of life's most beautiful and spiritual experiences. However, the journey to motherhood can also be accompanied by a number of different emotional, physical and spiritual stressors. Reiki is a



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information **Packet**

Japanese technique for stress reduction and relaxation that is also believed to promote emotional, physical and spiritual healing. Based on the principal that there is an unseen "life force energy" that flows through everyone, Reiki practitioners seek to balance this energy through the practice of "laying on hands". Research has determined that pregnant women who use Reiki on a regular basis experience a 94 percent reduction in stress and anxiety; a 78 percent reduction in pain; and an 80 percent reduction in morning sickness. Pregnant Reiki recipients also enjoy an 86 percent improvement in quality of sleep. As Reiki gains acceptance in the U.S., prominent institutions like the Mayo Clinic and MD Anderson are increasingly using it in the treatment of their patients. At Women's Healthcare Group of Illinois, we are proud to offer the services of a Reiki practitioner.

Sex During Pregnancy

In most cases, it is absolutely safe to have sex while you are pregnant. Your baby cannot be injured while you are having sex. This is because your baby is protected by the amniotic fluid. Floating in the amniotic fluid means that your baby is basically living in a weightless environment. Additionally, the uterus is a BIG thick muscular organ that provides an extra layer of protection for your baby. Here are a few additional facts that you need to know about having sex during pregnancy:

- Having sex during pregnancy will not provoke a miscarriage. Most miscarriages occur because the fetus isn't developing normally.
- There are no sexual positions that are unsafe during pregnancy. As long as you are comfortable, any sexual position is safe.
- Oral sex is safe during pregnancy.
- While you cannot get pregnant from having sex during pregnancy, you can still get sexually transmitted infections (STI's). And many STI's can endanger your pregnancy and your baby. So using condoms is wise if you are not in a mutually monogamous relationship.
- Breast stimulation and a female orgasm may stimulate the uterus and cause some preterm contractions. These should however resolve quickly.

Sex during pregnancy may not be safe however under the following circumstances:

- You have unexplained vaginal bleeding.
- Your bag of water is leaking.
- Your cervix begins to open prematurely from Cervical Incompetence or Preterm Labor.
- Your placenta partly or completely covers your cervical opening (Placenta Previa)
- You have a history of preterm labor or premature birth in a prior pregnancy.

Tanning During Pregnancy

There's no clear evidence that tanning, either outside or in a tanning bed will directly harm your baby-to-be. Whether you tan outside or inside, the ultraviolet (UV) radiation is the same, although in a



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information **Packet**

tanning bed the radiation is more concentrated. And while there is no evidence that tanning in a tanning bed can harm your baby, consider this, UV rays can break down Folic Acid. Folic acid is a crucial building block that your baby needs to develop a healthy nervous system. And while there is no definitive evidence that UV rays can harm your developing baby's nervous system, one study conducted in Australia found that babies born to women who were exposed to higher levels of UV radiation during their first trimesters had higher rates of multiple sclerosis. So, in short, at Women's Healthcare Group of Illinois we advise that our patients err on the side of caution and avoid the use of tanning beds while pregnant. On a more positive note though, self-tanning lotions, creams and gels can be used safely in pregnancy.

Travel During Pregnancy

Traveling by plane, train, car, bus and boat is safe throughout your entire pregnancy. However, at Women's Healthcare Group of Illinois, we encourage that patients do not travel once they have reached their 36th week of pregnancy. This is simply because at this point in your pregnancy, your due date is close, and it is better that you are close to home and to your healthcare provider at this point in your pregnancy.

When you do travel, we encourage the following:

- Always carry a copy of your prenatal records with you.
- When traveling long distances, make sure that you get up every 2 hours and walk for at least 5-10 minutes. Doing this keeps the blood flowing and helps to prevent DVT's (dangerous blood clots in the legs that can travel to the lungs).
- When flying, always check with your airline to find out their rules about how far along a pregnant woman can be when she flies with them. Also ask if they will require documentation from your healthcare provider indicating how far along you are in your pregnancy during the period you will be traveling.

Ultrasound During Pregnancy

The use of ultrasound is safe during pregnancy. At Women's Healthcare Group of Illinois, we recommend that all of our patients get an ultrasound done as soon as possible after their initial prenatal visit. Early obstetrical ultrasounds help us to accurately determine how far along in a pregnancy each of our patients are. Additionally, we recommend that all of our patients get a second ultrasound between the 18th and 22nd week of their pregnancy. This allows us to conduct a detailed anatomy survey to ensure that a baby is growing and developing properly. Additional ultrasounds may be carried out after the 18-22 week anatomy ultrasound if we need to determine the baby's weight, position or need to assess his or her overall well-being.



Women's Healthcare Group of Illinois

www.whcgofillinois.com

847-244-0222

Pregnancy and Prenatal Information Packet

Yoga During Pregnancy

Yoga, when done properly, can be very beneficial during pregnancy. Yoga helps you to improve both your breathing and relaxing techniques. This in turn can help you to adjust to the physical demands of pregnancy, labor, birth, and motherhood. Yoga both calms the mind and body, providing the physical and emotional stress relief your body needs throughout pregnancy. Some proven benefits of yoga during pregnancy include:

- Improved sleep
- Reduced stress
- Increased strength, flexibility, and endurance
- Decreased lower back pain
- Decreased nausea
- Decreased carpal tunnel syndrome
- Decreased headaches
- Reduced risk of preterm labor
- Lowered risk of intrauterine growth restriction (a condition that slows the baby's growth)

In addition to the benefits listed, studies have found there is a relationship between prenatal yoga and the reduction of hypertension-related pregnancy complications like Preeclampsia. At Women's Healthcare Group of Illinois, we are proud to offer both general and prenatal yoga services to our patients.