



Genetic Screening

There are various tests available to you to determine genetic abnormalities. The purpose is to inform you if there is an increased risk and if other measures of care need to be performed. Please see the options below that we offer you in the office. Please initial next to the test you would like.

1. Nuchal Translucency + First Trimester Screen

- 82%-87% Detection rate for Trisomy 21 (Down's Syndrome)
- 5% false positivity rate
- Ultrasound for Nuchal should be done with blood work at same time followed by an alpha fetal protein test at 15+weeks
- Done between 11wk6d to 13wk6d
- Nuchal ultrasound alone is 70% for detection rate for Trisomy 21.

2. Quad Screen

- 81% Detection rate for Trisomy 21
- 5% false positivity rate
- Blood work only if missed early detection blood work
- Done at 15+ weeks

3. Cell Free DNA testing

- Most sensitive and specific screening
- Not diagnostic
- 99% Detection rate for Trisomy 21, 98% for Trisomy 18, and 99% for Trisomy 13.
- 2-4% false positivity rate
- Done at 10+ weeks
- Not all insurance cover and may have out of pocket cost
- Can tell you the gender of fetus

4. Amniocentesis

- Diagnostic test
- Invasive test

I _____, consent to have the above test(s) at Women's HealthFirst. I have read the above and understand Insurance may not cover the cost of the test.

X _____ Date _____



Obstetrical Blood work

Throughout your pregnancy blood work maybe ordered. Most of the blood work is routine and recommended by the state health department for pregnant patients. Some blood work (genetic testing) is voluntary and is further explained in our genetic testing hand out. Sometimes more blood work is ordered to monitor medical conditions in pregnancy or if health problems develop during pregnancy. Below is a list of common labs done in pregnancy.

Urine screen- This is done at every visit for the presence of sugar, protein, hydration, blood, and infections of the kidney or bladder.

Pap smear- This is typically done at your first visit if you are not up to date on your pap. This test screens for cervical cancer and precancer. It does NOT detect uterine or ovarian abnormalities.

Gonorrhea/Chlamydia testing- this is a vaginal swab or a urine test which is performed at your first visit to test for STDs this is required for all pregnancies. This maybe repeated in 3rd trimester or if the test is positive after treatment.

TSH- Thyroid testing

Blood Type and Rh status- This is needed to determine your blood type in case you need Rhogam in early pregnancy. Rhogam is given to RH negative blood types in the context of obstetrical bleeding to protect future pregnancies.

Prenatal Panel- The prenatal panel includes a complete blood count, Blood type, Hepatitis B status, Syphilis test, blood antibody test, Rubella antibody status, Hepatitis C status, and HIV testing

Hba1c- Is a test done to look at blood sugar levels over the last 3 months. It does not matter what you eat that day or in the couple days prior to the testing. This test looks at average blood sugars over 90 days. This can be used to

determine diabetic status prior to pregnancy as well as blood sugar control during pregnancy.

Parvovirus Testing- This test is done to determine your antibodies to a common viral infection seen in children and adults that can cause birth defects. Having antibodies to this is protective.

Toxoplasmosis- is a test performed in patients who live with cats. Toxoplasmosis is a virus found in cat litter and soil that can infect humans and fetuses causing birth defects.

Varicella Antibodies- This test is performed to determine your immunity status if you have an exposure to chicken pox during pregnancy.

Vitamin D- Low vitamin D levels is linked to malnutrition and preterm birth. It is also responsible for bone health in women.

Maternal Serum Alpha Fetal Protein- This lab is drawn at your 16 week visit. This is a protein produced by the fetal liver and found in the maternal blood. An abnormal AFP can be a sign of : neural tube defects or spina bifida, Downs syndrome, chromosomal abnormalities, or abdominal wall defects in the baby.

Glucose Tolerance Testing- This is typically performed at your 28 week visit to check for gestational diabetes. A 50g glucose drink is administered at your visit. After one hour a finger stick is performed to monitor your blood glucose levels. We recommend not eating anything very sugary or carbohydrate rich 2 hours prior to your visit.

