

INFORMATION NEW OB PATIENTS



www.gynob.net

MEET YOUR TEAM

There are five physicians that cover after hours and weekend care for our patients.

David Lombardi, M.D.
Gyn Ob Associates



Sheila Chhutani M.D.
Gyn Ob Associates



Laura Rosenfield M.D.
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Clara Telford M.D.
Gyn Ob Associates



Quanita Crable M.D.
Dr. Crable Ob/Gyn, P.A.





CALL COVERAGE

When you need urgent care after hours or on the weekends you should call the main office (214-369-1203). The on call physician will call you back at the number you input. Please note the office closes at 2 PM on Fridays.

During your prenatal care you will have the opportunity to meet all of the doctors that are a part of Gyn/Ob Associates. We encourage you to take advantage of this opportunity to best assure you will know the physician who is present for your delivery.

Office Hours:

Monday-Thursday 8:00 AM- 5:00 PM

Friday 8:00 AM - 2:00 PM



KEY DATES

01

7-28 Weeks

- Routine visits every 4 weeks or as needed
- Visits include weight, blood pressure, fetal heart tones

02

7-12 Weeks

- New OB Visit with blood work
- Sonogram for dating of pregnancy
- Cell free fetal DNA for genetic screening (if requested)
- Carrier Screening

03

18-20 Weeks

- Sonogram for fetal anatomy

04

20-21 Weeks

- Hospital pre-admission card or online registration due

05

24-28 Weeks

- 1 hour glucose tolerance test
- Complete blood count
- Childbirth/ Breast feeding class registration (if desired)

06

28 Weeks

- RhoGAM (if Rh -)
- TDAP Vaccine
- Start Kick Counts (10 movements in 2 hours)
- Find pediatrician (inform MD)
- Sonogram as indicated



KEY DATES

07

28-36 Weeks

- Routine visits every 2 weeks
- RSV Vaccine at 32-36 weeks

08

36-37 Weeks

- Group B Strep screen
- Sign delivery consents
- Lab work: CBC, HIV, Syphilis

09

36-40 Weeks

- Weekly visits
- Cervical exams if desired or necessary
- Sonogram as indicated

10

39-42 Weeks

- Opportunity for induction of labor (if desired)

11

2-6 Weeks

Postpartum

- In person visit
- Blood pressure check
- Depression screen
- Pelvic exam at 6 weeks



VITAMINS

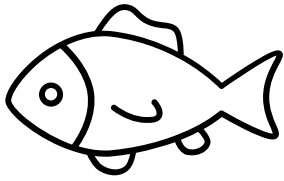
PRENATAL VITAMINS

There is little doubt that pregnant women have additional nutritional needs to support the extra demands on their bodies. With hundreds of prenatal vitamins available it can be difficult to know what to look for. Below I have compiled a list of nutrients to seek out in your prenatal vitamin.

Additionally, many women suffer from nausea in pregnancy making it difficult to take particular formulations of vitamins. So long as the vitamin contains the below mentioned nutrients any formulation you can tolerate is satisfactory.

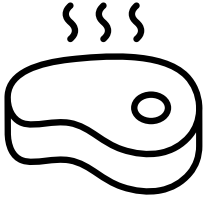
- 01 Folic Acid**
Helps prevent birth defects of the brain and spine in your baby. Look for a vitamin with at least 400 micro-grams (mcg). Most important to take prior to conception & in the first trimester.
- 02 Iron**
This helps your body create more blood to ensure you and your baby gets enough oxygen. Look for a vitamin with 27 mg. Iron can cause constipation, see the tips on the discomforts of pregnancy page to help combat this.
- 03 DHA & Choline**
Recommended by the American Academy of Pediatrics to assist with brain & eye development. Choline is found in egg yolk, lean red meat, fish, poultry, legumes, nuts, and cruciferous vegetables. Aim for 450 mg daily. DHA is found in fish, eggs, vegetable oils. Aim for 600mg daily. Many women do not obtain enough of these nutrients through their diet alone and may want to consider supplementation.

