

Pregnancy Information

# The Women's Center

Prenatal Care Handout

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# The Women's Center Prenatal Care Handout

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## Our Providers

Welcome to our practice. We are pleased that you have chosen The Women's Center for your OB care. Our practice consists of Douglas Gearity, M.D., Yasmine Kareem, M.D., Wilfredo Vega, M.D., Shéne Dozier-Allen, M.D., Linda Kenney-Peterson, PA.-C., Kriselle Ruiz MSN, A.R.N.P., and Caprice Wright.

Dr. Gearity received his medical training at Creighton University and his residency was at Arnold Palmer Hospital. He is board certified OB/GYN and has been practicing in the area since 1996. He is married and has four children. In his free time he loves spending time with his family.

Dr. Kareem received her medical degree from Northwestern University in Chicago and completed her residency at Washington University in St. Louis. She has practiced in Orlando since 2003. She is board certified in OB/GYN. She is single and enjoys international travel and cooking for her extended family.

Dr. Vega received his medical degree from Central Del Caribe in Puerto Rico and did his residency training at the Catholic Medical Center of Brooklyn and Queens. He has practiced in Orlando since 2000. He is board certified. Away from work, he spends his time with his wife, a pediatrician, and their 2 kids.

Dr Dozier-Allen graduated the Medical University of South Carolina in 2003. She completed her residency at Winnie Palmer Hospital and has practiced in South Lake County for two years before joining The Women's Center in 2009. She is married with two children and is an accomplished equestrian trick rider.

Linda Kenney-Peterson is a physician's assistant with 33 years experience, 27 of which is in women's health. She trained at George Washington University. Nurse Kenney-Peterson provides gynecologic and prenatal care. She likes working with people and taking care of their problems. In her free time she likes to cook.

Kriselle Ruiz is a nurse practitioner who spent 3 years at Arnold Palmer hospital as a labor and delivery nurse. She got her master's degree from the University of Central Florida. Besides OB/GYN, she has experience in internal medicine. She has one child.

## Overview of Prenatal Care

The purpose of your first visit is usually, to confirm your due date with an ultrasound and draw the necessary blood work. Your provider will also cover the "do's and don'ts" of pregnancy, give you this informational material, and answer any questions you might have. Your next appointment will be in the 12<sup>th</sup> week. This test completes the genetic testing and you will be given some results. Genetic testing will be covered in more detail later.

At 16 weeks, you will have one additional blood test for neural tube defects.

At twenty weeks, you will be scheduled for a one-hour sonogram, which includes 4-D ultrasound. At this appointment we are looking at the brain structures, the heart chambers and the vital organs. We may see baby's gender on this exam, but it's not always possible.

At 28 weeks you will have a one hour test for pregnancy diabetes. At 35 weeks you will have a culture of the vagina for Group B strep. If you are positive, you will need antibiotics in labor. After this visit, you will have your cervix checked at every visit.

Pregnant patients are usually seen once a month until approximately 28 weeks. Then appointments will be every two weeks until thirty-six weeks. After this, until you deliver, you will be seen weekly.

Be prepared to have your weight, blood pressure, and urine sample checked at each visit.

This is the template for normal uncomplicated care. If your pregnancy becomes complicated or problems develop, you will be seen on a more frequent basis and may be asked to have additional testing. We will make every attempt to schedule your testing here, but there are some tests that must be done elsewhere.

If, at any time, you are having a problem or have any concerns, please feel free to call us. It is our commitment to be available to our patients when the need arises.

During your pregnancy, we will also see you for any general medical problems such as: flu, colds, bladder infections, etc...

Your family is welcome to come in with you to any of your visits. A few visits may be longer than others, and baby's heartbeat is only heard after 12 weeks unless you are having an ultrasound.

By 35 weeks, you need to pre-register at Winnie Palmer Hospital. This can be done over the phone by calling 321-843-1800. You should also choose a pediatrician at this time.

The only hospital where we do deliveries is Winnie Palmer Hospital for Women and Babies. The hospital address is 83 W Miller St in downtown Orlando.

After you deliver call your insurance company and notify them about the birth of your baby. Also call our office to schedule your post partum visit. Finally we hope that we can make your pregnancy a satisfying event for you and your family.

## Fetal Kick Counts

After 28 weeks, your baby should do regular exercise. This movement is a sign of fetal health and well-being. If you feel your baby hasn't moved well on any given day, you can go to a quiet room with a small glass of cola. The sugar and the caffeine will make baby more active. Count any movement in your count. If you get to an hour without noting 10 movements, come to the Hunter's Creek location or go to Winnie Palmer Hospital so that we can get a monitor strip on the baby's heart rate.

