



Your Guide to *Pregnancy*



**MATERNAL  
GYNERATIONS**

600 Professional Drive, Suite 200 | Lawrenceville, GA 30046  
2098 Teron Trace, Suite 150 | Dacula, GA 30019

**MatGyn.com | 770.513.4000**



# Congratulations!

Congratulations on your pregnancy! We thank you for choosing and trusting Maternal Generations as your care provider. Our providers and staff are all dedicated to your health, and we look forward to getting to know you over the coming months. We will do all we can to ensure your pregnancy experience is safe, happy and healthy.

This booklet is meant to provide you with information and answers to common questions you may experience throughout your pregnancy. You may also visit our website:

**MatGyn.com**



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# Our Physicians



Brittainy Dark, MD



Andrew Doris, MD



Edmund Kim, MD



Laura Morgigno, MD



Rebecca Williams, MD

# Our Advanced Practice Providers



Josephine Brinkley,  
APRN, WHNP



Shana-kae Davis-Chance,  
APRN, WHNP



Ashley Grimes,  
APRN, WHNP



Jennifer McKinney,  
WHNP, IBCLC



Kristine Miller,  
APRN, WHNP

# Office Hours and Contacting Us

We are open Monday – Thursday, 8:00am - 5:00pm and Friday, 8:00am – 2:00pm. We have two offices, one in Lawrenceville and one in Dacula.

600 Professional Drive, Suite 200  
Lawrenceville, GA 30046

2098 Teron Trace, Suite 150  
Dacula, GA 30019

You may contact us via our patient portal (link on website) or by calling the office during routine office hours for non-emergent questions or concerns. If you have an emergency or believe you are in labor, you may call our main number, 770.513.4000. If your call is received after normal business hours, our answering service will give the on-call physician your message, and your call will be returned.

## Group Practice

Like most modern practices, Maternal Gynerations is a group practice. Each of our delivering providers shares the duties for deliveries at the hospital. For that reason, your doctor may not be on-call the day that you deliver.

We encourage you to meet all of our delivering providers during your pregnancy. During the early months of your pregnancy, you will be scheduled with your primary obstetrician. As your pregnancy progresses, you will rotate among all obstetricians and midwives within our practice. The on-call doctor or midwife will manage any after hour phone calls and the delivery of your baby.

## Hospital

Our practice delivers babies at Northside Hospital Gwinnett in Lawrenceville. This hospital is dedicated to providing precious beginnings. The health of you and your new baby is their top priority. As a Baby-Friendly® facility, they are committed to fostering and nurturing a positive environment and experience right from the start. They will take excellent care of you and your baby during your delivery and recovery process.

Be sure to pre-register prior to your delivery date by visiting:

[northside.com/locations/gwinnett-womens-pavilion](http://northside.com/locations/gwinnett-womens-pavilion)

## Billing

We understand that maternity benefits can be confusing. Billing for maternity care is billed as a “global” service. This means that all of your antepartum appointments, provider delivery fees and postpartum appointments are billed under one umbrella at the time of your delivery. Our billing staff will verify your insurance benefits prior to your first visit and send you information outlining the portion of the global fee that you are responsible for based on your insurance deductible and coinsurance. The estimated deposit is to be paid in full by the seventh month of pregnancy. Should there be any over or under payment, it will be refunded or billed after delivery. Please note that global fees do not include diagnostic tests (ultrasounds, labs or non-stress tests) or hospital fees (anesthesia or facility fees). You can contact Northside Hospital Gwinnett directly for a price quote for their portion. Our billing staff is available during normal office hours to discuss any questions you may have.

# Prenatal Care Outline

During pregnancy, there are a number of tests that are performed to check the health of you and your baby. Below outlines the most common schedule of visits and routine tests we perform as part of your overall obstetric care.

- First Visit – 26 weeks: Visits usually every 4 weeks
- 26 weeks – 32 weeks: Visits usually every 2-3 weeks
- 32 weeks – 36 weeks: Visits usually every 2 weeks
- 36 weeks and beyond: Weekly visits until you deliver

Each visit will include a urine dipstick, blood pressure and weight check. Your provider will listen to the baby's heartbeat with a Doppler at each visit after 12-14 weeks. After 20 weeks, your belly will be measured to determine the appropriate growth of the baby.