FOOD SAFETY



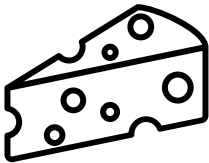
High Mercury Fish

Big eye tuna, King mackerel, Marlin, Swordfish, Shark, Tilefish



Raw/ Undercooked Meats

Raw eggs, raw shellfish, steak tartare, raw sea food (Sushi that has been frozen prior to serving is okay)*



Cheese & Dairy Products

Raw milk, soft cheeses, Brie, Feta, Camembert, Danish blue, Roquefort, Mexican style queso blanco. Any of these products are okay IF they are pasteurized.



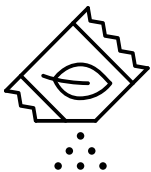
Caffeine

Up to 200mg of caffeine per day is okay (8 ounce cup of coffee= 100 mg, 12 ounce soda= 35 mg, Starbucks tall coffee 195-280 mg, black tea 8 ounces = 40mg)



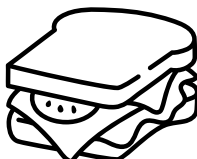
Herbs & Herbal Tea

Teas and herbs that contain goldenseal, black cohosh, ephedra, dong quai, St. John's wort, flax seed oil, oral aloe, green tea in large amounts should be avoided



Artificial Sweeteners

Saccharin (Sweet 'N Low) may increase risk of bladder tumors in babies



Deli Meat

Limit amount and frequency of refrigerated deli meats. Limit the duration of storage and consume in a timely manner or heat to steaming in the microwave prior to eating

DISCOMFORTS OF PREGNANCY

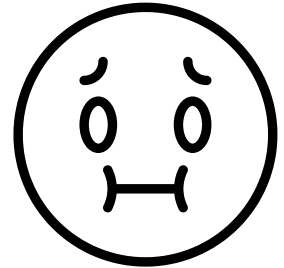
Fatigue (normal in 1st trimester no matter how much you sleep)

- Get a good nights rest and select food for adequate nutrition.
- Take a daily prenatal vitamin
- For iron deficiency anemia; take iron supplement daily at a different time than your prenatal



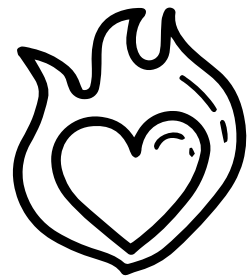
Nausea

- Eat small frequent meals
- Eating High carbohydrate foods may help (bread, crackers, etc.)
- Eat ice chips, chew gum, sip noncarbonated beverages, ginger
- Decrease dietary fat & avoid fried foods
- Drink water in small amounts at frequent intervals
- Take Unisom 25mg (will make you sleepy) & vitamin B6 25mg nightly



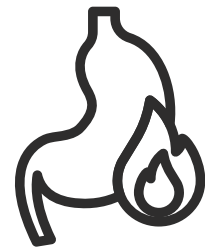
Heartburn

- Eat smaller amounts of food at a time
- Decrease high fat foods
- Decrease spicy foods
- Remain upright after meals for at least 1 hour



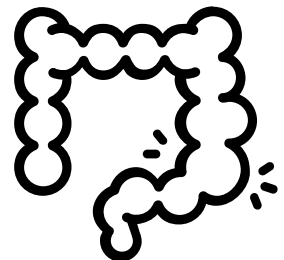
Indigestion

- Eat slowly & chew completely
- Eat small meals
- Rest before & after eating, but do not lay down
- Try antacids listed on the following page



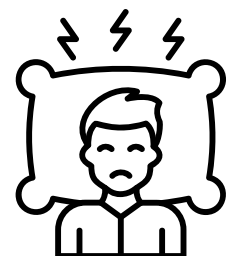
Constipation

- Increase Fiber in your diet. Include vegetables & whole grains
- Drink plenty of water
- Eat at regular times and establish a regular time for bowel movements
- Okay for stool softeners or laxatives as needed



Insomnia

- Adopt good sleep hygiene (cool dark room, limit screens, etc.)
- Use pregnancy support pillows to find comfortable positions
- Unisom (doxylamine), Zzzquil, are okay
- Eliminate or limit caffeine intake





ACHES & PAINS

Use icy hot and warm baths (98 degrees) for muscle pains & back aches. A heating pad may be used on medium heat for up to 20 minutes at a time (not directly on the abdomen).

