

The Adventure Starts Here!

We recommend the following educational resources to help guide you through your pregnancy:

Apps:

iBirth

Ovia

The Bump

Pregnancy Week by Week

Sprout

Pregnancy +

Websites:

www.spinningbabies.com

Have you decreased smoking? Do you take your prenatal vitamin daily?

We recommend a flu vaccine at any time during pregnancy

It is safe to have TB testing in pregnancy.

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Medications
SAFE TO TAKE
DURING PREGNANCY

- Nausea/Vomiting:** Vitamin B6 50 mg every 8 hours WITH one Doxylamine (Unisom) 25 or 50 mg at bedtime, Emetrol, Bonine
- Cold/Sinus:** Sudafed, DayQuil, Dimacol, Sinutab, Chlor-trimetron, Dristan, Claritin, Zyrtec, Mucinex, Saline Nasal Spray (Ask at pharmacy counter - not on shelf)
- Cough:** Robitussin DM or CF, Benlyn, Vicks 44D, Naldecon, Delsym, cough drops
- Constipation:** Surfak, Colace, Milk of Magnesia, Senokot, FiberCon, Metamucil, Citrucel, Benefiber, Konsyl, MiraLAX
- Diarrhea:** Kaopectate, Immodium AD
- Headache:** Tylenol regular or extra strength, Datril, Anacin III
- Hemorrhoids:** Anusol, Preparation-H, Tucks
- Indigestion:** Maalox, Mylanta, Riopan, Tums, Tagamet, Pepcid, Prilosec, Papaya enzymes
- Skin Rash:** Calamine, Caladryl, Benadryl, Cortizone-10, Cortaid
- Fever:** Tylenol

Appointment
PLAN

- 1st visit:** This is your first visit when we confirm your pregnancy.
- 2nd visit:** Confirmation of due date, comprehensive health history, possible blood work, and determine plan of care (this visit can last an hour).
- 3rd visit:** Comprehensive physical exam including pelvic and breast exam, blood work, cultures, and any other necessary testing. Monthly visits begin.
- 10-20 weeks:** Optional genetic screening.
- 20 weeks:** Screening ultrasound for growth and anatomy.
*Schedule childbirth education classes and begin to look for a pediatrician to care for your infant after birth.
- 24-28 weeks:** One hour blood sugar test to check for diabetes in pregnancy (this visit lasts an hour).
- 27-36 weeks:** Pertussis (Tdap) vaccine should be given at a local pharmacy or with your primary care provider.
- 28 weeks:** Consider taking a DHA Supplement for the remainder of your pregnancy. Blood type Negative patients will receive Rhogam injection at the hospital. Bi-weekly visits begin.
***Aultman Patients:** *Please pre-register by phone or online*
- 36 weeks:** Vaginal culture for Group B Strep. Weekly visits begin.
- 37-39 weeks:** Weekly visits may include cervical checks.