If you have a high-risk pregnancy or complications during pregnancy, your schedule and tests may be different from those outlined below. Make sure you follow the schedule as determined by your provider.

**8-12 Weeks** First ultrasound – routine prenatal labs (blood type, blood count, hepatitis B, HIV, syphilis, Rubella immunity, urine culture and drug screen)

**16 Weeks** OB visit – genetic testing for chromosomal abnormalities (optional), genetic testing for neural tube defects (optional)

**20 Weeks** OB visit – ultrasound screening for fetal anatomy

**24 Weeks** OB visit

**28 Weeks** OB visit – diabetes and anemia screening, Rhogam if Rh negative, Tdap vaccine

**30 Weeks** OB visit

**32 Weeks** OB visit

**34 Weeks** OB visit

**36 Weeks** OB visit – Group B Strep vaginal culture, anemia and HIV screening, check position

**37 Weeks** OB visit

**38 Weeks** OB visit – cervical exam











**39 Weeks** OB visit – cervical exam

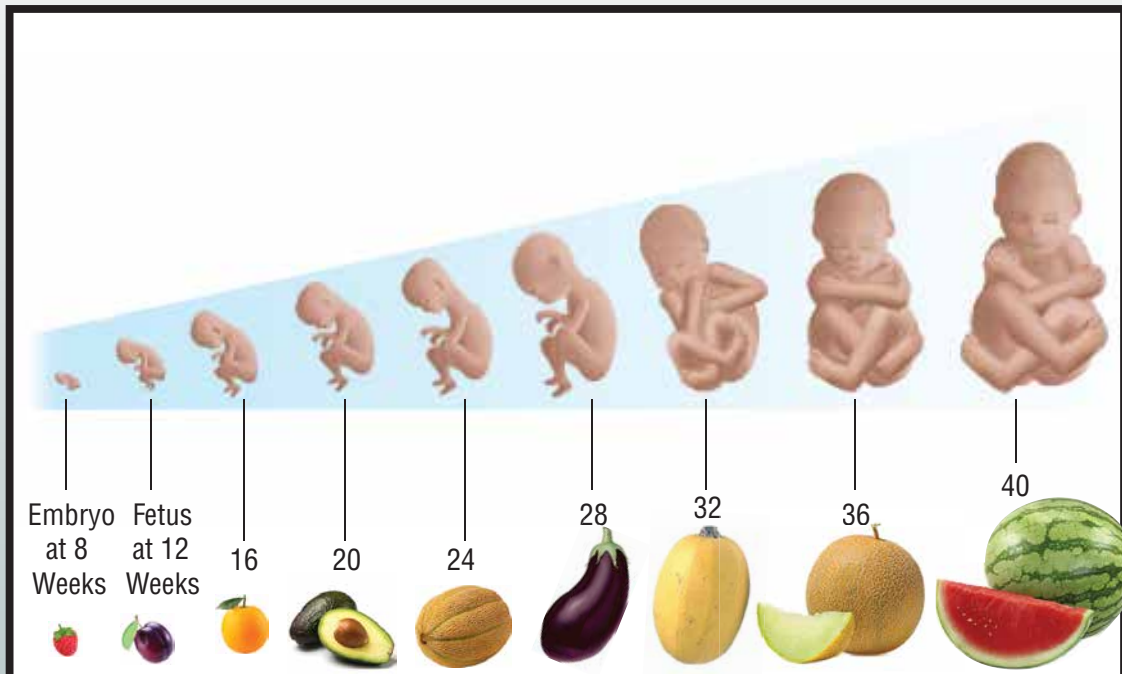
**40 Weeks** OB visit – cervical exam, delivery planning

**6 Weeks After Delivery** Postpartum visit



# Your Baby's Growth

<p><b>Week 4</b></p> 	<p><b>Week 8</b></p> 	<p><b>Week 12</b></p> 	<p><b>Week 16</b></p> 	<p><b>Week 20</b></p> 
<p>Your baby's body now has three distinct layers from which all of the organs will develop</p>	<p>Your baby's tiny fingers and toes start to develop</p>	<p>Your baby's facial features continue to become more defined, particularly the nose and chin</p>	<p>Your baby's skeletal system and nervous systems start to coordinate movement</p>	<p>Your baby's skin thickens and develops layers under the vernix</p>
<p><b>Week 24</b></p> 	<p><b>Week 28</b></p> 	<p><b>Week 32</b></p> 	<p><b>Week 36</b></p> 	<p><b>Week 40</b></p> 
<p>Your baby's movements can reveal to your doctor more about your baby's development</p>	<p>Your baby is starting to take 20-to 30-minute naps</p>	<p>Your baby's movements could start to change</p>	<p>Although your baby's bones are hardening, the skull remains soft and flexible for birth</p>	<p>A surge of hormones in your baby's body could play a part in initiating labor</p>



