Routine Testing for Maternal Gyn erations Obstetrical Patients

8-10 weeks
Ultrasound
Labs: Urinalysis, Blood test for Blood type and Rh factor, anemia, rubella immunity, hepatitis, syphilis, HIV, gonorrhea and Chlamydia.
Physical exam which may include a pap smear

12-13 Weeks
Integrated Sequential Screen Part I ultrasound and blood work to screen for chromosomal disorders (Trisomy 13, 18, 21)

15-20 weeks
Integrated Sequential Screen Part II blood work to screen for chromosomal disorders (Trisomy 13, 18, 21) and spina bifida.
If Part I was not done will be offered AFP blood work to check for chromosomal disorders (Trisomy 13, 18, 21) and spina bifida.
Cystic Fibrosis blood test
Amniocentesis if desired for patients 35 years or older

20-22 weeks
Ultrasound to check anatomy. Can also find out sex at this ultrasound.

26-28 weeks
Blood tests to screen for gestational diabetes (glucose test) and anemia or low iron
Rhogam Injection if your blood type is Rh negative

35-37 weeks
Group B vaginal culture (swab)

39 weeks
Pelvic exam each week until delivered to check for dilation

When calling about a non-emergency, please call during normal office hours: Monday—Friday 9am to 4pm. Please have your pharmacy number available when you call in case it is necessary to call in a prescription. For emergencies after hours please call (770) 513-4000.
COMMON QUESTIONS OF PREGNANCY

• **How much weight should I lift?** Do not lift more than 25 pounds on a repetitive basis. Use good body mechanics and lift with the legs.

• **What are good exercises to do in pregnancy?** Walking and swimming are best. This is not the time to take up a new sport/activity. Pregnancy videos are acceptable if the instructor is pregnant. Keep your heart rate under 140 and/or still be able to carry on a conversation.

• **Can I sit in a hot tub or sauna?** No, avoid becoming overheated. Tub baths in your home are fine, but avoid water over 100 degrees. Water jets in a home tub are fine.

• **Are there any restrictions on travel?** Travel (by plane, car, train or boat) after 28 weeks of pregnancy is not recommended. If travel is necessary due to a family emergency please call the office during normal office hours for special instructions.

• **Is caffeine ok?** We recommend that you limit your caffeine intake to one cup of coffee or tea a day. You may drink decaffeinated coffee or tea. Be aware of caffeine in chocolate and sodas.

• **Can I paint during pregnancy?** Avoid spray paints, oil paints and varnish. You may use latex paint in a well ventilated room. Please do not climb/stand on ladders or chairs.

• **Can I take vaccinations in pregnancy?** You may take a flu shot (CDC recommends), TB skin test, and tetanus. For others please ask us during normal office hours.

• **What about my cat?** Avoid emptying/changing/scooping the litter. You do not have to avoid cats. Wear gloves if planting outside.

• **Can I color or perm my hair?** Yes, but wait until after the first 12-16 weeks of pregnancy. Avoid straighteners with sodium hydroxide. Allow for good ventilation.

• **Can I have dental work done?** Yes, having your teeth cleaned is especially important during pregnancy. You may have local anesthetic without epinephrine but no nitrous oxide “laughing gas”. X-rays are allowed if your abdomen is shielded with a lead apron.

• **Is it normal for my breasts to leak during pregnancy?** A small amount of colostrum might leak from one or both breasts. Breast stimulation in foreplay may also cause colostrum leakage.

• **What if I am exposed to a contagious disease like chickenpox or Fifth’s disease?** If you have had chickenpox this is not a problem as you are already immune. Please call the office during normal office hours to arrange blood testing to check for immunity if exposed to Fifth’s disease.

• **Can I have acrylic nails done in pregnancy?** Usually nails grow long and strong in pregnancy with the aid of prenatal vitamins. Long nails may present a problem when handling your newborn. If you have acrylic nails be sure they are filled in/applied in a well ventilated room.

• **What is normal vaginal discharge during pregnancy?** Typically pregnancy will cause a fairly heavy whitish/yellow creamy discharge. You may try the remedy on the common complaint sheet. If not better report any itching, burning or unusual odor at your next appointment.

• **What about nosebleeds?** Nose bleeds are common in pregnancy. Just tip your head back and pinch your nose. No picking. Gentle blowing. You may use saline spray or Vaseline inside the nose to keep nasal passages moist.

