

Cascadia Women's Clinic

Pregnancy Information Sheet

(360) 433-0022

****Our Providers recommend that if you can, not to take medications in the first trimester (first 12 weeks)****

No herbs, vitamins. (Do take Prenatal with DHA)

General Precautions and information

Call clinic or on call doctor (if after hours) if you experience any bleeding, cramping, abdominal pains, pain with urination. Stop what you're doing, lie down, drink water and contact MD. Also call if you Fall, Water breaks, Not feeling baby move or any trauma.

- **Exercise** –Do not start any new exercise program. Ok to continue what you're doing. Lots of fluids – stop if you experience any cramping, bleeding, abdominal pain.
- **Dental Work** – may have fillings with local anesthetic, if needs x-ray double vest cover.
- **No Hot tubs or sauna** in pregnancy, keep water 100 degrees or less
- **Avoid hazardous work chemicals.** See Workplace Safety Data Sheets for information
- **Indoor cats - DO NOT CHANGE THE LITTER BOX!!!** Wash counters and hands often
- **Yard work or Gardening** - WEAR GLOVES and WASH HANDS after each episode.
- **Always wear seatbelt** – below belly when further along

Foods

General recommendations and things to avoid

- <http://www.acog.org/Patients/FAQs/Nutrition-During-Pregnancy>
- **DO** eat foods containing Vitamin B.
[folic acid information](#)
- **Avoid meats with Nitrates like Hot dogs**
- **No raw meats, sushi, etc. Cook meat thoroughly.**
- **Nothing unpasteurized**, all dairy and cheese needs to be pasteurized (avoid feta, blue cheese, etc. unless make with pasteurized milk)
- **Avoid deli meat and salads in deli case. (can have nitrate free deli meat if heated thoroughly)**
 - [Listeria](#) information)
- **It is Ok to eat fish, actually beneficial for your babies brain development to consume fish that is high in omega-3 fatty acid and DHA (i.e. Salmon) 1-2 times a week. Avoid large fish like Shark or Tuna due to increased amounts of mercury.**
 - [Safe fish information](#)
- **Limit caffeine** - 1 cup of coffee or soda maximum
- **No diet soda** (aspartame)

Nausea & Vomiting

- Try eating small frequent meals, crackers, dry toast, hard candy, plain popcorn, dry cereal
- Eat small amount before getting out of bed
- Eat a bland diet, avoid spicy and greasy foods
- Wrist bands for nausea - Sea bands (over the counter)
- Ginger Tablets, Gum or Tea (not more than 1000mg)
- Cinnamon gum
- Vitamin B-6 50mg w/Unisom ½ - 1 tablet at night (no driving after taking, make sure to stay home)

- Preggie Pops
- B-natal pops (prescription)
- Prescription meds if the above does not help (Reglan, Phenergan, Zofran, Diclegis)

Over the counter medications safe during pregnancy – call for complete list and other recommendations

- **Heartburn, Gas, Bloating, and Upset Stomach** – Maalox, Mylanta, Roloids, Tums, Pepcid AC, Zantac, Gas-x, Tagamet
- **Cough and Cold** – Mucinex, Robitussin, Robitussin DM, cough drops, Vicks vapor rub, plain Sudafed (NOT Sudafed PE)
- **Pain Relief, Headache, and fever** – Tylenol/Acetaminophen (NO – Ibuprofen, Aleve, Excedrin)
- **Constipation/Hemorrhoids, and Diarrhea** – Metamucil, Citrucel, Colace, Milk of Magnesia, Dulcolax, Tucks, Anusol, Anusol hc, Imodium, Maalox, **DO NOT TAKE** Pepto bismol
- **Yeast Infections** – 7 day Monistat
- **Insomnia** – Benadryl, Unisom, Tylenol pm
- **Allergies** Claritin, Zyrtec, Benadryl

What to Expect at Cascadia

8-10 weeks: Phone call visit for Health History Review and education. Labs at outpatient lab draw station Legacy preferred if insurance allows. [HIV and Other Important Pregnancy Tests](#)

Optional Testing (Please check with your insurance for coverage)

- **First Trimester Screening – (CPT codes: ultrasound – 76801 & 76813 blood work: 84702 & 84163)**
US and blood test done between 11 and 13 6/7 weeks. Tests for your risks of Down Syndrome and Trisomy 18 over the average population- 91% effective
- **Quad Marker MSAFP (blood draw only) (CPT code 82105)** Done between 16-20 weeks tests for your risks Down Syndrome, Trisomy 18, and Spina Bifida over the average population- 63% effective. If you get 1st trimester screening done – then only need AFP which screens for spina bifida – neural tube defects.
[Testing for Genetic disorders](#)
- **Cystic Fibrosis (CPT code 81220)** CF – both partners have to be carriers of a recessive gene, then it would be a 25% chance of having a baby with CF. If one parent or neither parent are carriers the risk goes way down. [Cystic Fibrosis testing](#)

Every Visit: Weight, Blood Pressure and Urine needed each visit. Provider will measure uterus, listen to fetal heart tones and answer any questions you might have

10-12 weeks: Meet with Doctor for exam and questions.

19-21 weeks: Anatomy Survey Ultrasound – scheduled at clinic, Hospital preregistration

- Pre-Registration Information and Tours for Hospital:

Legacy Salmon Creek Medical Center:

Preregistration www.legacyhealth.org/maternityguide or call 360-487-1155
For Class Registration www.legacyhealth.org/pregnancyandnewborn or call 360-487-5498

28 weeks: 2 Hour Glucose Screen to check for Gestational Diabetes. A complete blood count to see if you are anemic. If you are RH negative you will also get your Rhogam injection at this time. **(If there is a strong family history of Diabetes your provider MAY do additional screens earlier in the pregnancy)**

36 weeks: Culture for Group B Strep

You will need prenatal visits every 4 weeks from beginning to 28 weeks, then visits every 2 weeks until 36 weeks and then weekly until you deliver. These dates may vary depending on your specific needs. If you have any complications with your pregnancy you MAY need to be seen more often or have additional testing done.

****If you have additional questions,***

Please feel free to call Melinda, RN at Cascadia Women's Clinic at: 360-433-0022 ext 1008

Helpful Web Sites

- <http://www.acog.org/Patients/FAQs/Nutrition-During-Pregnancy>
- <https://www.choosemyplate.gov/moms-pregnancy-breastfeeding>
- www.foodsafety.gov
- www.cdc.gov/travel <http://wwwnc.cdc.gov/travel/content/special-needs.aspx>
- www.foodallergy.org
- www.hmhb.org
- www.hmhb.org/pnwg
- www.santemama.com

Important information for patients regarding financial arrangements for newborn circumcision at a Legacy Hospital:

If you are planning to have your new baby (boy) circumcised during your hospital stay, please contact your insurance company to determine if the procedure will be covered for payment prior to coming to the hospital to deliver your baby.

Because circumcision is considered an elective (not medically necessary) procedure, it is not covered (paid for) by some insurance companies. If your insurance company does not cover this procedure, you will be asked to pay the hospital portion of the fee (\$270*) before the procedure is performed. (fee subject to change)