

Congratulations!



You are having a baby and about to begin one of the most **EXCITING**, **WONDROUS**, and **FULFILLING** times of your life.

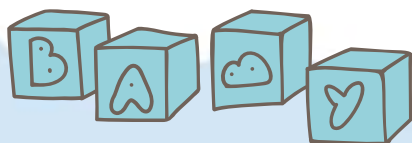
Focus on taking good care of yourself and getting the best care possible for a healthy pregnancy.

You are in good hands and will receive excellent medical and personal attention throughout your pregnancy.

Please call our office at 920.729.7105 with any questions or concerns or visit our website at womenscareofwi.com.

TABLE OF CONTENTS

- 3 Obstetric Patient Services
- 4 Recommendations During Pregnancy
- 5 Obstetrical Ultrasounds
- 6 Foods to Eat
- 7 Foods to Avoid
- 8 Vaccines and Pregnancy
- 9 Safe Medications
- 10 Your Baby Week-by-Week
- 11 Your Baby Week-by-Week
- 12 PT Center for Women



Obstetric Patient Services

Financial Outline

Fees for OB care and delivery are determined based on the specific services received and the nature of the delivery. Total charges vary depending on clinical factors such as a routine vaginal delivery, C-section, VBAC, multiple births, or any medical complications.

If you do not have insurance, we require that you pay for services as you are seen. This can be done by making monthly payments and can be discussed with our insurance department.

Many insurance companies require pre-certification of any hospital admission and will only allow a certain number of days for a hospital stay. It is your responsibility to notify your insurance company of your due date and to obtain the information of how long you are allowed for the hospital stay.

Note: These fees are for Women's Care of Wisconsin only. In addition to the Women's Care of Wisconsin fees, you will be billed by the hospital, anesthesiologist, pediatrician or family doctor, etc., depending on what care you received.

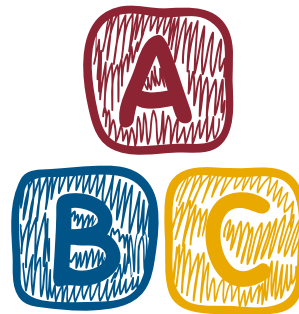


FMLA & Short-Term Disability

FMLA (Family and Medical Leave Act) and Short-Term Disability work together to provide job protection and partial income during pregnancy. FMLA protects your job while you spend time with your baby, while Short-Term Disability pays part of your salary while you aren't working.

Please note the following:

- It is the patient's responsibility to return their completed paperwork to the appropriate company. Per our office policy, we are unable to fax your completed forms.
- It will take **7-10 business days** for all forms to be completed by Women's Care of Wisconsin.
- When requesting time off for maternity leave, you may submit paperwork for completion at **28 weeks or later**.
- Intermittent leave (routine OB appointments, complications in pregnancy) is based upon provider's restrictions, if any.



Recommendations During Pregnancy

Alert healthcare team

Anytime you need to seek healthcare be sure to inform your healthcare team that you are pregnant.

Cleaning products/Environmental precautions

Avoid chemical cleaning products to protect yourself from the fumes and the absorption of toxic chemicals through the skin. They can be harmful to a developing baby.

When you are painting, using any kind of paint product, coloring or perming hair, always ensure you have adequate ventilation to minimize your exposure to the fumes. If you are not able to be near an open window with a fan blowing, you may want to consider wearing a mask.

Exercise during pregnancy

If you already have an exercise routine you may continue that routine in moderation, not lifting over 25 pounds after 28 weeks, 50 lbs. until 28 weeks. .

If you do not have a routine, becoming active and exercising at least 30 minutes 3-4 times a week can benefit your health by increasing energy, improving mood, posture and muscle strength. It may also reduce constipation, backaches, swelling and help you sleep better. Walking or yoga-type stretching is a great place to start.

Hot tubs or tanning beds/sauna

Avoid the use of hot tubs or tanning beds as the heat from these can cause damage to the baby's growing brain and spine. It is however, acceptable to take a hot shower or bath in a regular bath tub.