Pre Eclampsia Blood Work- You maybe asked to perform a pre-eclampsia 24 hour urine protein and blood work. This is typically done in high risk pregnancies or if you show signs of pre-eclampsia (protein in the urine/ increased in swelling/ elevated blood pressure). This includes a 24 hour urine protein which is collected in a jug refrigerated and brought to your visits as well as a complete blood count, a metabolic panel which evaluates kidney, liver and electrolyte status. A Bun/Creatinine which monitor your kidney function.

Obstetrical Ultrasound

Ultrasound uses energy in the form of sound waves to form images. The sound waves are released from a transducer and bounce back off tissues, fluids and bones to the transducer to form images. There is no radiation in ultrasound.

Ultrasounds are used to monitor and diagnose conditions of the neonate, placenta, uterus, and maternal anatomy during the pregnancy.

Ultrasound can be used to assess:

- Fetal position
 - Amniotic fluid
 - Fetal breathing, movement, heart rate
 - Fetal gestational age
 - Placenta
 - Number of fetuses
 - Fetal anatomy and sex
 - Fetal growth
 - Cervical length
 - Nuchal translucency measurements
- Non obstetrical uses in pregnancy
- Pelvic masses
 - Pelvic pain
 - Vaginal bleeding

How many ultrasounds will you have during pregnancy?

You will receive a dating ultrasound in early pregnancy to determine your due date. A nuchal translucency ultrasound is offered at the 12 week visit. This is a measurement of the clear space of tissue in the fetal neck. This is used in conjunction with your genetic testing to determine your risk for Down's Syndrome. An anatomy ultrasound is performed at 20 weeks to assess baby's anatomy. A 36 week ultrasound is recommended to check for baby's growth and position prior to term. Some women may have more ultrasounds due to higher risk pregnancies or medical/obstetrical conditions needing monitoring. You may be referral to a Maternal Fetal Medicine specialist for a specialized ultrasound if you are considered a high risk pregnancy or if there are findings on ultrasound that warrant further examination.

Disclaimer: Please note ultrasound imaging is not 100%, it is limited by what it can detect and we can not guarantee that all abnormalities are seen with the imaging. Please understand it is also more difficult to see imaging if a patient has a higher body fat percentage that may impede the sound waves of the transducer.

EXERCISE

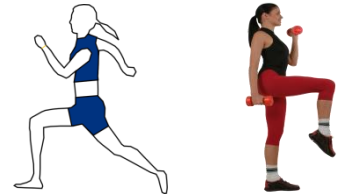
If you have been exercising—that's great, Continue! If you haven't been exercising, start SLOWLY, try walking for 10 minutes five times per week. Gradually increase to 40 minutes per day.

GUIDELINES:

- Exercise is **important and recommended**, unless your health care provider has advised against it.
- If you find yourself out of breath, decrease the intensity.
- You sweat more during pregnancy, so be sure to drink plenty of fluids
- Work longer, not harder. Forty minutes of walking at a moderate pace is better than 10 minutes of fast walking if you're out of breath
- After your 5th month, avoid exercising on your back as it decreases blood flow to you and your baby.
- Avoid any exercise that could cause you to fall. As your baby grows, your center of gravity changes.

RECOMMENDED:

- Walking, Cycling, Yoga, Hiking, Swimming, Low-impact aerobics



NOT RECOMMENDED:

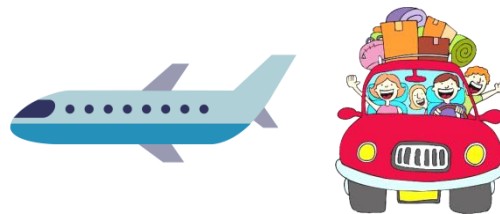
- Horseback riding, Rock climbing, Downhill Skiing, Scuba diving

TRAVEL

Travel by car, bus, or airplane is generally safe for healthy pregnant women. Always consult your provider before any extended travel.

