

# *Cascadia Women's Clinic*

Pregnancy information sheet  
(360) 433-0022

*Our providers recommend that if you can, not to take medications in the 1<sup>st</sup> trimester (12 weeks)  
No herbs or vitamins besides a prenatal with DHA*

## GENERAL PRECAUTIONS AND INFORMATION

Call our clinic or the on-call provider if you experience any bleeding, cramping, abdominal pain, pain with urination. Stop what you are doing, lie down, drink water and contact MD.  
Also call if you fall, your water breaks, you are not feeling baby move or experience any trauma

Exercise- Do not start a new exercise program. Okay to continue pre-pregnancy exercise. Drink lots of fluids. Stop if you experience any cramping, bleeding or abdominal pain. Avoid any sports or activities where you have a greater risk of falling or getting hit- Skiing, snowboarding, scuba diving, Soccer Etc.

Dental work- You may have fillings with local anesthetic, X-Rays if needed should use a double lead cover

No hot tubs or sauna's in pregnancy. Keep bath water at 100 degrees or less

Avoid hazardous chemicals- See Workplace Safety Data Sheets for information

Indoor cats- DO NOT CHANGE THE LITTER BOX! Wash counters and hands often

Yard work and gardening- WEAR GLOVES and WASH HANDS after each episode  
Always wear your seatbelt- below the belly once showing

## FOOD

*General recommendations and things to avoid*

- EAT foods containing vitamin B  
Search '*folic acid*' on CDC.gov for information on foods containing vitamin B
- EAT 2-3 servings of fish each week. It is good for your babies brain development. Avoid large fish such as tuna and shark due to higher mercury concentration.  
Search '*Safe Fish Information*' on FDA.gov
- Limit caffeine to no more than 300mg per day- approximately two 8 oz cups of coffee or 1 12 oz soda. NO DIET SODA (aspartame)
- AVOID meats with nitrates like hot dogs and cured meats- Look for nitrate free versions
- AVOID deli meat and pre-made salads (can have nitrate free deli meat if heated until steaming)  
Search '*food safety for pregnant women*' on foodsafety.gov for information on deli meat/salads
- NO raw meats such as sushi. You are more susceptible to food borne illnesses. Cook all meat thoroughly- ground meats including hamburger  
Search '*food safety for pregnant women*' on foodsafety.gov for information on food borne illnesses.
- NOTHING unpasteurized, all dairy and cheeses need to be pasteurized. Avoid soft cheeses unless made with pasteurized milk

For more information search 'nutrition during pregnancy' on ACOG.org

## NAUSEA AND VOMITING

- Try eating small frequent meals- crackers, toast, hard candy, plain popcorn, dry cereal
- Eat a small amount before getting out of bed
- Eat a bland diet, avoiding spicy or greasy foods
- Sea bands- over the counter wrist band for nausea
- Ginger tablets, gum or tea- no more than 1000 mg per day
- Cinnamon gum
- Vitamin B6 with Unisom- ½ tablet at night (no driving, will cause drowsiness)
- Peggie pops
- B-Natal pops
- Prescription meds are available if the above does not help

Additional Websites and links referenced above:

<https://www.acog.org/Patients/FAQs/Nutrition-During-Pregnancy>

<https://www.cdc.gov/ncbddd/folicacid/index.html>

<https://www.choosemyplate.gov/moms-pregnancy-breastfeeding>

<https://www.fda.gov/Food/FoodborneIllnessContaminants/PeopleAtRisk/ucm312704.htm>

[www.Foodsafety.gov](http://www.Foodsafety.gov)

[www.cdc.gov/travel](http://www.cdc.gov/travel)

[www.foodallergy.org](http://www.foodallergy.org)

[www.hmhb.org](http://www.hmhb.org)

[www.hmhb.org/pnwg](http://www.hmhb.org/pnwg)

[www.Santemama.com](http://www.Santemama.com)

**Please feel free to call Melinda, RN at Cascadia Women's Clinic at (360) 433-0022 Ext 1008**

# *What to expect at Cascadia*

You will need prenatal visits every 4 weeks from intake to 28 weeks, then visits will be scheduled every 2 weeks until 36 weeks and weekly until delivery. If you have complications with your pregnancy, we may schedule more frequent visits or have additional testing.

8-10 Weeks: Your intake will be completed including health history, family history and education. Labs will be drawn and sent to Legacy laboratory (Preferred lab if insurance allows). Search 'HIV and other important pregnancy tests' on ACOG.org for more information

Optional testing (please check with insurance for coverage)

- First trimester screening- CPT Codes: Ultrasound- 76801 & 76813. Blood work: 84702 & 84163  
Ultrasound and blood draw done between 11 and 13.6 weeks. Tests your risk of Down Syndrome and Trisomy 18 over the average population- 91% effective.
- QUAD Marker MSAFP- CPT Code: 82105  
Blood draw done between 16 and 20.6 weeks. Tests your risk of Down Syndrome, Trisomy 18 and Spina Bifida over the average population- 63% effective.
- Cystic Fibrosis- CPT Code 81220  
Blood draw testing to determine if you are a genetic carrier for the traits of Cystic Fibrosis. If both parents are carriers for the recessive gene, there is a 25% chance of having a baby with CF. If one or neither parent is a carrier, the risk is significantly decreased.  
Search 'Cystic Fibrosis Testing' for more information

Each visit: current weight, blood pressure and urine sample will be obtained. Provider will measure uterus, listen to fetal heart tones and answer any questions you may have.

10-12 Weeks: Meet with doctor for initial exam and questions

19-21 Weeks: Anatomy survey ultrasound- scheduled at clinic, gender of baby revealed if desired. Hospital preregistration.

28 Weeks- 2 Hour Glucose Screening to check for Gestational Diabetes. A Complete blood count to see if you are anemic. If your blood type is RH negative you will also get your Rhogam injection at this visit. If there is a strong family history of diabetes, your provider may order additional screens earlier in pregnancy.

36 Weeks- Culture for Group B Strep

## **Important information for patient regarding financial arrangements for newborn circumcision at Legacy Hospital:**

If you are planning to have your baby boy circumcised during your hospital stay, please contact your insurance company to determine if the procedure will be covered prior to your delivery. Because circumcision is considered an elective (not medically necessary) procedure, it is not covered by some insurance companies. If your insurance company does not cover the procedure, you will be asked to pay the hospital portion of the fee before it is performed. (\$270. Subject to change)