Smoking

Smoking during pregnancy can adversely affect your pregnancy resulting in problems with the placenta, preterm birth, intrauterine growth restriction, low birth weight and stillbirth. Second hand smoke increases your baby's risk for SIDS and developing asthma. For help to quit, visit smokefree.gov or call 1-800-quitnow.

Sexual activity

Generally, it is safe to have sexual relations while you are pregnant. Some people experience some cervical bleeding after intercourse. This bleeding is small in amount and usually turns brown and clears up within 48 hours. If you have a high risk pregnancy, please speak to your provider about any special restrictions she/he may have for you concerning sexual activity.

Travel

Generally, it is safe to travel by air up to 34 weeks gestation. We suggest you ask for a copy of your prenatal records to bring with you in case you encounter any complications.

To reduce the risk of blood clots while traveling long distances, ask your doctor if you should take 1 baby aspirin daily, 2 days prior and the day of travel. Also, be sure to get out of your seat at least every 2 hours to stretch your legs and improve blood flow.

During all trimesters of pregnancy, the use of seatbelts in the vehicle is encouraged. Proper seatbelt use consists of the lap belt being placed below the belly over the hip bones and the shoulder strap across your shoulder between your breasts.



Obstetrical Ultrasounds

An ultrasound is used to check your baby's growth and take a head-to-toe look at your baby's anatomy. The detail provided by an ultrasound depends on how far along you are in the pregnancy, the amount of fluid around the baby, the fetal position, and the size of the mother.

During an ultrasound exam, a transducer sends sound waves through the body. The sound waves come into contact with tissues, body fluids, and bones. The waves then bounce back, like echoes.

The transducer receives these echoes, which are turned into images. The images can be viewed as pictures on a video screen.

Types of ultrasound

Transabdominal: The most common type, where the transducer is placed on the abdomen.

Transvaginal: A probe is inserted into the vagina to obtain more detailed images, especially in early pregnancy.

Preparation

Clothing: Wear comfortable, loose-fitting clothing that allows access to the abdomen.

Diet: Generally, no dietary restrictions are necessary.

Bladder: A full bladder is needed for many transabdominal scans. You will be informed of this if needed. A full bladder is NOT needed for a transvaginal scan.

During the procedure

Gel application: A gel is applied to the skin to ensure good sound wave transmission.

Positioning: You may be asked to lie on your back or slightly tilted depending on exam type.

Transducer movement: The technologist will move the transducer across your abdomen or vagina to capture images.



What to expect

Painless: The procedure is painless, although some pressure may be felt during a transvaginal ultrasound.

Images: You will be able to see the images of your baby on a monitor.

3D Images: We will attempt to take a 3D image of your baby; this will be dependent on the position of your baby at the time of the scan.

We will attempt to take a 3D image of your baby; this will be dependent on:

- The position of your baby at the time of the scan
- Maternal Habitus
- The gestational age of your baby

Pictures: We will print several pictures of your baby for you to take with you.

Additional information

Children/Guests: We recognize that, at times, you may need to bring your children to your appointment. And trust us, we love to see your little ones' smiling faces! However, our practice has a busy waiting room, potentially dangerous equipment, supplies, and medications, all of which present a safety hazard for unsupervised children. It's also important that we maintain a quiet and peaceful atmosphere.

- If you need to bring your children to your appointment, please bring a responsible adult to supervise them or you may be asked to reschedule.
- Due to the limited space in our Exam and Ultrasound rooms we ask that you bring no more than 3 guests to your appointment.

Digital recordings: Because ultrasound is a medical procedure, digital recordings, including photos and videos on a cell phone, are not permitted in our office. This includes FaceTime, all social media, or any other type of platform or app with video/audio capabilities.

Iron Rich Foods to Eat While Pregnant

- Almonds
- Avocados
- Beets
- Cereals
- Dates
- Dried fruits
- Egg yolk
- Fish
- Leafy veggies
- Kidney beans
- Legumes
- Liver
- Meats
- Nuts
- Parsley
- Peaches
- Pears
- Poultry
- Raisins
- Rice
- Seafood
- Sesame seeds
- Soybeans
- Wheat bran
- Whole grains

Iron should be taken between meals with orange juice.