GUIDELINES

- Wear your seat belt
- Bring a pillow for long journeys
- Drink lots of fluids, avoid caffeine
- Pack nutritious snacks and water
- Request an aisle seat
- Bring a pair of loose fitting shoes in case your feet swell
- Plan to get up, use the bathroom, and walk around every 2 hours
- Each airline has different rules about how late in pregnancy a woman can fly but usually limiting to around 32-34 weeks



SEX

Sex is safe in pregnancy and does not harm the baby. It's normal to have:

More Interest in sex – More blood flow to the Pelvic area and larger, firmer breasts may enhance your interest and enjoyment.

Less interest in sex – Tender breasts, nausea, fear, and fatigue may make sex out of the question for a while.

Mixed feelings and thoughts about sex – It is normal to think and feel differently about sex now. Open communication is important for your relationship.

DO NOT HAVE SEX IF YOU HAVE:

- Vaginal or abdominal pain
- Blood or fluid leaking from your vagina
- Are being observed for threats of pre-term labor
- Been advised against it by your provider



NAUSEA

Some women feel a bit queasy in early pregnancy. The rapid increase in hormones causes nausea (morning sickness). It may occur any time, day or night, mornings or evenings, lasting minutes, hours or all day. This is draining, yet usually improves by the second trimester.

What You Can Do?:

- Eat dry crackers before getting out of bed, wait 5-10 minutes, then get up slowly
- Eat small amounts of food frequently throughout the day. Try a bite or two every half-hour.
- DO NOT eat large meals on an empty stomach.
- Try taking your prenatal vitamin before bed.

Try these to settle your stomach:

- Ginger cookies, ginger ale, or ginger tablets or lollipops
- Cut-up fruit, such as watermelon or cantaloupe
- Flavored popsicles
- Mix equal parts of water and juice: Try 1 tsp every 5 minutes until you can take larger sips.
- Melba toast, dry bagel, dry toast
- Sea bands may help



THINGS TO AVOID IN PREGNANCY:

WHAT TO STOP?:

SMOKING, ALCOHOL, RECREATIONAL DRUGS: All of these increase the risk of miscarriage, bleeding, smaller babies, premature babies, developmental delays, and other serious complications. Once you know that you're pregnant, it is best to stop them COMPLETELY. Talk to your health care provider if you need help.



WHAT TO AVOID?:

Fish that may contain mercury or other contaminants—Shark, swordfish, king mackerel, and tilefish are all high in mercury. Other fish such as striped bass, bluefish, salmon, and fish from local rivers and lakes may contain high levels of PCB's and other industrial pollutants. Limit all fish, including canned tuna, to less than 12oz each week. Shellfish, if cooked properly, is not considered harmful.

Non-aspirin pain medications: (Motrin, Ibuprofen, Aleve, Advil)—These may cause bleeding or complications for the baby. [Tylenol \(Acetaminophen\) is generally considered safe.](#)

Cat Litter and Soil—These may contain toxoplasmosis, a harmful parasite. Your cat is safe, but the poop may not be. Do not change cat litter while pregnant. When gardening, wear rubber or leather gloves and wash fruits and vegetables well.

Hot tubs and saunas – If you are sweating, it's too hot for the baby. Otherwise warm baths are very soothing.

Herbs—Many can be harmful to the baby or start labor. This is a partial list: black/blue cohosh, buckthorn, cascara, ephedra, feverfew, mandrake, mugwort, senna, tansy, and yarrow. If you have any questions, please contact your provider.

Foods that may contain bacteria or parasites—For example, E-coli, listeria, salmonella, and toxoplasmosis may be found in the following list of foods. All of these may cause serious food poisoning or illness in pregnant women and children under 5.

- [Unpasteurized juice](#)
- [Raw meat, raw fish, and raw shellfish](#)—Sashimi, ceviche, raw oysters, and carpaccio.
- [Soft cheeses](#)—Brie, feta, blue, goat, camembert, gorgonzola, and Mexican soft cheeses.
- [Some deli meats](#)—Salami, liverwurst, and hot dogs maybe contaminated. Hot dogs should be well cooked.

