

M A N H A T T A N

WOMEN'S HEALTH

Prenatal Handbook

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Congratulations on your pregnancy!

Welcome to our practice. Included in this handout is information designed to answer many questions you may have.

FAQs

Where will I deliver my baby?

We are affiliated with Lenox Hill Hospital located at 100 E 77th Street. In the second trimester, you will receive a registration booklet for the hospital.

What can I expect as far as frequency of visits with my doctor?

Physician appointments may vary from patient to patient, depending on certain risk factors. Generally, you will have monthly visits until 28 weeks, then visits are every two weeks up to 36 weeks; and then visits are weekly until delivery.

When will I start to feel the baby move?

Feeling fetal movements begin between 20–24 weeks. Movement is a signal of fetal well-being and should be felt daily. Please call if you note decreased fetal movement. Feel for kick counts once a day starting at 28 weeks. It should be at the most active time of day. It should take less than 30 minutes to get 10 movements.

What is the recommendation regarding travel during pregnancy?

The ideal time for travel is the second trimester. We do not recommend air travel beyond 30 weeks. Please consult us if you plan a trip. It is preferred that you have an exam prior to any extended travel. During your trip, make sure to maintain your circulation by standing and walking at regular intervals every 2 hours. If you are flying, consider an aisle seat. Consider using compression stockings to decrease leg swelling.

Is it safe to wear a seatbelt during pregnancy?

Safety belts will not hurt your baby. Always wear both the lap and shoulder belt. Buckle the lap belt below your belly. Place the shoulder belt across the center of your chest.

Is it safe to have sex during pregnancy?

It is fine to have sexual relations during pregnancy. Some couples' feelings about sex change during pregnancy, but many couples continue in their already established patterns. Stop having intercourse if you experience vaginal bleeding or leaking fluid and call the office immediately.



Is it safe to exercise during pregnancy?

Continue your usual active lifestyle, but do not become overtired or overheated. During exercise, avoid becoming too breathless. A good guide is that you should be able to easily converse during exercise. Keep in mind: your center of gravity and balance will be affected by your pregnancy. Reduce your workout level in late pregnancy. Avoid horseback riding, water skiing, scuba diving, skiing, and high impact aerobics. Also, avoid Jacuzzis, hot tubs, saunas, Bikram yoga, and other activities that will make you overheated. Be sure to drink enough fluids. Get up slowly after lying or sitting. This will prevent feeling dizzy or fainting.

How much rest should I need during pregnancy?

Try to get at least 8 hours of sleep a night. You will probably feel much more tired than usual and welcome occasional naps as well. In the first trimester, it is more common to require more sleep.

What is the concern regarding exposure to cats during pregnancy?

Exposure to cat litter should be avoided. Toxoplasma, an organism which may be harmful to your developing baby, is spread in cat feces. Therefore, do not change the cat litter.

Is it safe to have dental work during pregnancy?

Dental cleanings are encouraged during pregnancy. If more extensive work is required, it is best to postpone to the second trimester if possible. Use of lidocaine is permitted ideally with out epinephrine. Also, it is best to use a double leaded shield during x rays.

What should I do if I need an X-ray during pregnancy?

Be sure to tell any physician or dentist who prescribes an x-ray that you are pregnant. Please call, when possible, to discuss this with one of our doctors.

Which medications are safe during pregnancy?

Please call before taking over the counter medications during your pregnancy. Tylenol may be used as needed for fever and pain. **Do not take aspirin or ibuprofen** . See below for recommendations for relief of cold symptoms.

Can I dye my hair during pregnancy?

Yes, although its best to wait until after your first trimester.

Can I get a prenatal massage?

Yes, although its best to wait until after your first trimester.



Can I get Botox while pregnant?

No, it's best not to get any injectables while pregnant and/or breastfeeding.

Medications safe in pregnancy:

Cold Symptoms	Robitussin DM, Benadryl, Claritin, Zyrtec, Cough drops, throat lozenges
Headache & Pain	Tylenol (2 extra strength every 6 hours as needed)
Heartburn	Maalox, Mylanta, Tums, Rolaids, Pepcid
Constipation	Colace
Nausea & Vomiting	Vitamin B6 50-100mg each morning and 1 Unisom at bedtime. If you are unable to keep any food or liquids down, contact us
Allergies	Claritin, Zyrtec, Benadryl
Hemorrhoids	Preparation H, Tucks Pads
Yeast infection	Monistat over the counter

Dietary Considerations in Pregnancy

Caffeine: Caffeine is a component of coffee, tea, chocolate, and many sodas. Avoid drinking more than one cup of coffee during pregnancy due to higher caffeine levels.

Vitamin Supplements: Prenatal Vitamins will be prescribed at your first OB visit or ideally prior to conception. Vitamins should be taken with meals. One possible side effect is nausea. If you are still exhibiting first trimester nausea, take the vitamins in the evening until the symptoms subside.

Calcium: The daily requirement for calcium in pregnancy is 1200 mg/day. One glass of milk or its equivalent (i.e., 2 slices of cheese, 1 yogurt, etc.) contains approximately 300 mg. If you are unable to tolerate milk products, calcium supplements are ideal. You can use Tums or Viactiv.