Ascorbic acid (Vitamin C) enriched fruits and vegetables enhance the absorption of iron.

Tea, coffee and milk reduce the absorption of iron.



Having a healthy diet and proper weight gain during your pregnancy is critical for the well being of your growing baby. The Institute of Medicine recommends the following nutritional intake values and weight gain:

Daily Dietary Recommendations

	Non-Pregnant	Pregnant
Calories	2200	2500
Protein (g)	110	126
Carbohydrate (g)	220	248
Fat (g)	98	112

BMI Weight Gain Recommendations

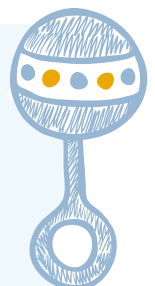
	Total Weight Gain Range (lbs)	Weight Gain 2nd/3rd Trimester (lbs/wk)
Underweight BMI < 18.5	28-40 lbs	1 - 1.3 lbs
Normal BMI 18.5-24.9	25-35 lbs	0.8 - 1 lb
Overweight BMI 25-29.9	15-25 lbs	0.5 - 0.7 lb
Obese BMI > 30	11-20 lbs	0.4 - 0.6 lb

*The above information is for women pregnant with 1 baby.



Additional precautions to avoid contamination:

- Wash all fruits and vegetables before eating
- Avoid cross contamination of food by wiping up raw meat and poultry liquid



Foods to Avoid While Pregnant

Pregnant women should avoid certain foods due to the possible contamination of Toxoplasmosis (a parasite) and Listeria (a bacteria). Although contracting these diseases is very rare, the Center for Disease Control (CDC) claims that pregnant women are 20 times more likely to become infected than a non-pregnant person. Both pathogens can cross the placenta causing harm to the fetus.

We recommend you avoid the following:

- All unpasteurized food products, such as milk and milk products, cheese (including goat), fruit and vegetable juices
- Raw or undercooked meat beef, poultry, fish or shell fish
- Raw eggs (potential risk of Salmonella)
- Vegetable sprouts (alfalfa, clover, or radishes)

Fish and shellfish are good sources of protein and omega-3 fatty acids. We encourage 2-3 meals of fish or shell fish weekly (12 ounce meals or about 42-64 micrograms of mercury). This includes haddock, tilapia, salmon, trout, canned tuna, shrimp, oysters, lobster, etc.

However, we discourage eating large predatory fish due to their high levels of mercury. Too much mercury consumed during pregnancy has been linked to developmental delays and brain damage.

Do not eat the following types of fish:

- Shark
- Swordfish
- King Mackerel
- Tile Fish
- Large Tuna (found in sushi and tuna steaks)

Morning Sickness

Nausea, with or without vomiting, is known as morning sickness but can occur anytime of the day. About 50% of all pregnant women have morning sickness. This can range from an occasional bout of nausea to vomiting so severe that hospitalization is required.

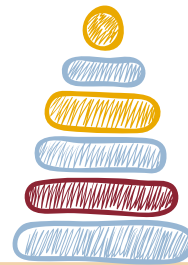
The cause of morning sickness is not well understood, though ideas include changes in hormones and slowing of the digestive tract.

Recommendations to help with morning sickness:

- Avoid fatty foods (particularly fatty meats), fried foods and rich pastries.
- Avoid spicy foods, strong flavors and foods with strong aromas.
- Avoid caffeine.
- Avoid cigarettes and cigarette smoke.
- Try walking everyday.
- Eat high-carbohydrate foods (crackers, toast, or baked potatoes).
- Eat small, frequent meals. Try not to let your stomach get too full or too empty. If it has been < 2 hours since you've eaten, try to eat even if you feel queasy.
- Drink only between meals. Wait a ½ hour after eating to drink something.