# Nutrition



Gaining too much or too little weight in pregnancy can result in pregnancy complications, or an infant that is too big or too small. Pregnant women need to eat an additional 100-300 calories per day based on trimester. General guidelines for weight gain in pregnancy are based upon your starting weight:

- Underweight (BMI <18) – 18-40lbs gain
- Normal weight (BMI 18-24.9) – 25-35lbs gain
- Overweight (BMI 25-29.9) – 15-25lbs gain
- Obese (BMI >30) - <20lbs gain

Avoiding processed food, selecting primarily plant-based ingredients, and trying to buy organic foods when possible will help grow a healthy baby.

These are some key nutrients that are especially important:

Nutrient	Reason for Importance	Sources
Protein (>65g)	Builds muscles and organs	Meat, chicken, fish, egg, dairy, nuts and nut butters, broccoli, lentils, whey powder
Calcium (1000mg)	Builds bones and teeth	Dairy, orange juice, spinach, kale, soybeans
Iron (27mg)	Creates red blood cells to deliver oxygen	Lean meat, dried fruits and beans, green leafy vegetables
Vitamin C (85mg)	Promotes healthy gums, teeth, and bones	Citrus fruits, green leafy vegetables, tomatoes, potatoes
Folate (800mcg)	Produces blood and enzymes	Green leafy vegetables, liver, nuts and legumes

There are some foods that should be avoided in pregnancy:

- Raw meat and seafood
- Fish containing high mercury content (i.e. shark, swordfish, mackerel, canned tuna)
- Unpasteurized cheese or milk
- Alcohol
- Caffeine (limit to 200mg/day)
- Cold deli meat, hot dogs, or smoked seafood

# Safe Medications

## Common conditions in pregnancy and approved medications

**Asthma:** Most inhaled medications are considered safe. Budesonide inhaled or nasal spray (Pulmicort or Rhinocort), Albuterol (rescue inhaler), and Salmeterol (Serevent)

**Allergies:** Diphenhydramine (Benadryl), Loratidine (Claritin), Cetirizine (Zyrtec), Fexofenadine (Allegra), and \*\*Pseudoephedrine (Sudafed) – may be used AFTER the 1st trimester (12 wks)

**Constipation:** Increase dietary fiber and water (Fiber one and Kashi bars and cereals are good sources of dietary fiber). Consider adding yogurts containing active cultures like Activia. Useful medications include Psyllium (Metamucil), Methylcellulose (Citrucel), Docusate (Colace and Ducolax), Milk of Magnesia, and Miralax

**Cough:** Guaifenesin (Mucinex, Robitussin), cough drops

**Diarrhea:** Try the BRAT diet (bananas, rice, applesauce, and toast).

**Dizziness:** Rest, increase fluids and caloric intake. If dizziness persists or fainting occurs, please call the office

**Fever:** Acetaminophen (Tylenol)

**Heartburn/Indigestion:** Calcium carbonate (Tums, Mylanta, Rolaids) or aluminum/magnesium (Maalox, Gaviscon) are good first line agents. Cimetidine (Tagamet) or Famotidine (Pepcid).

**Fever Blister:** Abreva, Blistex or prescribed Zovirax

**Headache:** Acetaminophen (Tylenol)

**Hemorrhoids:** Try warm soaks in a bathtub twice a day. After soaking, gently push hemorrhoids in. May also use Tucks, Preparation H, and Anusol.

**Insomnia:** Doxylamine (Unisom sleep tabs), Diphenhydramine (Benadryl), Tylenol pm

**Leg cramps:** Try gentle calf stretches before going to sleep, drink plenty of water, and get regular exercise to prevent cramps. There is no good evidence that taking extra vitamin or mineral supplements are helpful in preventing or treating leg cramps however you can try calcium or magnesium supplements.

