Advanced Women’s Health Specialists

Nivin C. S. Todd, M.D., F.A.C.O.G.

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Congratulations on your pregnancy! The next nine months should be a wonderful experience for you and your family, but it may also be confusing and exhausting. Please be sure to take good care of yourself by drinking plenty of water, getting plenty of rest, and eating a nutritious diet. We recommend buying a book called “What to Expect When You’re Expecting” or “Your Pregnancy Week by Week” to help answer many of the questions that may arise during your pregnancy and to keep you informed of how your pregnancy is developing.

We have included a packet that will give you some general information about what to expect during your prenatal visits, a list of problems, which should prompt you to call the office, and a list of over the counter medications you can safely take. Please keep this information handy throughout your pregnancy.

If you have any questions you are welcome to call our office during office hours. Please reserve after hour calls for emergencies.

Once again – CONGRATULATIONS!

Sincerely,

Nivin C. S. Todd, M.D., F.A.C.O.G.

***First Visit***

*Personal interview with Dr. Todd*

*Complete physical exam, including pelvic exam if not performed recently.*

*Pap Smear if not performed recently.*

*Prescription for prenatal vitamins.*

*Routine prenatal lab work:*

 *Complete Blood Count*

 *Hepatitis B Antibody*

 *Blood type, Rh factor, Antibody screen*

 *HIV Antibody*

 *Gonorrhea Culture*

 *Chlamydia Culture*

 *Rubella*

 *Syphilis Antibody*

 *Cystic Fibrosis and/or Sickle Cell if desired*

 *Urine Culture*

*You will have scheduled visits every four weeks until 28 weeks, every two weeks until 36 weeks and then once a week until you are delivered. This schedule may vary depending on your particular pregnancy needs. At every visit, your blood pressure, weight, urine, and baby’s heartbeat will be checked. After 20 weeks the fundal height (top of your uterus) will be measured to assure adequate fetal growth. Tests may be repeated or added depending on the need of each pregnancy.*

***11 weeks***

*First trimester genetic screening for Down’s Syndrome, Trisomy 13 and 18 will be offered. This requires an ultrasound and blood work.*

***16 weeks***

*Optional early gender identification ultrasound. This is not covered by insurance and costs $50.*

***15-20 weeks***

*Second trimester genetic screening for open spinal defects, Down’s Syndrome, Trisomy 13 and 18 (if not already preformed) will be offered.*

***20 weeks***

*An ultrasound will be done to evaluate fetal growth and anatomy. Gender will be disclosed if desired.*

***26-28 weeks***

*One hour glucose test to screen for Gestational Diabetes*

*If your one hour glucose test is high, you will be scheduled for a FASTING three hour glucose test.*

*Complete Blood Count*

*If you have a Rh negative blood type, you will receive a Rhogam injection.*

***35-37 weeks***

*Group B Strep Culture*

*Third Trimester HIV Antibody*

*Vaginal exam to check for dilatation and cervical thinning.*

*An ultrasound will be done to assure adequate fetal growth.*

***38-41 weeks***

*Vaginal exam to check for dilatation and cervical thinning.*

***Additional Information***

* *We encourage anyone who smokes to quit for your health and your baby’s.*
* *Drink 8-10 glasses of water every day.*
* *If you are experiencing nausea and vomiting in early pregnancy, eat small frequent meals consisting of bland and dry foods, such as, toast, soup, crackers, etc. Nausea and vomiting usually resolves around 12-16 weeks.*
* *Walking and swimming are good sources of exercise.*
* *Please refer to the Medications List for the over-the-counter medicines which are safe to use during pregnancy.*
* *Feel free to ask the doctor any questions during your office visit.*
* *Please call the office, during office hours, with any additional questions.*

***YOU SHOULD CALL IF:***

* *Vomiting for more than 24 hours and unable to hold* ***ANY*** *fluids down.*
* *Fever of 101.5 or higher after using Tylenol.*
* *Gushing or leaking a large amount of fluid from your vagina.*
* ***STRONG REGULAR*** *contractions before your 36th week of pregnancy.*
* *Frequent, painful urination.*
* *Severe abdominal pain not relieved by bowel movement, rest, warm bath and 3 big glasses of water.*
* ***SEVERE HEADACHE*** *or headache associated with blurred vision not relieved with Tylenol.*
* ***NO*** *fetal movement after the 24th week*

***Please restrict calls after hours for emergencies only.***

*In case of an emergency, call the office at (423) 777-4579 and the answering service will contact the doctor on call. If your call is not returned in a reasonable amount of time, try again. If your second call is not returned, go to the hospital. If you are less than 20 weeks, you need to go to the Emergency Room. If you are 20 weeks or more, go to Labor and Delivery.*

**Medications Safe to Take During Pregnancy**

**Cold/Flu/Congestion:** Sudafed, Actifed, Tylenol Sinus, Tylenol Cold and Flu, Zyrtec, Claritin

**Sore Throat:** Cough lozenges, warm saline gargle (1 tsp. salt in 1 quart of warm water)

**Allergy Symptoms:** Benadryl, Claritin, Zyrtec

**Rash:** Cortaid topical, Benadryl

**Cough:** Robitussin, Triaminic, Delsym

**Constipation:** Metamucil, Correctol, Dulcolax, FiberCon, Konsyl, Colace, Milk of Magnesia, Miralax

**Fever:** Tylenol (call if > 101.5 after taking Tylenol)

**Headache:** Tylenol

**Pain and Discomfort:** Tylenol

**Diarrhea:** Imodium, Kaopectate

**Heartburn:** Tums, Rolaids, Maalox, Mylanta, Zantac, Pepcid

**Nausea:** Emetrol, Unisom, Mylanta, Vitamin B6, Peppermint

**Hemorrhoids:** Preparation H, Anusol, Tucks Pads

**Yeast Infection:** Gyne-Lotrimin, Mycelex, Monistat