Round ligament pain (sharp pain in the groin area) is common in pregnancy. We recommend using a maternity belt, Tylenol (acetaminophen), warm baths, and stretching exercises to manage this pain.

NON-PRESCRIPTION MEDICATIONS

Heartburn/ Gas/ Indigestion

Mylanta *Zantac*
Maalox *Pepcid*
Tums *Mylicon*
Gas-X *Gaviscon*

Seasonal Allergies

Claritin
Benadryl
Nasal Saline Spray

Nausea

Ginger *Chamomile*
Dramamine *Sea Bands*
Doxylamine *Emertrol*
Vitamin B6 *Nestrex*

Congestion/ Cough/ Cold

Sudafed *Afrin- used sparingly*
Actifed *Nasal saline spray*
Mucinex *Tylenol cold & sinus*
Delsym

Constipation

Laxatives
Stool Softeners *Milk of Magnesia*
Colace *Metamucil*
Senakot *Miralax*
Pericolace *Fibercon*

Sore Throat or Cough

Salt water gargle
Cepastat
Cepacol
Robutissin DM

Hemorrhoids

Anusol *Sitz Baths*
Preparation H
Tucks Pads
Witch Hazel

Leg Cramps

Calcet
Caltrate
Os-cal
Magnesium

Diarrhea

Imodium *Kaopectate*

Headache/ Muscle Aches/ Pains

Tylenol *Icy Hot*

Insomnia

Benadryl
Tylenol PM
Unisom/ Doxylamine

DO NOT TAKE: NSAIDS (Aleve, Advil, Ibuprofen, Aspirin), Pepto bismol, Mineral oils, Alka Seltzer



WEIGHT GAIN

Recommended Weight Gain According to ACOG

Pre-pregnancy Wt. Category	Body mass Index	Recommended Range of Total Weight (pounds)	Recommended Rates of Weight Gain in the Second and Third Trimesters (pounds) (Mean Range [lb/wk])
Underweight	< 18.5	28–40	1 (1-1.3)
Normal Weight	18.5–24.9	25–35	1 (0.8-1)
Overweight	25–29.9	15–25	0.6 (0.5-0.7)
Obese	≥ 30	11–20	0.5 (0.4-0.6)

If you are carrying more than one baby, the numbers above will be increased and should be discussed on an individual basis. Your physician is the only one who can tell you if you have gained too much or too little weight. Friends, family, and strangers will have opinions, but what your doctor says matters.



HELPFUL ADVICE

*Remember, you can always call the office and speak to the on call physician if you are not sure what to do. **IMPORTANT:** If you are having a problem do not leave a message with the medical assistant. Schedule an appointment to be seen, speak to the on call doctor, or proceed to L&D.*

01 Proceed to the ER or L&D Immediately

- Heavy vaginal bleeding (like a period)
- Regular contractions lasting more than 1 hour, severe back pain or abdominal cramps.
- Any leaking or a sudden gush of fluid from the vagina.
- Changes in fetal activity, especially decreased fetal movement.
- Signs/ symptoms of preterm labor(contractions, cramps, dull back ache, pelvic pressure, "something is not right"), try increasing water consumption, rest and Tylenol. If no relief proceed to L&D.

02 Call the Office Immediately

- Signs or symptoms of high blood pressure (see below)
- Fever of 100.4 or higher (take Tylenol & drink fluids)
- Burning or pain with urination or blood in the urine
- Vaginal discharge with foul odor. Increased discharge without an odor is normal.
- Persistent vomiting or diarrhea not relieved with over the counter medications.