Alcohol: Avoid drinking alcohol during pregnancy.

Dietary Key Points

- Drink 6-8 glasses of water daily
- Take prenatal vitamins with DHA daily.
- Wash fruits and vegetables thoroughly
- Supplement iron in your diet by adding dark leafy vegetables, whole grains, nuts, and seafood.
- Avoid eating large fish (swordfish, shark, tile fish) as they may be high in mercury levels.
- Avoid unpasteurized cheese, raw fish, and raw meat.

Constipation: Eat foods that add natural fiber and bulk to your diet, such as raw fruits and vegetables and whole grains.

Bran cereal added to your diet will act as a stool softener.

Maintain adequate fluid intake.

Weight Gain: Average weight gain during pregnancy should be 25-35 pounds.

Although a baby usually weighs 6-9 pounds, additional weight can be accounted for by the placenta, amniotic fluid, increased maternal circulation and breast development. The additional caloric intake necessary in pregnancy is small, only 300 calories/day.

Weight Gain in Pregnancy

<u>Gestation</u>	<u>Weight Gain (Total)</u>
20 weeks	10-15 lbs.
30 weeks	20/25 lbs.
40 weeks	30-35 lbs

Prenatal Visit Schedule

1st Trimester

- Schedule your first visit between 6-8 weeks to confirm pregnancy.
- Comprehensive prenatal blood work including exposure to infectious diseases and genetic carrier screening.
- First trimester screening and nuchal translucency ultrasound (11-13 weeks) performed with MFM at Lenox Hill Hospital Ultrasound Center and/or NIPT after 10 weeks.

2nd Trimester

- Early anatomy ultrasound (15-16 weeks) performed with MFM at Lenox Hill Hospital Ultrasound Center 130 E 77th St, 2nd Floor. 212-434-2585
- Amniocentesis if desired
- Late anatomy ultrasound (20-22 weeks)
- Glucose testing (GCT) done at 28 weeks; visit may also include Rhogam if blood type is RH negative.
- Coordinate timing of vaccines (Flu, Covid, Tdap, RSV)
- Schedule childbirth classes

3rd Trimester

- Follow up ultrasounds as indicated.
- Group B Strep Testing (36 weeks)
- Select Pediatrician
- Pack hospital bag (see attached)
- Discuss disability/FMLA forms with front desk staff.

What to pack in your hospital bag?

- IDs–License and Insurance cards
- Cell phone and chargers (bring long cords as the plugs may not be near where you need them).
- Toiletries–toothbrush, toothpaste, deodorant, lotion, shampoo, conditioner, hairbrush. (Hospital will provide but you may prefer your own).
- Eyeglasses and/or contacts
- Sweatshirt or sweater
- Pajamas or loungewear if you prefer to wear your own clothes after delivery (think about ease of breastfeeding and choose button down tops)
- Nursing bras or tank tops
- Maternity underwear and pads (hospital has plenty and will supply, but if you prefer your own, you may bring)
- Clothing to go home for you and baby.
- Snacks–hospital food is actually quite good, but you may be hungry outside of mealtime.
- Music, laptop/iPad, pillow (if you are particular about your own, make sure it has a bright pillowcase)
- Sleep mask and/or earplugs
- Car seat (installed and ready to go).
- Baby outfit for pictures if you plan to take in the hospital.
- Blanket for baby depending on weather.
- You do not need diapers, wipes, formula (if you choose not to breastfeed) The hospital will provide these while you are there.
- Partner–clothing, toiletries, chargers etc. Cash for valet parking, snacks, vending machines.

Financial FAQs

How much will my prenatal care and delivery cost?

This depends completely on your individual insurance plan. You should explore your insurance coverage and expect to pay your full deductible as well as any coinsurance. Keep in mind except for your first visit (which is a diagnostic visit) the rest of the prenatal care and delivery is billed as one code after delivery. If you have questions regarding your individual plan, feel free to reach out to our office and our office manager can discuss individual concerns with you.

Who will I receive bills from?

You should expect to receive bills from our office, the lab (we use several labs and make a concerted effort to choose one that is in network), the genetic lab (Natera), the MFM Ultrasound Center and of course the hospital. Keep in mind that your insurance company may send you Explanation of Benefits (EOBs) that look scary (very high numbers). We have relationships with our labs that may reduce these numbers significantly, so until you receive a bill don't panic. If you do receive a bill that seems off, please email our office a copy so we can further investigate on your behalf.

Do you offer payment plans?

YES! If you anticipate a high deductible and would like to set up a payment plan, please let us know. We are happy to work with you to make this as easy as possible.

Do you offer Cord Blood Banking and what is the cost?

We do partner with several cord blood companies and our doctors are trained to perform this collection at the time of delivery. If you would like to bank your cord blood, explore different companies and register with them so they will send you a collection kit in advance of your delivery. Our office does charge a **\$500** fee in addition to any fee charged by the cord blood company.