- Have a high-protein snack at bedtime like a hard-boiled egg, peanut butter, or ½ a turkey sandwich or cheese with a slice of bread.
- Keep crackers or a snack at the bedside. Before you move in the morning, nibble in bed and get up very slowly.
- Try sipping teas such as peppermint, spearmint, ginger, fennel, anise or raspberry leaf.
- Try ginger root capsules – up to 250mg every 6 hours. Do not exceed this amount.

- Try a 25mg vitamin B6 (pyridoxine) with 1 Unisom sleep tablet (25mg doxylamine) up to three times daily. Walgreens in the Fox Valley will stock a 50mg B6 tablet which can be cut in half. *No prescription is needed, but you do need to ask for it at the pharmacy counter.*
- Get fresh air.



If you are not able to keep fluids down for 24 hours, please notify your provider to discuss options.

Vaccines and Pregnancy

How does getting vaccinated during pregnancy protect my baby?

Vaccines cause the body to create antibodies. Antibodies are proteins that can identify bacteria and viruses and stop them from entering cells and making a person sick. After you get a vaccine during pregnancy and your body creates antibodies, some of those antibodies pass to the fetus. This means the baby will have the antibodies to protect against disease after birth.

Antibodies are a safe, normal reaction to a vaccine. They protect your baby during the first few months of life until your baby can be vaccinated.

Which vaccines may be given during pregnancy?

It is safe to get vaccines for the flu, whooping cough, COVID-19, RSV, hepatitis, pneumonia, and certain types of meningitis during pregnancy. These vaccines are recommended during each pregnancy:

Tdap vaccine

This vaccine protects against whooping cough. Tdap vaccines are recommended during the third trimester of each pregnancy. We also recommend any family or friends caring for the baby to get a Tdap vaccine booster. Your significant other can receive this in our office as well.

Flu vaccine

The flu is a serious illness that can be much more severe during pregnancy. You should get a flu vaccine if you are pregnant during flu season (October through May). It is best to get the flu vaccine early in the flu season, as soon as the vaccine is available. This can be given at any time throughout the pregnancy.

RSV vaccine

This vaccine protects against RSV and the severe lower respiratory tract infection it may cause. You should get this vaccine if you are pregnant or due during RSV season (September through January). It is the safest to get this vaccine between 32 and 36 weeks of gestation.

COVID-19 vaccine

If you are pregnant and not up to date on your COVID-19 vaccines, you should get the currently recommended vaccine series or booster any time during your pregnancy.

Other vaccines are recommended for adults based on their risk of getting a particular disease. Talk with your ob/gyn about the vaccines that you have had in the past. Your ob/gyn may recommend vaccines based on your medical history and occupation.



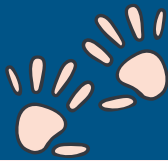
Safe Medications for Pregnancy & Breastfeeding

Today there is much discussion and controversy about the use of medication during pregnancy and breastfeeding. We advocate not taking medication unless absolutely necessary. Be sure and speak with a pharmacist if you have questions regarding any medication, especially if there are combinations of drugs in one medication. If you're breastfeeding, our lactation specialists have information on the safety of various medications.

The following are some suggestions for common problems.