WHAT TO LIMIT?:

Caffeine—It's best to limit to 2 servings or less each day.

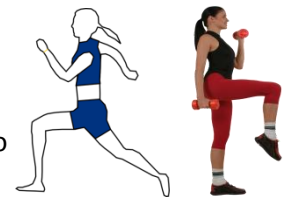
Artificial sweeteners—Not enough is known about their effects. Occasional use is considered safe.

EJERCICIO

Si haces ejercicio regularmente, “excelente”. Continua. Si no haz estado haciendo ejercicio, empieza lentamente, por ejemplo: caminando 10 minutos, 5 veces por semana. Ve aumentando gradualmente hasta llegar a 40 minutos por día.

RECOMENDACIONES:

- Hacer ejercicio es muy importante, a menos que tu doctor te haya recomendado lo contrario.
- Si te encuentras sin aliento o con la respiración acelerada, disminuye la intensidad.
- Es común sudar más durante el embarazo, por lo tanto toma bastantes líquidos
- Haz más ejercicio pero no aumentes la intensidad. Cuarenta minutos caminando a un paso moderado es mejor que caminar rápido si quedas sin aliento.
- Después del quinto mes evita hacer ejercicios que requieran estar acostada boca arriba, ya que esto disminuye tu flujo de sangre y de tu bebe.
- Evita cualquier ejercicio que te pueda causar una caída. A medida que tú bebe crece, tu centro de gravedad va cambiando.



RECOMENDAMOS:

- Caminar, Montar en bicicleta, Yoga, Nadar, Ejercicios aeróbicos de bajo impacto

NO RECOMENDAMOS:

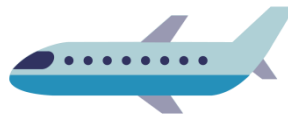
- Montar a caballo, Escalar rocas, Esquiar, Bucear

VIAJES

Viajar en automóvil, autobús o avión es seguro para las mujeres con un embarazo normal.

RECOMENDACIONES

- Utiliza el cinturón de seguridad
- Lleva una almohada para viajes largos
- Toma mucho líquido, Evita la cafeína
- Lleva comida nutritiva y agua
- Pide que te asignen un asiento en el pasillo
- Lleva zapatos cómodos que no te aprieten en caso de que se te hinchen los pies
- Planea ponerte de pie, usar el baño y caminar un poco cada 2 horas
- Cada aerolínea tiene sus propias reglas para dejar volar a una mujer dependiendo de su tiempo de embarazo, pero por lo general limitando a alrededor de 32-34 semanas.



RELACIONES SEXUALES

Tener relaciones sexuales es seguro y no le hace daño al bebé. Es normal:

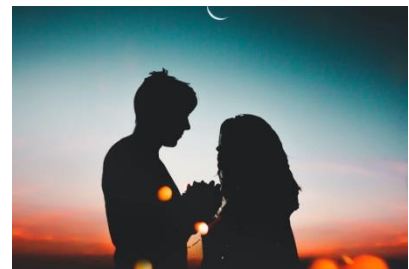
Tener más interés sexual – Un mayor flujo de sangre al área pélvica y senos más grandes y firmes pueden aumentar tu interés y placer.

Tener menos interés sexual – Senos adoloridos, náuseas y cansancio pueden hacer que evites las relaciones sexuales por un tiempo.

Sentimientos y pensamientos mixtos en cuanto a la sexualidad – Los cambios en tu forma de pensar y sentir respecto a la sexualidad son normales durante el embarazo. Una comunicación honesta es importante para tu relación con la pareja.

NO TENGAS RELACIONES SEXUALES SI:

- Tienes dolor vaginal o abdominal
- Te sale sangre o flujo de la vagina
- Se observan amenazas de trabajo pre-termino
- No tengas relaciones sexuales si el doctor no te lo ha recomendado



NAUSEAS

Algunas mujeres se sienten indispuestas al principio del embarazo. El aumento rápido de las hormonas causa náuseas. Pueden ocurrir en cualquier momento: de día o de noche y pueden durar minutos, horas o todo el día.