## When should I go to the hospital?

In the third trimester, go directly to Winnie Palmer Hospital for:

- Bleeding more than spotting that is normal after a doctor's exam.
- Constant low back ache
- Bag of water breaks or leaks
- Tightening or "balling up" of the uterus (more than 5 times per hour)
- Chills, fever, constant vomiting and diarrhea
- Decrease in the movements of the baby
- Headaches, blurred vision, or swelling of the hands and face
- Anything else that seems wrong

# Nutrition

Eat healthy and avoid fast foods and fried foods.

Limit caffeine. We prefer that you have less than 16 oz of caffeinated beverage in a day.

Drink 6-8 glasses of water a day

Calcium is very important for baby and mom (need 1200mg/day)

No raw meats or sushi. If you eat lunchmeat buy it sliced fresh and don't eat it after sitting in the refrigerator for more than 3 days.

Soft cheeses also carry more bacteria than hard cheese. If it spreads or crumbles, avoid it in pregnancy.

Expected weight gain is 25-35 lbs for whole pregnancy if you are starting the pregnancy at a normal weight. Women who begin the pregnancy with a few extra pounds are expected to gain 15 pounds or less. Most will gain quickly in the third trimester, so we expect little weight gain in the first trimester.

Eat small frequent meals will help you avoid heartburn.

Larger fish have high mercury levels and should be avoided in pregnancy. Tuna, mackerel, swordfish, shark and the like should be avoided altogether. Freshwater white fish are the safest, but limit all fish to 1-2 times a week and don't eat the skin.

# Precautions

## Exercise /Activity

No heavy lifting greater than 20 lbs

Can do low impact aerobics (swimming, elliptical, yoga). Anything that bounces you is harmful to the placenta. No jogging, mountain biking, horseback riding, motorcycle riding. A stationary cycle that doesn't bounce on pavement is OK.

Do not let pulse get over 140

Sex is ok unless you are on pelvic rest due to a problem

No amusement park rides

Don't lie flat on your back.

# Travel

Travel can pose risk to your pregnancy at any time simply because while you are on an airplane or an interstate highway you are too far away from a hospital in case of emergency. In addition, if you do make it to a nearby hospital, there is quality of care issues and out of network insurance issues that may interfere with good medical decision-making. **We discourage travel during all trimesters of pregnancy.** A baby born in a good hospital after 24 weeks is expected to live. Born anywhere else, it will surely die. If you must travel please heed the following advice.

Make sure you drink plenty of fluids and move every hour. This will decrease your risk for a blood clot.

Wash hands frequently and take hand sanitizer with you.

Take a copy of your medical records with you.

Airline travel after 28 weeks has a high risk for preterm labor and midair delivery.

After 34 weeks you must stay in Orlando.

## Beauty

The American College of Obstetrics and Gynecology recommends against using hair dye during pregnancy. The Women's Center abides by this recommendation.

No restrictions on acrylic nails, make sure area is well ventilated

No tanning beds

There is no literature on the safety of spray tans in pregnancy

## Medications

NO aspirin, Advil/Motrin/Ibuprofen unless specifically prescribed by a high risk OB specialist.

NO Retin A or retinoid products

NO herbs or over-the-counter medications unless approved on medication list on page 7

No alcohol

No supplemental Vitamin A

## Dentist Appointments

In the event that you require a visit to the dentist during your pregnancy, what follows are the medications that you can be given:

Carbocaine without epinephrine

Xylocaine without epinephrine

X-Rays while shielded

Erythromycin or penicillin antibiotics, as long as you are not allergic

Darvocet for pain

Please take this paper with you to your dental appointment. This may be used as a physician order.



# Common Discomforts of Pregnancy

Symptom	What to do:
Nausea	Eat crackers, toast or cereal Eat five or six meals a day Drink lots of water between meals Avoid strong food smells Avoid greasy or spicy foods
Heartburn	Elevate the head of the bed Do not lie down after eating Eat smaller meals but eat more often Avoid greasy or spicy foods
Dizziness	Change your position slowly Eat regular meals and drink plenty of fluids Do not stay in the sun Report any dizziness to the Doctor
Varicose veins	Avoid stockings or girdles with elastic bands Use support hose specially when laying down Take short rests with legs raised Do not cross your legs
Shooting pain down the legs	Change position: if sitting stand up If standing sit down
Lower leg cramps	Elevate legs often during the day Point toes upward and press down on kneecap Apply a heating pad for relief Avoid heavy meals at bedtime
Trouble sleeping	Do not eat just before sleeping Try drinking milk to help you relax Take a warm bath or shower before sleeping
Feel faint	Lie on your left side
Tender breast	Wear a sports bra Try wearing a bra 24 hrs
Leaking breast	Wear nursing pads or tissues in your bra
Frequent urination	Limit fluids before bedtime