**Motion sickness:** Dimenhydrinate (Dramamine).

**Nasal congestion:** Saline nasal drops or spray, \*\*Pseudoephedrine (Sudafed) may be used AFTER the 1st trimester (12 wks)

**Nausea of pregnancy:** Ginger 250 mg daily, Vitamin B6 (Pyridoxine) 25mg by mouth three times daily with or without Unisom Sleep Tabs (doxylamine succinate 25 mg) \_ tablet one to three times daily, Sea bands. Call office for prescription if unable to keep fluids down.

**Rashes:** Hydrocortisone 1% cream or ointment, Caladryl lotion or cream, Benadryl cream, oatmeal bath (Aveeno)

**Sore Throat:** Warm salt/water gargle, Cepacol, Chloraseptic

**Vaginal yeast infection:** Clotrimazole cream (Gyne-Iotrimin, Mycelex), Miconazole (Monistat). We recommend 7 day treatments in pregnancy. If symptoms persist, your provider may prescribe a safe medication.



# Normal Symptoms of Pregnancy

**Nausea/vomiting** – Feeling nauseated, especially in the first trimester, is common and affects up to 70% of pregnant women. Some may experience more significant nausea while others may not experience it at all. Small, frequent meals, including a snack before rising in the morning, can help the stomach from feeling too empty which may exacerbate symptoms. Ginger and peppermint can also help settle the stomach. If nausea becomes severe you should maintain a bland diet and try over the counter Unisom. Prescription medications may also become necessary. If you are unable to keep fluids down without vomiting for more than 12 hours, contact the office.

**Vaginal discharge** – Increased thick milky discharge is common in pregnancy. If the discharge is watery, itchy or smells foul, call the office for evaluation.

**Vaginal spotting** – Light bleeding can be common, especially in the first trimester. It is especially common and normal to occur after intercourse, cervical exams, vaginal ultrasounds or strenuous activity. If the bleeding becomes heavy like a period or is associated with pain, contact the office.

**Cramping** – Cramping is normal in pregnancy due to stretching and changes that are occurring to accommodate the baby. Proper bladder emptying and fluid hydration with water can decrease cramps.

**Constipation** – This is a common complaint in pregnancy due to hormonal changes, inadequate fluid or fiber intake. Be sure to drink plenty of water (80 oz.) and increase fiber rich foods such as leafy vegetables and beans.

**Heartburn** – This common symptom occurs most frequently in the third trimester. Try to eat small meals and avoid lying down after eating. Certain foods such as chocolate, spicy foods and tomato sauce can exacerbate heartburn.

**Leg cramps** – Cramping in the legs and feet occurs often in pregnancy. Eating or drinking electrolyte containing foods such as bananas, green vegetables and beans can help. Taking supplemental calcium and magnesium may be helpful. To relieve cramping, stretch your legs with your feet flexed.

**Swelling** – Because of increased production of blood and body fluids, normal swelling can be experienced especially in the feet and hands. Elevating feet, staying hydrated and wearing compression stockings can help.

**Aches and pains** – As your baby grows, feeling various pains in the back, abdomen, ribs and pelvis are common. This is due to pressure from the baby, increased weight and normal joint loosening. Good posture, Tylenol, heat packs and maternity support belts can help with some of these discomforts.

**Mucous plug** – Passage of a gooey mucous, sometimes bloody substance may or may not occur in the third trimester as your cervix begins to ripen. This is not a sign of impending labor or a significant obstetric event. There is no need to worry or alert the office if you see your mucous plug.

# Complications and Warning Signs

These problems are considered EMERGENT, and we recommend you contact us immediately

- Heavy vaginal bleeding like a period or greater
- Continuous leakage of watery fluid
- Decreased fetal movement
- Severe, unrelenting headache or visual changes
- More than 6 contractions in an hour, if less than 34 weeks
- Painful contractions that are 5 minutes apart or less, if more than 34 weeks
- Chest pain or sudden difficulty breathing

# Dos and Don'ts

**How much weight should I lift?** Do not lift more than 25 pounds on a repetitive basis. Use good body mechanics, and lift with the legs.

