



6871 Belfort Oaks Place  
Jacksonville, FL 32216

Thank you for choosing this practice to provide your prenatal care. This pregnancy information kit has been designed with you in mind. Please read the material and keep the entire packet for future reference.

### Appointments

We will schedule your appointments:

- Once a month until 30 weeks (about 7 ½ months)
- Twice a month until 36 weeks
- Weekly after 36 weeks until you deliver

More frequent appointments may be scheduled at the discretion of your practitioner or as needs arise.

### Reading

- Two book titles we suggest for early pregnancy are "*What to Expect When You're Expecting*" and "*Your Pregnancy Week by Week*"
- Sprout App for iPad "*Pregnancy*" gives week by week information on how your baby grows with cool visuals
- BabyCenter's "*My Pregnancy*" App has more detailed information on changes in your body and links to mommy communities and expert advice
- Check out birth plans on TheBump.com

### After hours calling

If you have an *emergency* that cannot await call-back, **CALL 911**

If you have an *urgent* matter that cannot await normal business hours, call the office number anytime, day or night. Please leave your:

- NAME
- Phone number
- Weeks pregnant (or days/weeks since delivery if less than 6wks post-delivery)
- What number baby this is for you
- Problem and/or contraction pattern
- Additional information pertinent to your care (examples: breech, previous or scheduled c-section, twins)

If for some reason you do not receive a call back within 20 minutes (we might be in delivery), please call again and notify us if you are still awaiting call back or going to the hospital.

Please call us if you experience

- **Heavy** vaginal bleeding anytime during the pregnancy
- After 28 weeks – you don't feel the baby more than 10 times in a two- hour period when you are in a quiet area without distractions and after drinking some cold juice
- Between 24 and 35 weeks – more than 4 contractions an hour that do not stop after 2 bottles of water and an hour of rest
- Suspicion of labor (contractions EVERY 3-5 minutes lasting 40-45 seconds for a whole hour)
- Your water breaking (may be a sudden gush or a slow leak of colorless or blood-tinged fluid) If in doubt, CALL

NO need to call for

- Spotting, this is common, especially after you urinate, after a vaginal exam, or after intercourse
- Passing your mucus plug after 35 weeks, even if it's blood-tinged

ALWAYS CALL before going to the hospital, and have someone else drive you.

Common discomforts of pregnancy and relief measures

<b>Discomfort</b>	<b>Relief Measure</b>	<b>Medication</b>
Increased perspiration/feeling of warmth	Daily bathing, increased fluid intake, comfortable (looser fitting) clothing	
Breast changes	Good support bra, avoid stimulation	
Insomnia (difficulty sleeping)	Soothing baths, warm milk, decrease caffeine, relaxation technique	Benadryl 25mg before bed (limit to 2-3 times a week) Research isn't clear on Melatonin; chamomile tea
Fatigue	Rest, adequate diet	
Heartburn/Indigestion	Sleep with head elevated, decrease fatty, spicy foods, frequent small meals	Papaya enzymes (as often as needed) Tums, Roloids, Maalox, Mylanta, Zantac (NO Pepto Bismol)

Nausea/Vomiting (call if unable to keep down fluids for 24 hours)	Small meals, avoid odorous and greasy foods, separate food and drink intake, increase fluid intake, ginger-containing foods	Ginger tea, Dramamine, Emetrol, vitamin B6 (50mg every 6 hours- add one Unisom at bedtime)
Headache	Relaxation techniques, beverage with 50 mg caffeine	Tylenol (NO Ibuprofen)
Constipation	Increase roughage(fresh fruits and vegetables); drink more water, eat dried fruits	Natural Calm, Doxidan, Fibercon, Milk of Magnesia, Citrucel, Senokot, Metamucil, Surfak, Peri-Colace
Backache	Support garments (Bellybands, Gabrialla belt), medium to low heels, heat and massage, chiropractor adjustment, rest	Tylenol
Dizziness	Cool environment, support hose, avoid rapid change in position, adequate diet, avoid fatigue, deep breathing	
Shooting pain	Increase calcium, warmth, roll to side lying position, push with hands to sitting position in AM	
Lower perineal ache, pressure/sensation something is falling out	Resting on side, vaginal exercise (Kegel); pregnancy Spanx	
Swelling (legs, ankles, hands, feet, etc)	Bigger shoes, remove rings, elevate legs when awake and sleeping, wrist support braces for carpal tunnel	Alfalfa 500mg three times a day in 3rd trimester only

Other Over-the-Counter Medications for specific complaints

<b>Problem</b>	<b>Medication (Generics OK)</b>
Cold	Tylenol Cold Medicine (nothing with Ephedrine)
Cough	Any Robitussin formula
Sore throat	Tylenol cold medicine, throat lozenges, chloraseptic spray
Diarrhea	Immodium AD or Kaopectate (NO Pepto Bismol)
Hemorrhoids	Annusol, Preparation H, Emroid suppositories or cream, Tucks(keep in refrigerator)
Gas	Mylicon, Gas X