Fatigue	<p>Common in early and late pregnancy</p> <p>Try to exercise to keep from getting so tired</p> <p>Lie down at least once a day</p>
Constipation	<p>Eat raw fruits, vegetables, prunes and whole grain or bran cereals</p> <p>Exercise helps; walking is very good</p> <p>Drink at least two quarts of water a day</p> <p>A cup of hot water three times a day might help</p>
Hemorrhoids	<p>Try to keep bowel movements regular</p> <p>Take short rests with hips lifted on a pillow</p> <p>Sit on firm chairs</p> <p>Practice kegel exercises</p>
Low backache	<p>Rest often, raise legs</p> <p>Move around: do not stand in one place too long</p> <p>Keep knees higher than hips when sitting/reclining</p> <p>Wear low-heeled shoes</p> <p>Use pelvic rock exercise</p>
Vaginal discharge (Itching, Discharge or odor)	<p>Bathe the outer vagina often</p> <p>Use soap without perfume</p> <p>Do not use colored or perfumed toilet paper</p> <p>Do not use vaginal sprays or powder</p> <p>Wear cotton panties</p> <p>Avoid tight clothes or pantyhose</p>

# Choosing a physician for your baby

If you have not chosen a pediatrician for your baby, now is the best time to consider doing so. A lot of thought should be put into this matter, since your relationship with the physician will be a long one.

When you check into the hospital for the birth of your baby, you must select a pediatrician to care for the baby while in the hospital and for your continued care after being discharged from the hospital.

The following are some questions to ask yourself when choosing a physician for your baby:

What physicians have your obstetrician, friends or family recommended?

Which of these physicians are on your insurance?

What are his/her hospital affiliations?

Is the office location convenient to you?

Are the office hours convenient to you?

Can a sick child get an appointment right away?

What provisions are there in the office for a sick child?

Does the physician relate well to children and their parents?

After you reach your decision, you need to make an appointment to meet the physician before your baby is born. You will find that the time you spent with the physician is worthwhile.

Many local communities offer medical services free or low cost. Some of these services might include well baby clinics, sick baby clinics; contact your local Health Department.

Osceola County Health Department - Kissimmee 407-870-1400

Osceola County Health Department - St Cloud 407-892-2973

Orange County Health Department - Orlando 407-889-2871

## Orlando Area Pediatricians

Pediatrics of Central Florida (three offices):

(407) 933-5985

Orlando

11183 S. Orange Blossom Trail

Suite C

(407) 857-2816

Hunter's Creek Pediatrics:

12554 S. John Young Pkwy

Suite 102

Orlando, FL 32837

(407) 856-9966

Kissimmee

801 W. Oak Street

Suite 101

(407) 846-3031

820 Cypress Pkwy

Suite B

Merchant Pediatrics (two offices):

201 Hilda Street

Suite 33

Kissimmee FL 34741

(407) 447-7100

South Orlando Pediatrics - Dr. Evelyn  
Pedrosa

1118 S. Orange Ave.  
Suite 205  
Orlando, FL 32806  
(407) 422-2255

Orlando, FL 32819  
(407) 354-0717

Kidsville Pediatrics  
1050 W. Carroll St.  
Kissimmee, FL 34741  
(407) 518-0078

Dr. Thomas Lacy  
11715 Orpington St  
Suite A  
Orlando, FL 32817  
(407) 380-9115

Dr. Janet Belton  
2271 E Semoran Blvd  
Apopka, FL 32703  
(407) 831-6200

All About Kids  
8500 Commodity Cir

Dr. Zane Kalter  
1010 Lucerne Ter #B  
Orlando, FL 32801  
(407) 423-1812

## What you should take to the hospital

### For labor

Even if you usually wear contacts, you will probably need or want to take them out at some point during your stay so bring your glasses. You might probably also want a hair band and lip moisturizer.

If you prefer your own nightgown to the hospital robe, choose something loose and comfortable without pants that you don't mind getting ruined. Opt for short or loose sleeves so your blood pressure can be checked easily. You might also want to bring your own slippers and robe for walking around during the early stages of labor. Bring several pair of socks, because hospitals are cold.

Something to read, if you're so inclined.

Massage oils or lotions, music, an extra pillow, whatever you need to help relax.

### For you partner/labor coach

A watch with a second hand to time your contractions

A few basic toiletries, such as toothbrush, hairbrush, shampoo and deodorant

Some snacks and something to read

A camera/video camera and extra film, batteries

## Postpartum

A fresh night gown  
Snacks raisins, crackers, granola bars or change for vending machines  
A nursing bra, breast pads, maternity underwear, change of clothes  
Address book and cell phone (or pre-paid phone card)  
A going home outfit

## For your baby

An infant car seat, as you cannot drive the baby home without one  
A going home outfit (one piece are the easiest)  
A receiving blanket  
A pair of socks or booties  
A cap  
Baby nail clippers or emery board in case of long nails

## What not to bring

Jewelry, valuables  
Lots of cash, credit cards