**What are good exercises to do in pregnancy?** Walking and swimming are best. This is not the time to take up a new sport/activity. Keep your heart rate under 180 and/or still be able to carry on a conversation.

**Can I sit in a hot tub or sauna?** No. Avoid becoming overheated. Tub baths in your home are fine, but avoid water over 100 degrees. Water jets in a home tub are fine.

**Are there any restrictions on travel?** There are no travel restrictions for pregnancy, however, there are risks with travel. If traveling after 28 weeks please discuss this with your provider at your appointment or call and speak to a triage nurse. You may also look at the CDC's website for any pregnancy travel tips and/or any travel advisories.

**Is caffeine ok?** ACOG guidelines state that a maximum of 200mg of caffeine a day will not put your baby at increased risk for growth issues. We recommend that you limit your caffeine intake to one or two cups a day. You may drink decaffeinated coffee or tea. Be aware of caffeine in chocolate and sodas.

**Can I paint during pregnancy?** Avoid spray paints, oil based paints and varnish. You may use latex based paint in a well ventilated room. Please do not climb/stand on ladders or chairs.

**Can I take vaccinations during pregnancy?** You may take a flu shot (CDC recommends), TB skin test, and Tdap (CDC recommends). For others please ask us during normal office hours.

**What about my cat?** Avoid emptying/changing/scooping the litter. If you must, wear gloves and immediately wash your hands afterwards. You do not have to avoid cats. Wear gloves if planting outside.

**Can I color or perm my hair?** Yes. Allow for good ventilation.

**Can I use a tanning bed?** No. Use sun screen whenever outdoors. You are more prone to sunburn.

**Can I sleep on my back?** Try to not lay flat on your back after 20 weeks. If you wake up on your back or on your right side, do not worry, this is your body's way of telling you to turn over. You should try to sleep mainly on your left side.

**Can I have dental work done?** Yes, having your teeth cleaned is especially important during pregnancy. If dental work is needed, you may have local anesthetic without epinephrine. X-rays are allowed if your abdomen is shielded with a lead apron. *Check with your dentist prior to any appointment, as a clearance letter from us may be required.*

**What if I am exposed to a contagious disease like chickenpox or Fifth's disease?** If you have had chickenpox this is not a problem as you are already immune. Please call the office during normal office hours to arrange blood testing to check for immunity if exposed to Fifth's disease.

**Can I have acrylic nails done during pregnancy?** Usually nails grow long and strong in pregnancy with the aid of prenatal vitamins. If you have acrylic nails be sure they are filled in/applied in a well ventilated room.

**What is normal vaginal discharge during pregnancy?** Typically pregnancy will cause a fairly heavy whitish/yellow creamy discharge that can turn very thin and watery towards the end of your pregnancy. Report any itching, burning or unusual odor at your next appointment.

**What about nose bleeds?** Nose bleeds are common in pregnancy. Tip your head back and pinch your nose. You may use saline spray or Vaseline inside the nose to keep nasal passages moist.

**Can I get a massage during pregnancy?** Yes. Advise your massage therapist that you are pregnant.

**Why am I growing new moles/skin discolorations?** Skin changes are common in pregnancy due to changing hormone levels. If you have questions please ask at your next appointment.

**What can I use for acne?** Decrease or avoid make up. Wash your face twice a day with a face wash or use over the counter benzyl peroxide. Keep your hands off your face.

**Why are my fingers/hand/arm numb?** This is a normal change in pregnancy. You may use wrist splints purchased at the drug store or try applying ice to the wrists.

