

Prenatal Instructions

In our group practice, one of us is available 24 hours a day, 7 days a week. Deliveries and antepartum admissions will be cared for in a team fashion with the doctors rotating their call responsibilities. Our progressive, family-oriented approach to obstetrics is shared by all our team.

Your prenatal appointments will be scheduled initially at four-week intervals and every 1-2 weeks during the last stages of pregnancy. You are encouraged to keep these appointments because good prenatal care contributes to the health of mother and baby. Your visit will usually be short, but they are extremely important, as we are able to recognize certain conditions and begin early treatment. We ask that at each prenatal visit you bring a first-morning urine specimen.

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When to Call the Doctor

When contractions are regular and increasing in strength and have been 3-5 minutes apart for an hour, or if your bag of water (membrane) ruptures (whether or not you are having contractions or vaginal bleeding) or if you have questions about being in labor, please call 355-1853. This number is answered 24 hours a day, 7 days a week. A nurse can answer your questions during office hours and the physician on call will help you after the office is closed. The doctor who is on call will be caring for you during your labor and delivery. We deliver at Genesis Medical Center East Campus, 1227 E. Rusholme Davenport, IA.

Colds

What can you use for a cold during pregnancy?

Over the counter medications such as Sudafed 30mg tablets, Robitussin DM cough syrup, Chloroseptic Spray or lozenges, and Tylenol are acceptable during pregnancy. Medications should be used every 4-6 hours as needed. DO NOT take any Ibuprofen or aspirin products (ex. Advil, Motrin).

Nausea | Vomiting

This is a very common concern caused by hormonal changes usually occurring during the first three months of the pregnancy. Suggestions:

1. Eat a few crackers before getting out of bed in the morning.
2. Eat five or six small meals daily, emphasizing carbohydrates and protein.
3. Try supplementing with vitamin B6 (pyridoxine) up to 25 mg three times daily.

If your nausea and vomiting become severe (over 24 hours of not keeping anything down), call the office at 355-1853

What can I do for the stomach flu or nausea and vomiting during pregnancy?

Tiredness

This is a natural effect of hormones and the extra energy needed to carry your developing baby. Try to have rest periods balanced with daily exercise and take your prenatal vitamins.

What is HTA?

The Hydro ThermAblator System (HTA System) is an alternative treatment option for pre-menopausal women with excessive uterine bleeding due to benign causes. The HTA System is designed to ablate the endometrial lining of the uterus without the need for surgery. After the procedure, you may never bleed again, or if you do, your bleeding is generally reduced. We are able to perform this procedure in our office.

Common Questions During Pregnancy

Travel

There is no evidence that travel is harmful during pregnancy. If you are taking a long trip by car, we encourage you to stop every hour or two to stretch your legs to improve circulation. However, it should be noted that if a problem develops, or you go into labor, you will need to find appropriate medical care. For the uncomplicated pregnancy, travel up to 36 weeks gestation is considered reasonable.

Exercise

Exercise is encouraged. Walking is very good exercise, and other exercise is permitted as long as it is comfortable for you. The best guideline to follow is your common sense. A number of exercise classes designed for pregnancy are available.

Dental Work

Any required dental work may be done. Local anesthesia is acceptable.

Lovemakeing

In general, you may participate in any sexual activity as long as it is comfortable for you. There may be exceptions to this, and if you have questions, the doctors will discuss this individually.

Medications

Take only the medications we advise. Remember, even the most ordinary medications go through the placenta to the baby.

Saunas, Hot Tubs, and Tanning Booths

Their use is not recommended during pregnancy. The extreme temperatures may cause complications to you as well as potential damage to your baby. The risks are small but it's prudent to avoid them.

Painting

If you need to paint, keep the room well ventilated. Latex base is best.