Que puedes hacer?:

- Come galletas saladas antes de levantarte de la cama. Espera 5 a 10 minutos y levántate lentamente.
- Come pequeñas cantidades de comida con más frecuencia durante el día. Trata de comer uno o dos bocados cada media hora.
- No comas mucho cuando tu estomago este vacío.
- Toma las vitaminas prenatales antes de dormir.

Lo siguiente te puede ayudar a apaciguar a tú estomago:

- Galletas de jengibre, gaseosa o te de jengibre o pastillas de jengibre
- Paletas heladas de fruta o el melón o la sandia
- Jugo mezclado con agua a partes iguales. Trata de tomar una cucharadita cada 5 minutos hasta que sientas que puedes beber una mayor cantidad.
- Tostadas melba, roscas de pan y pan tostado.
- Vitamina B-6 (50mg) 2 veces al día.



COSAS QUE DEBE EVITAR EN EL EMBARAZO:

QUE DEBES ELIMINAR?:

FUMAR, LAS BEBIDAS ALCOHOLICAS, USAR DROGAS RECREACIONALES: Todos estos productos aumentan el riesgo de pérdida del bebe, sangrado, defectos de nacimiento, bebes pequeños, bebes prematuros, retrasos del desarrollo y otras complicaciones serias. Una vez que sepas que estas embarazada lo mejor es eliminar todo esto por completo. Hablo con tu doctor o un trabajador social si necesitas ayudas.



QUE DEBES EVITAR?:

Los Pecados que puedan contener mercurio— Tiburón, pez espada, king mackerel y tilefish, todos tienen altos niveles de mercurio (evítalos). Otros pescados como: Striped bass, bluefish, el salmón y aquellos que provienen de los ríos y lagos locales pueden contener altos niveles de químicos peligrosos. Limitas el consumo de pescado, incluyendo el atún enlatado a menos de 12 onzas (330g) dos tiempos por semana.

Medicamentos para el dolor sin aspirina: (Motrin, Ibuprofeno, Aleve o Naproxeno, Advil)—Pueden causar sangrado o complicaciones para él bebe. [Sin embargo, el Tylenol \(Acetaminofeno\), por lo general, se considera seguro.](#)

Los excrementos de gato y la tierra— Estos pueden contener toxoplasmosis, un parasito peligroso. Los gatos no ocasionan problemas pero sus excrementos sí. Durante tu embarazo, no cambies la arena que usa el gato en su caja. Cuando trabajes en tu jardín, utiliza guantes de caucho o de piel y lava muy bien las frutas y verduras.

Los baños calientes y saunas — Si no te sientes acalorada, puedes tomar baños de tina de agua tibia, son muy relajantes y agradables.

Las hierbas—Muchas hierbas pueden ser perjudiciales para él bebe o pueden inducir el parto. Esta es una lista parcial: black/blue cohosh, cascara, ephedra, feverfew, juniper berries, senna y yarrow. Consulta tu doctor para obtener más información.

Los alimentos que pueden contener bacterias o parásitos perjudiciales—Por ejemplo, e-coli, listeria, salmonela y la toxoplasmosis se pueden encontrar en los alimentos listados a continuación. Todos estos causan serias intoxicaciones o enfermedades en las mujeres embarazadas o en los niños menores de 5 años.

- **El jugo no pasteurizado**
- **Carnes, pescados o mariscos crudos**—Sashimi, ceviche, ostra y ostiones crudos.
- **Queso suaves, no pasteurizados**—Quesos frescos mexicanos (panela, asadero y fresco), brie, feta, rockefort, queso de cabra, camembert y gorgonzola
- **Algunas carnes frías y embutidos**— El salami, el chorizo y las salchichas podrían estar contaminadas. Las salchichas deben cocinarse muy bien.

QUE DEBES LIMITAR?:

Cafeína—Es mejor limitarse a una taza al día de café o refresco de cola.

Endulzantes artificiales—No hay información suficiente acerca de los efectos que pueden producir en él bebe. Su consumo ocasional se considera seguro.