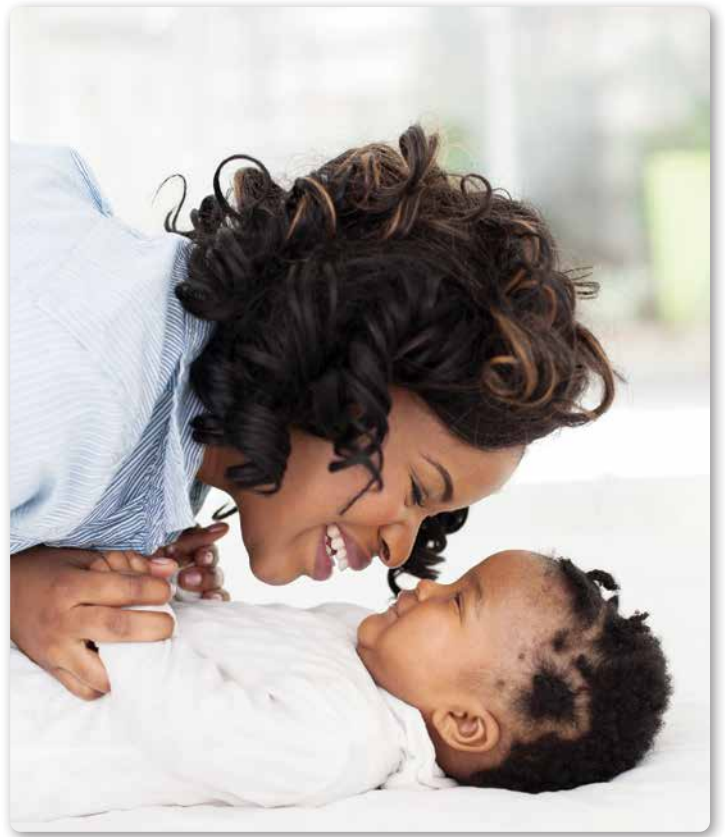
# Classes

Having a baby is a life-changing event and preparing for your newborn can be a little chaotic. To help every parent prepare for their arrival, Northside Hospital Gwinnett offers classes and support groups from childbirth to breastfeeding and beyond.

We encourage all our prospective parents to take part in the classes that they offer:

- Childbirth classes
- Fitness classes
- Online childbirth class
- Pregnancy and childbirth preparation
- Postpartum preparation
- Safety preparation
- Sibling preparation
- Support groups

For more information or to register, visit [northside.com/community-wellness/classes-events](http://northside.com/community-wellness/classes-events)



## Preparing for Labor and Delivery

### Things to consider during the 3rd trimester as your due date approaches:

- Pre-registration with Northside Hospital Gwinnett – this can be done through their website [northside.com/locations/gwinnett-womens-pavilion](http://northside.com/locations/gwinnett-womens-pavilion)
- Research cord blood banking – preserving stem cells from your baby's umbilical cord may be used in the future to treat your baby or other family members' life-threatening illnesses. This is a rapidly growing area of medicine. There are several different ways to bank or donate the stem cells from your baby's cord blood and cord tissue. These can be discussed with your provider.
- Take a hospital tour and/or attend educational classes – the hospital offers free tours of Labor & Delivery which are helpful.
- Select a pediatrician – ensure that the one you have chosen is accepting new patients and accepts your insurance plan (list of pediatricians available upon request)
- Learn more about breastfeeding – we encourage you to breastfeed as human milk is perfectly designed nutrition for babies. Breastfed babies experience fewer infections due to maternal antibodies in breast milk. It also is a great way to bond with your baby. We offer lactation consultation post-delivery at either of our locations. Northside Hospital Gwinnett will also provide lactation education and consultation services before, during and after your stay.
- Consider circumcision – this procedure involves removal of excess foreskin from the penis of a baby boy. It is performed by one of our doctors usually the day after delivery. The procedure is considered cosmetic and is usually done for cultural reasons. There are some small potential medical benefits including decreased urinary tract infections and penile cancers, but these conditions are rare thus medical benefit is minimal. There are also times when a circumcision has to be revised by a urologist. Refer to ACOG website, [acog.org](http://acog.org), for more information.

## Signs of labor – call us if you experience these symptoms:

- Contractions which continue after hydration and rest
- Contractions steadily increase in strength and get closer together
- Contractions are intense and spaced five minutes apart for one hour
- Continuous leaking of fluid from the vagina such that your underwear will not stay dry, even in the absence of contractions

## Other considerations:

- Epidural – Epidural anesthesia involves infusion of pain medication through a catheter in the back that bathes the nerves. It is very effective at controlling pain during labor. It is believed to be very safe for both mom and baby. Epidural does not increase the length of labor or the chances of cesarean delivery. If you desire to attempt birth without anesthesia we will support your decision for this as well.
- Induction – Should you go past your due date or develop a complication during pregnancy, induction may be recommended. Induction is a process where medication is given to stimulate contractions and can be a longer process than spontaneous labor.
- Cesarean birth – Three main reasons which would require a cesarean delivery include breech presentation, the baby does not fit through the birth canal or if the baby shows signs of distress. Should any of these situations arise, rest assured that conservative, less invasive solutions may be attempted, but that ultimately cesarean may be necessary in order to optimize safety for you and your baby.
- Episiotomy – Many women will tear during their deliveries, especially with the first baby. It is always the goal to minimize trauma. Sometimes a small cut is made in the vaginal opening to assist deliveries where a baby is showing signs of distress or when the tearing is occurring in irregular locations.