• **Can I get a massage in pregnancy?** Yes, after the first trimester. Advise your massage therapist you are pregnant.

• **Why am I growing new moles/skin discolorations?** Skin changes are common in pregnancy due to changing hormone levels. If you have questions please ask at your next appointment.

• **What can I use for acne?** Decrease or avoid make up. Wash your face twice a day with Neutrogena face wash or use over the counter benzyl peroxide. Keep your hands off the face.

• **Why are my fingers/hand/arm numb?** This is a normal change in pregnancy. You may use wrist splints purchased at the drug store. Use caution when picking up hot liquids.
COMMON COMPLAINTS AND REMEDIES OF PREGNANCY

ACHES/PAINS
You may take regular or extra strength Tylenol as directed on the package instructions. For backaches you may also apply heat on a low setting or apply ice to the painful area. For abdominal pain we recommend rest, Tylenol and a warm tub soak. If you are more than 24 weeks and less than 35 weeks pregnant and are having more than five or six contractions in one hour please call the office.

BLEEDING
You may notice spotting or bleeding after intercourse. If you experience this please abstain from intercourse for 48 hours after the bleeding has resolved. You do not need to call the office for this. If you are having bright red bleeding that is soaking a pad please call the office.

COLDs/COUGH STUFFY/RUNNY NOSE SORE THROAT ALLERGIES
Nasal congestion: Mucinex (guaifenesin) to break up mucous. Use as directed on bottle, will not make you jittery or sleepy. Use day and night until mucous has been gone for a day. Sudafed (pseudoephedrine) to open up nasal passages. Also used to drain sinuses and relieve pressure in ears. May make you jittery. If it makes you jittery do not take at night. Use day and night for at least 24 hours or until congestion or ear pressure has been gone for a day. Saline nasal spray (not to be confused with Afrin, Dristan, etc.) to help break up mucous and moisturize nasal passages. Shower Soothers, tablets to place in bottom of shower that naturally opens nasal passages. If you will use Mucinex, Sudafed and saline spray, wait 30 minutes and then take warm shower or hold head over steam from boiling water mucous will really break up and is easier to blow out.

Runny nose: Plain Claritin (no D), Chlortrimeton, Zyrtec, or Benadryl to dry up runny nose or for allergy symptoms. May cause you to be drowsy.

Cough: Delsym or Robitussin DM (guaifenesin with dextromethorphan) or Creomulsion. Breaks up mucous and stops irritating cough. Does not stop cough that brings up mucous. You do not want to stop a cough that produces mucous.

Sore throat: throat lozenges (without benzocaine). Warm tea with honey or lemon. Gargle with warm salt water. Suck on hard candies. Steam vaporizer or humidifier. Moisturizes airways.

When to call the office: If fever remains above 100.4 one hour after taking Tylenol, difficulty with breathing or short of breath not associated with a stuffy nose. Antibiotics are not usually necessary or effective as colds and flu are viral and not cured with antibiotics.

CONSTIPATION
This is a normal change in pregnancy. Increase your water to 3 liters or 100 ounces a day. Take daily walks. Increase the fiber in your diet. You can eat bran muffins, raisin bran cereal, oatmeal, nutrigrain cereal, pears, etc. Increasing raw vegetables in your diet is often helpful. If these measures aren’t enough you can take Metamucil, Citrucel or Benefiber once or twice a day. For more severe cases you can add colace (stool softerner) one to two times a day. Do not take laxatives.

DIARRHEA
Start the BRATT diet: Bananas, Rice, Applesauce, Toast and Tea. Continue the BRATT diet until you have not had diarrhea for 24 hours. You may take Imodium AD. Do not take kaopectate or Peptobismal as these contain aspirin. Push your fluids. Call the office if you are unable to urinate every six hours. Remember good hand washing to prevent spreading to your family and co-workers.

FEVER
Call if your fever is over 100.4 one hour after taking regular or extra strength Tylenol.

GAS
Simethicone (Gax-X, Mylanta Gas). See indigestion remedies for more help.

HEADACHES
Lay down in a dark, quiet room. Apply a cool cloth to the area of discomfort. You may take Tylenol regular or extra strength.
HEARTBURN/INDIGESTION/REFLUX
Eat small frequent meals, avoid overeating. Sit up for 45 minutes after eating or drinking. Elevate the head of your bed two inches. (Place a brick or piece of wood under the head of the bed legs.) You may try papaya juice or tablets, Mylanta, Maalox, Gaviscon, Zantac, Tums, Pepcid AC.