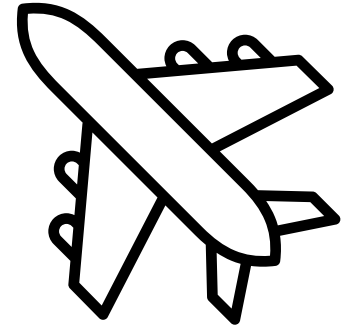
03 Signs of High Blood Pressure

- Severe swelling of hands or face
- Changes in vision, severe headache not relieved with medication
- Pain under right breast or in upper abdomen not associated with meals

DO'S & DON'TS

Travel

- Ok to travel during pregnancy
- At 32 weeks and beyond stay in the continental United States
- At 36 weeks and beyond remain in DFW area
- Any trip longer than 2 hours, get up and stretch your legs
- If you are flying, be diligent to remain hydrated. Airplanes are dehumidified and we want you to remain hydrated.
- Avoid areas where Zika virus is transmitted
- Discuss extenuating circumstances with your doctor



Exercise

- Exercise is encouraged during pregnancy
- Less than 20 weeks gestation, continue any regimen you have been following
- 30-45 minutes of brisk walking 4-5x per week is a good goal
- After 20 weeks, you may slow from running to jogging or walking
- Avoid lying flat on your back after 20 weeks
- Avoid activities with high risk of falling or abdominal injury
- Swimming is okay



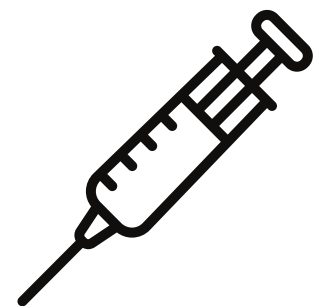
Sex

- Sex is okay, unless you are told otherwise
- If you orgasm, you may feel mild cramping, that is normal
- If you have bleeding in pregnancy, ask your doctor, if/when it is okay to resume intercourse



Vaccines

- Flu vaccine is recommended in any trimester during flu season (Sept- March)
- Tdap is recommended in each pregnancy in the third trimester
- COVID vaccine is recommended in any trimester
- MMR, Varicella are recommended at completion of pregnancy
- RSV is recommended at 32-36 weeks from October- January





REMINDERS

- **Absolutely no smoking, vaping, drug use, or alcohol use.**
- **ALWAYS drink 8-10 glasses of water per day (80 oz).**
- **Routine teeth cleaning is recommended during pregnancy. If other services are needed refer to your dental letter to let the dentist know what is okay during pregnancy.**
- **To avoid bladder infections: wipe front to back, clean the vaginal area after intercourse with soap and water, keep vaginal area dry.**
- **If you do have FMLA paperwork, please note it can take a week for us to complete it. Please provide it to us in a timely manner. The FMLA paperwork fee is \$25.**
- **For questions about birth plans, see ACOG template.**



SUGGESTED READING

- 01** **What to Expect When You're Expecting 5th Edition**
Heidi Murkoff & Sharon Mazel
 - 02** **Your Pregnancy & Childbirth Month to Month 7th Edition**
American College of Obstetrics & Gynecology
 - 03** **Dad's Pregnant Too**
Harlan Cohen
 - 04** **Pregnancy Apps**
*What to Expect pregnancy & baby tracker, The Bump
Pregnancy Countdown, Ovia Pregnancy Tracker*
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OTHER RESOURCES

- 01 Pelvic Floor Physical Therapy**
Genesis PT & Wellness
 - 02 Childbirth Classes**
<https://www.texashealth.org/Health-and-Wellness/Women-and-Infants/Take-a-Pregnancy-Class>
 - 03 Nutrition Services**
Mary Lauren with Nutrition DiscoverD
 - 04 North Dallas Doulas**
Birth Doulas, Postpartum Doulas, Lactation Support
 - 05 Arrosti**
<https://www.airrosti.com/provider/michael-hilton-dc/>
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FINAL THOUGHTS

We are honored that you chose us to take care of you and your baby!!

Remember the information in this guide is only a guide and cannot replace the benefit of speaking to your provider.

Call the office during business hours for non-emergencies and use the same number for emergencies after hours, **214-369-1203**.

Let's have a healthy mom & baby!

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Mon- Thurs 8:00 AM- 5:00 PM

Friday 8:00 AM- 2:00 PM

GynOb
ASSOCIATES