

Welcome to Capital Women's Care

We are pleased that you have chosen us at Capital Women's Care to care for you during this most important and exciting time in your life. This material has been gathered for you to help you become familiar with our practice and to provide you with information that we hope will answer some of your questions. If you have questions that are not answered here, please write them down to ask at your next visit. If your question or concern is urgent, please call the office to speak with the triage nurses who will be glad to help. Please do not send portal messages with OB concerns. If you misplace this packet of information, you can obtain this information on our website at www.cwchowardcounty.com

Our OB team consists of Dr. Baras, Dr. Hundley, Dr. Noveau, Dr. Cappuccino, Dr. Malik (hospitalist), Dr. Bouchelion (hospitalist), and two Certified Nurse Practitioners, Laura Burnham and Maria Arrazola. We also have two OB nurses, Afshan and Yesley who are experienced and knowledgeable about OB care. We cannot wait to work together to give you an outstanding OB experience!

Prenatal Care

During your new OB visit, we will complete an ultrasound for setting your due date and will discuss your past and present health, as well as nutrition, exercise, and your family and/or support system. One of the physicians or nurse practitioners will then do a complete physical exam. We will order appropriate laboratory tests and formulate a plan of care for your pregnancy. We allow extra time for the first visit so that we can get to know you and answer all of your questions.

Return visits are scheduled monthly. At these visits you are weighed, your blood pressure is measured, and during your third trimester a sample of your urine is screened for infection and preeclampsia. Your doctor or nurse practitioner will answer any questions or concerns you have. The physical examination at these visits includes an examination of your abdomen and listening to the baby's heartbeat with a handheld doppler device. Usually, we can hear the baby's heartbeat 12 weeks from your last period, which is most often at your second visit.

The most important part of prenatal care is the job *you* do. By attending all visits, eating well, living a healthy lifestyle, exercising appropriately, reading, asking questions, choosing a pediatrician, and attending childbirth education classes if desired, you enhance your pregnancy and feel prepared for your birth. By working together with your clinician and taking care of yourself you can achieve the best possible pregnancy and outcome.

Number of Visits

Your visits are scheduled every 4 weeks until you reach 28 weeks of gestation. Then you will come in for your appointments every 2 weeks. In the last month of the pregnancy, you will see a nurse practitioner or doctor every week.

Tests

We strongly encourage you to register for our Patient Portal since that is the way we will communicate with you about test results. Our reception desk staff will be happy to give you the registration information required to register.

New OB Labs: This is a set of laboratory tests that are done at the beginning of every pregnancy. Some are required by law and most are recommended by the American College of Obstetrics and Gynecology. These tests include blood type, blood count, HIV, urine culture.

Genetic carrier screening: Some individuals carry a gene/disease that under certain circumstances can be inherited by a child. We will discuss tests available to determine carrier status for many of these genetic conditions. Insurance coverage varies with the insurance plan.

NIPT: Screening for the more common chromosomal abnormalities (trisomies 13, 18 and 21) is optional and is offered to all pregnant women regardless of age. We will offer this to you at your first visit.

AFP: At 16-22 weeks, the maternal serum AFP test is offered, which screens for birth defects including spina bifida, omphalocele, down syndrome.

28wk labs: Routine bloodwork will be checked during the third trimester and includes gestational diabetes, HIV, syphilis, and anemia screening.

GBS screening: At approximately 36 weeks of gestation, testing may include a vaginal/rectal swab to screen for group B strep. If you are positive, we will plan to treat you with antibiotics when you are admitted to labor and delivery for your birth to reduce you and your baby's risk of infection.

Ultrasounds: All patients are offered an NT scan in the first trimester at MFM and an anatomy scan in the second trimester to screen for birth defects. Other ultrasound studies will be ordered on an individual basis.

Documents

All patients will receive a Howard County General Hospital Preregistration form. We ask that you fill this in and give it back to our front desk staff. If your address, phone number or insurance information changes before delivery, you must inform our office and you should fill in another pre-admission form for the hospital.

We are happy to complete the forms you may need for disability during or after your pregnancy. Please submit them to the front desk on check-in. There is a fee for completing these forms or preparing a letter.

Exercise During Pregnancy

It is beneficial for you to be in good health. By maintaining physical fitness in pregnancy, you can reduce common discomforts of pregnancy, improve your baby's health, and shorten your recovery time after delivery.

The only exercises or activities to avoid are:

- ◆ Those in which there is a danger of getting hit in the abdomen
- ◆ Those in which there is risk of falling
- ◆ Those in which you are required to lie flat on your back for more than a couple of minutes (this pertains to after 20 weeks gestation)

Medications

Extensive information has been gathered on certain medications that have been used frequently in pregnancy. The following is a list of medications for which risk is low to moderate use in pregnancy.

Nausea/Vomiting.....	Unisom+B6 Ginger
Headache/Pain/Fever.....	Acetaminophen Tylenol (regular or extra strength)
Cough.....	Dextromethorphan Robitussin
Sore Throat.....	any spray or lozenges Sucrets, Cepacol
Cold/ Congestion.....	Pseudoephedrine (in 2 nd or 3 rd trimesters and only if no hypertension), Chlorpheniramine Sudafed, Chlortrimeton
Heartburn/Gas.....	Pepcid, Maalox, Mylanta, Tums, Rolaids
Laxative	fiber or mild laxatives Senokot, Metamucil
Stool Softener	Docusate Sodium Colace
Hemorrhoids.....	Preparation H, Anusol HC 1%, Tucks Pads

Diarrhea	Attapulgate, Loperamide Kaopectate, Immodium
Rashes/ Bug Bites	0.5% Hydrocortisone Cream, Diphenhydramine Cortaid, Lanacort, Benadryl (cream or tablets), Calamine Lotion
Yeast Infections.....	Miconazole, Clotrimazole Monistat, Gyne-Lotrimin

Travel During Pregnancy

Travel in pregnancy is generally safe if your pregnancy is low risk and has been uneventful up to the point of traveling. It is best to restrict travel to locations where you can get good health care if needed if you deliver preterm or have other complications. There are a few things to keep in mind when planning travel and during your trip:

- ◆ Exercise your legs periodically during prolonged sitting. If unable to get up, as in air travel, move your ankles around and bend and straighten your knees.
- ◆ Check with the airline with which you plan to travel to see if they require a letter from your provider. Most airlines will not let you travel if you are 36wks or more.
- ◆ Most major cruise lines prohibit passengers from sailing at 24wks or more of pregnancy. Please ask for a letter of medical clearance to travel before you leave as you will need this to board your cruise.
- ◆ Be cautious about what you eat and drink; use bottled water, even to brush your teeth, in areas known to have water that can cause gastrointestinal upset.
- ◆ Check online at www.cdc.gov for suggested immunizations if you are traveling overseas.
- ◆ It is your responsibility to check and see if your insurance carrier has any restrictions on travel. Some policies will not pay costs of care for pregnancy if you travel after a certain gestation or will not cover care in a foreign country.

Congratulations again from your team at Capital Women's Care Howard County. We wish you a healthy and safe pregnancy and cannot wait to celebrate the arrival of your new baby!