



Specialists
In
Women's Healthcare, P.C.

CONGRATULATIONS ON YOUR PREGNANCY!

We would like to take this opportunity to congratulate you on your pregnancy, and welcome you to our practice of obstetrics. Our health care team will work closely with you, to provide you with state of the art, quality medical care, and to achieve the most satisfying birthing experience possible. The information that follows is meant to answer some commonly asked questions when embarking on this very special time in your life. We encourage you to meet all the providers in the practice throughout your pregnancy. Please feel free to ask any question you may have. No question is too basic or "silly" when asked by a concerned parent.

To Contact Us: We offer 24 hour access to our providers. Call the office phone number 203-754-2535. If the office is not open, the answering service will answer day or night, holidays or weekends, and your call will be returned. If your call is not returned within 20 minutes, please call the answering service again. Routine matters are dealt with during *regular telephone hours* Monday - Friday 9:00am - 5:00pm; or during your routine prenatal visits.

Routine Prenatal Visits:

Visits may be scheduled Monday - Friday. The schedule to occur is:

- Every 4 weeks until 28/30 weeks, then
- Every 2 weeks until 35/36 weeks, then
- Every week until baby arrives

Ultrasounds: You will be scheduled to have an ultrasound early in the pregnancy to confirm and date the pregnancy. You will have another routine ultrasound at approximately 18-20 weeks of pregnancy. Any other ultrasounds done are for medical necessity only. *Ultrasounds will not be performed solely to determine gender of the baby.* We also offer 3D ultrasounds in our practice, and detailed literature is enclosed.

Non Stress Testing: Your provider may order NST's during your pregnancy. These are non invasive tests that can be done in the office or at the hospital. *It is important that you have eaten prior to this test as we will be monitoring the activity of your baby during this test and we need your baby awake and moving for the test.* The testing will take anywhere from 20 minutes to an hour. If you have young children with you at these visits, please consider the length of time this testing can take and have someone available to care for your child(ren).

Prenatal Testing: There are many tests that are offered during your pregnancy that monitor your health and that of your unborn child. At your first prenatal visit, and during your pregnancy, you will be given a lab slip to take to your participating laboratory for blood work and urinalysis that is necessary for your care. Be sure to have the tests done as soon as possible so that the results can be discussed at your next prenatal visit. In addition, there are some genetic tests offered during pregnancy. We will discuss these tests with you during your first few prenatal visits, but it is important that you read and know what is available so that you can make an informed decision. Detailed literature is enclosed regarding specific testing that is offered, which include First Trimester Screening, Quad Screening, Amniocentesis, Chronic Villus Sampling, and Level II Ultrasounds.

You will be asked at your upcoming visit to sign an informed consent stating that you have received information regarding the availability of various prenatal tests. Please discuss the options with your provider and you will then be able to make an informed decision.

You will be prescribed a prenatal multivitamin during your pregnancy.

We advise you to avoid the following: Smoking, alcohol, and illegal drugs, as these substances have been shown to cause harm to your unborn baby. If you take any herbs, vitamins or other over the counter medications, please discuss the continuance of these medications with your providers once your pregnancy is confirmed or if you know you are planning a pregnancy. If any of your other providers have prescribed medication for you, please be sure to inform them if you are pregnant or planning to become pregnant. Do not stop any medication prescribed until you have discussed this with your provider.

Hygiene & Sexuality:

- Do not douche during your pregnancy
- Sexual intercourse is allowed, unless your provider advises you otherwise (If you have pain during intercourse, contractions that last longer than an hour, or you have vaginal bleeding, please contact the office).
- Hot tubs are not to be used during your pregnancy.

Traveling: We generally allow airline or car travel up to 34 weeks gestation provided there are *no complications* during your pregnancy. It is recommended that you allow yourself to walk around every two hours whether traveling by car or plane to promote good circulation and decrease the incidence of blood clots in your legs. Should you have specific questions or concerns we encourage you to discuss them with your provider.

Signs of Preterm Labor: Some signs are menstrual-like cramps, lower, backache, pelvic pressure, intestinal cramps, an increase or change in vaginal discharge, or a general feeling that something is not right, even without a specific cause. These signs may also occur normally in pregnancy, but if you feel any of these signs, you should contact your provider immediately.

Signs of Labor: There are three signs of labor to watch for and they include:

- **Bloody Show:** This may occur before or during labor. The “show” is blood tinged mucous that is discharged when the mouth of the womb opens or dilates. If this occurs after 36 weeks, it is normal and do not be concerned about it. **IF YOU HAVE HEAVY BLEEDING LIKE A PERIOD, CALL OUR OFFICE IMMEDIATELY!**
- **Bag of Water Breaks:** This is the fluid that surrounds your baby and protects it during your pregnancy. The bag may just leak and you will feel wet all the time or it may gush and the fluid will run down your leg. **CALL THE OFFICE IF YOU THINK YOUR BAG OF WATER BREAKS. THIS IS VERY IMPORTANT!**
- **Contractions:** The pains or contractions begin as mild and irregular, but then become stronger and closer together. You should time your contractions. When you start to feel a contraction starting, write down the time. When the next one starts, write down the time. Record and time the length of the contraction. After 36 weeks gestation (when you are one month before your due date) and your contractions come every 5 minutes for one hour, call our office and speak to one of our healthcare providers. If you are less than 36 weeks and you feel four or more contractions in an hour, call our office. You may be in Pre-term labor.

ALWAYS CALL BEFORE GOING TO THE HOSPITAL

When the office is closed, our answering service is instructed to contact the on-call provider and he/she will call you back. Always call (203) 754-2535.

When you arrive at the hospital, always enter through the **EMERGENCY DEPARTMENT** and you will be directed to the labor and delivery suite from there. One of the providers or a registered nurse in the delivery room will be waiting for you.

Delivery: All obstetrical care, including emergencies and deliveries will be provided at Waterbury Hospital or St. Mary's Hospital. It is advisable to register with the hospital before you are admitted for the delivery. Registration paperwork can be obtained at the front desk upon request. We look forward to providing you with the best of care before, during and after your pregnancy. We wish you a happy and healthy pregnancy.

For further information about our practice or providers please visit our website at **www.swhc1.com**.