SYMPTOMS & RECOMMENDATIONS & HOME REMEDIES	MEDICATION DURING PREGNANCY <i>(dose per manufacturer's recommendations)</i>	MEDICATIONS DURING BREASTFEEDING <i>(dose per manufacturer's recommendations)</i>
<p>HEADACHES, ACHES AND PAINS If no relief, report this to your doctor.</p>	<ul style="list-style-type: none"> • Tylenol (Acetaminophen) • Icy Hot (ointment/patches) 	<ul style="list-style-type: none"> • Tylenol (Acetaminophen) • Motrin or Advil (Ibuprofen)
<p>COLD/CONGESTION Drink plenty of fluids and rest. Use medications with caution if you have blood pressure or thyroid problems. Consult your physician. Avoid combination products. Buy individual agents and use only what medication you need to treat your symptoms. *If positive for COVID and/or Influenza call the office.</p>	<p>DAY TIME USE <i>For nasal, sinus, or chest congestion:</i></p> <ul style="list-style-type: none"> • Sudafed (Pseudoephedrine) - not in 1st trimester • Mucinex (Guaifenesin) • Vicks VapoRub <p><i>For runny nose:</i></p> <ul style="list-style-type: none"> • Chlor-Trimeton (Chlorpheniramine) <p>NIGHT TIME USE</p> <ul style="list-style-type: none"> • Benadryl (Diphenhydramine HCL) 	<ul style="list-style-type: none"> • Vicks VapoRub • Saline Nasal Sprays • Neti Pot Treatments
<p>COUGH Drink plenty of fluids and rest. Use a cool vaporizer. Use hard candy or throat lozenges for a dry throat. Avoid combination products. Buy individual agents and use only what medication you need to treat your symptoms.</p>	<p>TO PRODUCE A COUGH</p> <ul style="list-style-type: none"> • Mucinex (Guaifenesin) • Robitussin or Tussin (alcohol free type) <p>TO SUPPRESS A COUGH</p> <ul style="list-style-type: none"> • Robitussin DM (Guaifenesin/ Dextromethorphan) 	<ul style="list-style-type: none"> • Robitussin or Tussin (alcohol free type) • Delsym (Dextromethorphan)
<p>SORE THROAT Gargle with a warm salt solution. Drink plenty of fluids. Use hard candy or lozenges to soothe soreness. If a sore throat persists longer than 3 days, call your primary MD for a throat culture.</p>	<ul style="list-style-type: none"> • Tylenol (Acetaminophen) • Any throat lozenges that can be purchased over the counter without a prescription 	* same as pregnancy
<p>STOMACH FLU Stay home and rest. Treat symptoms as they develop. For vomiting and diarrhea, eat and drink clear liquids only (ice chips, popsicles, 7-Up, tea, cola, Jell-O, broth). You may add food gradually after 24-48 hours (saltine crackers, toast, rice, potatoes).</p>	<p>FEVER</p> <ul style="list-style-type: none"> • Tylenol (Acetaminophen) <p>DIARRHEA</p> <ul style="list-style-type: none"> • Imodium (Loperimide) 	* same as pregnancy
<p>CONSTIPATION Increase fluid intake to 64 ounces daily. Add fiber to your diet (fruit, vegetables, bran cereal & muffins, 100% whole wheat bread, cereal or bagels).</p>	<p>DAILY STOOL SOFTENER</p> <ul style="list-style-type: none"> • Colace (Ducosate) <p>FIBER SUPPLEMENTS</p> <ul style="list-style-type: none"> • Metamucil • Benefiber • Miralax (short-term use only) <p>CONTINUED CONSTIPATION</p> <ul style="list-style-type: none"> • Milk of Magnesia • Dulcolax Suppository 	* same as pregnancy
<p>HEARTBURN Eat small frequent meals. Avoid greasy, spicy, and acidic foods. Limit carbonated soda, tea and caffeine. Avoid lying down within 3 hours of eating.</p>	<ul style="list-style-type: none"> • Mylanta, Maalox, Tums, Rolaids (Antacids) • Gas-X (Simethicone) • Pepcid AC (Famotidine) 	* same as pregnancy
<p>ALLERGY</p>	<ul style="list-style-type: none"> • Zyrtec • Benadryl • Claritin 	<ul style="list-style-type: none"> • Claritin

If you have any questions or concerns, please call our office at 920.729.7105 or visit us at womenscareofwi.com.