Pregnancy Medication List

The following medications are generally believed not to cause harm during pregnancy:

Colds/Stuff Nose: Plain nasal saline spray, Vicks Vapor Rub, Cool Air vaporizer, warm liquids, Claritin, Benadryl (Diphenhydramine), Allegra, Zyrtec

Sore throat: gargle salt water, gargle apple cider vinegar, chloraseptic spray, throat lozenges

Cough: Cough drops, chloraseptic spray, throat lozenges for sore throats

Constipation: Colace, Citracel, Metamucil, Glycerin suppository, Magnesium, Milk of Magnesia, fresh fruit, prunes, liquids, bran/fiber. Avoid bananas, rice, apples and white flour products.

Diarrhea: Keep hydrated with pedialyte, smart water, or gatorade. Notify us if fever greater than 100.4F, blood in stool or diarrhea lasting longer than 48 hours.

Headaches/Minor Pain: Tylenol/ Acetometaphin Limit 2 grams per day

Hemorrhoids: Preparation H, Anusol Cream, Tucks medicated pads, Sitz bath, Witch Hazel

Indigestion/gas/heart burn: Mylanta, Mylicon, Tums, Pepcid, apple cider vinegar

Nausea: Vitamin B6, Ginger, Ginger ale, Doxylamine (Unisom), Benadryl

DO NOT TAKE DURING PREGNANCY-MOTRIN, ADVIL, ALEVE, LAXATIVES
ASPIRIN (unless directed by your provider), MINERAL OILS, DOUCHES,
TETRACYCLINES, RETINOL.

If you have any questions about medications and what you can take please contact the office via phone or portal. We recommend only taking meds in pregnancy if necessary. Try to avoid medications until after the 12th week of pregnancy.



Schedule of Prenatal Visits

4-8 Weeks

- Ultrasound to help establish due date and confirm pregnancy
- Orientation to practice by Physician or Physician Assistant
- Prenatal Packet given
- Physical exam done with labs, pap smear, cervical cultures
- Early pregnancy labs possible
- Discuss obstetrical care, medical history, nutrition, fitness

12 Weeks

- Ultrasound for Nuchal Translucency-1st trimester screening
- Discuss genetic and carrier screening (see consent form)
- Prenatal lab tests
- Office visit and review of previous labs

16 Weeks

- Office visit with fetal heart tones with Doppler
- Additional genetic testing options
- Alpha fetal protein blood test
- Amniocentesis (optional for mothers over age 35 years old or abnormal genetic screen)

20 Weeks

(Please arrive 10 minutes before your ultrasound appointment)

- Fetal Survey Ultrasound
- Office visit to review ultrasound

24 Weeks

- Office visit with fetal heart tones with Doppler
- Pre-registration at hospital should be done
- Discuss cord blood banking options
- Rhogam order if indicated

28 Weeks

- Third Trimester office visit with fetal heart tones with Doppler
- Gestational Diabetes screening/hemoglobin screen-results in office before you leave
- TDAP vaccine
- Obtain Rhogam if indicated
- Depression Screen

32 Weeks

- Office visit with fetal heart tones with Doppler
- Sign VBAC consent form if indicated

34 Weeks

- Office visit with fetal heart tones with Doppler

36 Weeks

- Ultrasound for growth of fetus, fluid assessment and fetal position
- Group B Strep screen and labs for HIV/RPR
- Internal examination for dilation

37-39 Weeks

- Office visit with fetal heart tones with Doppler
- Weekly appointments for internal examination for dilation

40+ Weeks

- Biweekly office visit with internal exam
- Non-stress test and Ultrasound for Biophysical Profile for fetal monitoring of movement, breathing, tone, and fluid assessment

1-2 weeks PostPartum

- Incision check if cesarean section
- Depression screen

4-6 Weeks PostPartum

- Physical exam
- Birth control education on options
- Depression screen
- ***If at anytime during your pregnancy it is determined an at-risk, monitoring with NST and Ultrasound may be added and change the frequency of your visits.**