HEMORRHOIDS
See constipation remedies. Soak in a warm sitz bath 3-4 times a day. Apply ice to the hemorrhoid. You may use Anusol HC or Preparation H and Tucks/witch hazel pads.

INSOMNIA  Sleepy time tea (may be purchased at any grocery store.)  Benadryl or Tylenol PM on limited basis. Avoid caffeine.

NAUSEA
See nausea vomiting sheet

VAGINAL DISCHARGE
You will experience a heavier discharge in pregnancy. Often you may experience perineal itching or irritation as a result. Rinse off with clear water after going to the bathroom, pat the area dry and then use your blow dryer on a low setting to further dry the area. You should notice an improvement within 24-48 hours. If you are not improved or if your discharge is thick, has the consistency of cottage cheese and itchy you may have a yeast infection. If your discharge is thin and is foul smelling after intercourse you may have a bacterial infection. Neither of these are dangerous or an emergency. Please call the office during normal business hours to have the discharge evaluated.

HERBS TO AVOID IN PREGNANCY

- Dong Quai (Angelica sinensis)
- Licorice (Glycyrrhiza glabra)
- Feverfew (Pyrethrum parthenium)
- Cascara sagrada
- Angelica (angelica archangelica)
- Goldenseal (Hydrastis canadensis)
- Senna (cassia acutipolia)
- Gingeng (Panax ginseng, eluethra senticosis, panax quinquefolia)
- KavaKava ((Piper methysticum)

Use with caution:
- Blue cohosh (Caulophyllum thalictroides)
- Black cohosh (Cimicifuga racemosa)
- Squaw vine or Partridge berry (Mitchella repens)
- Ginger (Zingibar officinale)  small doses are ok
- St. John’s Wort (Hypericum perforatum)
- Garlic (Allium sativum)  medicinal doses should be discontinued before the last month of pregnancy

Always use the Latin names for herbs. They often have different common names. Care should always be taken when using herbs, especially in pregnancy. Herbs should always be used under the direction of a trained herbalist and health care provider. **Nothing should be taken without the knowledge of your healthcare provider.**

Please follow package directions on any of the medications listed unless otherwise instructed. Generic or store brands are ok. When calling about a non-emergency, please call during normal office hours: Monday—Friday 9am to 4pm. Please have your pharmacy number available when you call in case it is necessary to call in a prescription. For emergencies after hours please call (770) 513-4000.
MORNING SICKNESS

For most women, the first trimester of pregnancy is both an exciting and confusing time. The body undergoes a variety of changes to accommodate the growing fetus. During this time, it is normal to feel moody or cranky. Morning sickness is simply one of those symptoms which, like fatigue, food cravings and constipation are annoying but usually are not serious and never permanent. Morning sickness is experienced by about 4 out of 5 women. It may occur at any time during the day or night. It is an unpleasant but perfectly normal condition. It may be experienced for only a week or two or may persist for several months. It is generally gone by about the fourteenth week. If this is not your first pregnancy or you are having twins, your morning sickness may be more noticeable. No two pregnancies are exactly alike, and many women who had no nausea with one pregnancy may have morning sickness the next time around and visa versa.

Controlling nausea

As little medication as possible should be given to pregnant women, especially in the early months. Drugs may cross the placenta and can affect the developing fetus. When vomiting threatens the health of the mother or unborn fetus, hospitalization may be required to treat dehydration with intravenous fluids and anti-nausea drugs. The best way of controlling morning sickness is through moderate changes in diet.

• Instead of eating 3 meals a day we recommend six small meals a day at regular intervals. Eat a small amount every 2-3 hours. Have a small breakfast, mid morning snack, small lunch, mid afternoon snack, small dinner and evening snack.
• Avoid heavy, fatty, fried or highly seasoned foods until vomiting is gone.
• Separate liquids from your solids—drink 30 minutes before or after eating.
• Eat prior to getting out of bed. Try saltines, hard candies or other dry carbohydrates.
• Alternate dry and fluid meals. Take fluid feedings only if previous dry feeding was tolerated.
• Eat promptly when hunger is first felt.
• Avoid any specific food causing nausea or vomiting.