YOUR BABY *Week-by-Week*

WEEK 0

First day of your last menstrual cycle

WEEK 1

Typical date used for medical calculation purposes

WEEK 2

Conception occurred around this time

WEEK 3

Cluster of cells multiplying along fallopian tube

WEEK 4

Egg embeds itself in the uterine lining

WEEK 5

Embryo is visible to the naked eye; 2 brain lobes and spine is forming

WEEK 6

Brain development begins, arm and leg buds start to grow

WEEK 7

Tiny limbs; spinal cord and brain are almost complete; about .5" long

WEEK 8

Come in for an ultrasound; main internal organs are formed

TIME FOR LABS

First OB appointment (around 8-10 weeks gestation)
Urine tested for Chlamydia/ Gonorrhea, Blood tested for HIV, Syphilis, Varicella, Rubella, Hepatitis B and C, CBC, Blood Typing and Hemoglobin Electrophoresis (if testing has not been done prior)

WEEK 9

Fingers and toes starting; fetus is moving; weighs as much as a grape

WEEK 10

Placenta produces progesterone from now until week 14

WEEK 11

All major organs are formed; relatively safe from miscarriage

WEEK 12

Head rounder with eyelids; about 2.5" long/ .5 ounces

TIME FOR LABS

Second OB appointment (around 12 weeks gestation)
Urine tested for underlying bacterial infections, optional blood testing for genetics may be done.

WEEK 13

Fetus is now formed

WEEK 14

Eyebrows & hair; audible heartbeat; about 3.75" long

WEEK 15

Hair becoming coarser, with pigment if dark-haired

WEEK 16

Nails and lanugo, about 6.75" long and weighs about 5 ounces

WEEK 17

Uterus halfway to navel; fetus aware of sounds outside of the body

WEEK 18

Kicks, grasps, and sucks; about 8" long

WEEK 19

Buds for permanent teeth are forming behind those for baby teeth

WEEK 20

Time for an ultrasound; sex can be determined; about 10" long

WEEK 21

Moves freely and can be felt kicking; weighs almost one pound

WEEK 22

Settling into a pattern of activity and sleep

FIRST TRIMESTER

SECOND TRIMESTER

THIRD TRIMESTER

YOUR BABY *Week-by-Week*

WEEK 23

Braxton-Hicks contractions may massage fetus regularly

WEEK 24

About 13" long and over 1.25 pounds; lungs are immature

WEEK 25

Bone centers beginning to harden

WEEK 26

Skin changing from paper-thin and transparent to opaque

WEEK 27

Wrinkled skin protected and nourished by vernix

WEEK 28

Test for gestational diabetes; about 14" long and 2 pounds; see your provider every 2 weeks

TIME FOR LABS
Third Trimester (around 28 weeks gestation)
Blood testing for diabetes (1 hour glucose) and CBC

WEEK 29

Head now in proportion with the rest of the body

WEEK 30

Fetus probably aware of Braxton-Hicks

TIME to bring in any forms needed.

WEEK 31

Weighs about 4 pounds

WEEK 32

Perfectly formed but lacks fat reserves below skin

WEEK 33

Probably in head-down position from now until delivery

WEEK 34

Skin getting pinker; can tell if mother's stomach is in the sun

WEEK 35

Your baby is about 18" long and 5.5 pounds

WEEK 36

Almost fully mature; may drop into pelvis now; see your provider every week

TIME FOR LABS
36 weeks gestation
Vaginal/rectal swab done for GBS testing

WEEK 37

May hiccup as he/she practices breathing and takes in fluids

WEEK 38

May gain as much as 1 ounce a day now

WEEK 39

New amniotic fluid; meconium in bowel

WEEK 40

About 20" long and ready to be born!

WEEK 41

Overdue and mother is going CRAZY



Crazier still - trying mexican food, long walks, etc.



FIRST TRIMESTER

SECOND TRIMESTER

THIRD TRIMESTER

DID YOU KNOW?

Most women have pain or discomfort during and after pregnancy.

We are here to help you address your specific needs surrounding your pregnancy.

- Pregnancy-related pain
- Postpartum pain
- C-section or episiotomy scar pain
- Diastasis recti
- Pelvic pain
- Bladder issues
- Bowel dysfunction
- Dyspareunia
- Pelvic organ prolapse
- Low back, SI joint & tailbone pain
- Headaches

At PT Center for Women, the care we provide is as unique as every woman.