## Breastfeeding

Breast milk is the healthiest food you can give your baby. Babies who are breastfed are less likely to develop many acute and chronic diseases and are more likely to achieve optimal growth and development. Breastfeeding protects mothers too. Mothers who breastfeed have less risk of breast, uterine and ovarian cancers.



## During Pregnancy:

During pregnancy your breasts will change.

- Your breasts may seem heavier and larger.
- Your breasts may be more tender or sensitive to touch.
- The dark area around the nipple, the areola, may become darker and may have small pimple-like bumps.
- Your breasts may leak early milk (colostrum) during the 2nd and 3rd trimester.

You do not have to prepare your breasts during pregnancy, your body does that for you. Your breasts are planning on you breastfeeding your baby. You will have milk. Talk to friends who have breastfed their babies. They can answer questions and support you. Go to some classes to learn more about breastfeeding. Join a support group so you can talk to other mothers and help each other out.

## In the hospital:

- Let everyone know that you are a breastfeeding mother.
- Begin breastfeeding after the delivery, when the baby is awake and alert.
- Always ask for help if you are having problems or experiencing pain.
- Avoid the use of bottles or pacifiers.
- Feed your baby often.
- Watch for hunger signs:
  - Sucking on fingers
  - Turning his/her head toward you when held
  - Opening the mouth and rooting
  - Hiccuping

Keep your baby with you as much as possible. You should sleep when the baby sleeps, in order to get your rest. If your baby sleeps more than 3 hours since the last feed, wake him/her.

## At home your baby should:

- Suckle and swallow during the feeding.
- Breastfeed 8-12 times in 24 hours.
- Have wet diapers and 3 or more stools a day after the third day.
- Seem content after feedings.

At home your breasts will seem very full, usually by the 4th or 5th day. Feed your baby frequently. This will cause your breast to soften. If your baby has difficulty latching on because of fullness, try expressing your breast or using a breast pump for a few minutes to soften the breast. You can also apply warm towels to your breasts between feeds to reduce the swelling. The swelling is temporary.

**Remember:** The more your baby breastfeeds the more milk you produce.

For any problems you may set up an appointment with our lactation consultant, Jennifer McKinney, WHNP, IBCLC.

# Postpartum

Once discharged from the hospital, routine postpartum evaluation will occur in the office six weeks after delivery. Avoid heavy lifting and strenuous activity during that time, as well as intercourse or any insertions of anything (including tampons) into the vagina for the first six weeks after your delivery. It is normal for vaginal bleeding to continue for up to 6 weeks after delivery. Constipation and hemorrhoids are common following delivery and can be treated with usual over the counter remedies.

Prior to your postpartum checkup, please call if you have excessive pain uncontrolled with medication provided upon discharge, excessive bleeding (more than 1 pad every hour) or fever over 101° F.

At your postpartum appointment we will evaluate your healing from the delivery, screen for postpartum depression and discuss contraception plans.

Postpartum baby blues are a common response to normal hormonal changes in your body. This includes some sadness and crying for the first 1-2 weeks. Postpartum depression can manifest as trouble bonding with the baby, excessive sadness or anxiety. Please let us know if you need additional assistance or if the blues have lasted longer than two weeks.

We also offer a Postpartum Peer Support Group led by licensed counselor, Nikki Reeves, twice a month. This is offered at no charge and is a safe space to discuss your experiences and changes as a new mom.



# Notes & Questions

If you have additional questions, or need information on another topic, please take note and ask the nurse or doctor at your next appointment. We ask that when you call the office or if you have an emergency and need to speak to the doctor on call that you please have a pharmacy number available so that prescriptions can be called in if necessary. It is also important that we speak to you directly if at all possible.

My Pharmacy and Phone Number: \_\_\_\_\_

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