As tolerance for food increases, fats and fluids may be gradually added and time between meals increased.

Morning Sickness Remedies

Emetrol may be purchased over the counter
Ginger tablets or powder up to one gram per day
Ginger tea
Red raspberry tea
Peppermint tea
Seabands may be purchased at the drug store
Nestrex, ask the pharmacist to order for you.
Ginger ale is a natural tummy soother. Works better than 7-Up or Sprite.

WHEN TO CALL

• If you are unable to urinate every 6 hours
• If you are losing weight due to vomiting
• If you are vomiting blood every time you vomit. You may notice some blood when vomiting especially if you vomited hard. If this only happens occasionally you do not need to call.
IRON RICH FOODS LIST

Excellent sources:
• Iron fortified
• Unsweetened cereal or bread
• Liver from chicken, beef, pork or calf
• Prune juice
• Raisins
• Clams, Oysters, Mussels
• Cooked beans, lentils
• Pumpkin seeds
• Blackstrap molasses

Good Sources:
• Lean meat, turkey
• Greens turnip, mustard, collard or spinach
• Dried beans, lima beans, black-eyed peas, baked beans
• Shrimp, sardines
• Baked white potato with skin
• Asparagus

Fair sourc: 
• Eggs
• Blackberries, strawberries, dried apricots, peaches, prunes
• Green beans

Iron absorption enhancers: meat, fish, poultry, oranges, orange juice, cantaloupe, strawberries, grapefruit, broccoli, brussel sprouts, tomato, tomato juice, potato, red or green bell peppers.

Avoid eating iron rich foods with: coffee, tea, chard, beet greens, rhubarb, sweet potato, whole grains, bran or soy products as these can inhibit the absorption of iron.

CALCIUM FOOD SOURCES  1200mg needed per day

Excellent Sources: (More than 200 mg per serving)
• ¼ cup powdered skim milk
• ½ cup evaporated milk
• 1 cup skim, buttermilk, whole or chocolate milk
• 2 oz. sardines
• 1 ounce cheddar, edam, mozzarella or parmesan cheese
• 1 cup yogurt
• 1 cup tofu
• 2 egg cheese omelet, Quiche
• Macaroni & cheese
• Pizza, 8-10 inch, lasagna

Good sources: (100-200 mg per serving)
• ½ cup collard, mustard, turnip greens or kale
• 1 ounce cheese spread
• ¾ cup oatmeal
• ½ cup pudding, custard, cottage cheese
• 2 oz. salmon, fish paste
• 4 Apricots or figs

Fair sources: (40-100 mg per serving)
• ¼ cup spinach, okra, broccoli, cabbage or green beans
• 2 ounces shrimp
• ½ cup lima, kidney or baked beans
• 2 small tangerines, 1 medium orange
• 12 whole Almonds,
• 1 tablespoon sesame seeds
• ½ cup ice cream
PEDIATRICIANS GWINNETT MEDICAL CENTER
YOUR SELECTED PEDIATRICIAN MAY NOT COME TO GWINNETT HOSPITAL

All About Kids Pediatrics  Jill Overcash MD
945 River Center Place  Suite 200  Lawrenceville, GA  30043  678.646.0404

Vijay Arora, MD  Nalini Gupta MD
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Bi-County Gwinnett Pediatrics
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CARE Pediatrics  Noelle Ruddock-Solomon MD
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Cooper Pediatrics  Jeffrey Cooper MD
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Yvette Quisling MD, Susan Smiley MD, Anna Tanner MD, Lisa Roberts MD, Ashley Stolle MD,
Shannon Cole MD, George Stickney MD, Monique Welsh-Evans MD
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3540 Duluth Park Lane  Suite 150  Duluth, GA  30095

Hamilton Mill Pediatrics  R David Thomson MD, Gina Maxey MD
3619 Braselton Hwy  Suite 103  Dacula, GA  30019  770.513.8882

Kid’s Choice Pediatrics
2775 Cruse Rd, Suite 1801 Lawrenceville, GA 30044, 678.380.9199

Kids Clinic
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Shanmugasundha Periasamy MD, Guna Sekar MD, Jean Song MD,
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Laurenceville Pediatrics
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Joyce Lovett, MD
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Longstreet Pediatrics   Laura Putnam, MD
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Medlock Pediatrics   Kathryn Benson MD, Alina Battle MD
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