*Full Circle Women's Care Prenatal Visit Pathway*

<b>Weeks Pregnant</b>	<b>What We Should Do</b>	<b>What You Should Do</b>
8-12	Confirm pregnancy (urine test, ultrasound); Set a "Due Date"  Order initial bloodwork	
10	Optional genetic screening available: Chromosomal array bloodwork	
12-13	Optional nuchal translucency ultrasound and associated blood work	
12-16	Pap test and cervical cultures Option to visit ROC for genetic counseling for patients 35 and older	
18-22	Anatomy ultrasound	Start looking for childbirth education/lactation classes
24-28	One- hour glucola test	Pre-admission/tour at Memorial
28	RhoGam (for Rh negative blood patients)	Start interviewing/selecting a doula
30	Start every 2 week appointments	Select a pediatrician
32	Discuss post-delivery contraception	Sign hospital consent/tubal ligation forms if needed
33	Schedule repeat c-section	
35-37	GBS rectovaginal culture  Start weekly appointments  Fax prenatal records to hospital	Prepare your birth plan and bring it in for discussion
38-40	Review signs and symptoms of labor	Be patient! ☺
39	Perform scheduled repeat c-section	
40	Schedule post-dates testing	Be patient! ☺
41 (+up to 5 days)	Schedule labor induction	

## NICA

We are NICA-participating practitioner in the limited no-fault alternatives for birth-related neurological injuries. Please see the pamphlet (Peace of Mind) given to you for more details

## Natural Disaster Emergency Plan

In the event of a major natural disaster (like a hurricane or flood), in order to ensure continuity of care, please see the guidelines below. Bear in mind that following a major crisis, we may only be available to attend to emergencies or those patients in acute distress.

- A. Attempt to reach our office first (904) 674-0022; Do not attempt to come to the office if the road or weather conditions are unfavorable
- B. If you cannot reach us with the above, please contact St. Vincent's Southside at 4201 Belfort Road (904) 296-3700 (ask for Labor and Delivery if your problem is pregnancy-related after 20 wks)
- C. If you need immediate care, go to the nearest hospital or emergency care center
- D. If you are pregnant and close to term or high risk, determine your best means of transport to St. Vincent's Southside. Emergency workers are available in case of natural disaster to arrange transportation to local hospitals.

## Florida's Healthy Start

- Healthy Start is a comprehensive program to promote optimal health and development outcomes for all pregnant women and babies in Florida.
- By Florida statute, Healthy Start Risk Screening is to be offered to all pregnant women and all newborn infants in Florida. The screening instrument includes a series of risk factors based on medical, environmental and psychosocial concerns. The prenatal screen is used to identify pregnant women who are potentially at risk to deliver a preterm or low birth-weight baby. The infant risk screen is designed to identify babies potentially at risk for adverse health and developmental outcomes or death in their first year of life. Florida's Healthy Start services are available for all pregnant women and infants who are screened to be at risk for these adverse health outcomes or those who are referred due to special risk factors.
- Healthy Start services are provided by nurses, social workers, and trained support workers, including care coordination, home visiting services, and outreach to help assure access to health care and provide support to families in reducing identified risk factors. Additional services may include breastfeeding, childbirth education, parenting, smoking cessation, nutritional counseling, psychosocial counseling, and other appropriate support. Participants continue to receive medical care from their prenatal care provider or pediatrician.
- Healthy Start works to improve the health and developmental outcome of Florida's children.

**Planning For Your Birth**

<p><b>Onset of Labor</b>          Spontaneous          Alternatives              Chiropractic              Acupressure              Nipple Stimulation              Herbs/Essential Oils              Sweeping of Membranes          Medically Induced              Foley Bulb              Cytotec for Ripening              Breaking of Water              Pitocin</p> <p><b>Clothing</b>              Own Clothing              Hospital Gown</p> <p><b>Baby Monitoring</b>              Continuous              Intermittent              Internal</p> <p><b>Pain Relief Measures</b>          Epidural              Offer it to me              Only if I ask for it          IV Pain Medicine              Offer it to me              Only if I ask for it</p> <p><b>Relaxation Techniques</b>              Vocalization              Relaxation              Breathing              Imagery/Visualization              Focal Point              Massage</p>	<p><b>Hydration</b>              Drinking fluids              Ice Chips              IV Fluids</p> <p><b>Food</b>              Eat lightly at home              Water/juice/jello/popsicles              Nothing to eat</p> <p><b>Comfort Measures</b>              Hot/Cold Packs              Massage              Aromatherapy              Low Lighting              Doula support              Shower              Music</p> <p><b>Positions</b>              Walking              Sitting              Rocking              Standing              Hands &amp; Knees              Squatting              Lunging              Birth Ball (at home)</p> <p><b>Speeding up the labor</b>              Patience/Nothing              Nipple Stimulation              Position Changes              Breaking of Water              Pitocin</p> <p><b>Pushing</b>              Spontaneous              Directed/Coached              Varying Positions              Mirror present</p> <p><b>Placenta</b>              Encapsulation planned              Show me placenta</p>	<p><b>Delivery Position</b>              Semi-sitting              Side lying              Hands and Knees              Squatting</p> <p><b>Perineal Care</b>              Massage              Warm compress              Slow Delivery of Head              Episiotomy (not standard)</p> <p><b>Cutting Cord</b>              Partner or Mother              Doctor/Midwife              Wait til cord stops pulsating              Cut as soon as possible              Cord blood donation planned</p> <p><b>After Delivery</b>              Baby skin to skin with mother              Baby in the warmer              Clean baby before holding              Stays in room 24/7</p> <p><b>Eye Care/Immunizations</b>              Antibiotic eye ointment              Hepatitis B vaccine              Vitamin K injection (must for circ)</p> <p><b>Circumcision</b>              Yes/No</p> <p><b>Feeding</b>              Breastfeeding only              No formula/pacifiers              Breast pump if needed              Formula only              Lactation Consultant</p> <p><b>C-Section</b>              Partner present              Epidural/Spinal Anesthesia              General Anesthesia (asleep)              Infant stays in operating room              Take Pictures              Skin to skin with mom/dad              Breastfeed ASAP</p>
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