



MATERNAL GYNERATIONS

Congratulations on your pregnancy!

For those of you new to Maternal Gynerations, welcome! If you are a returning patient, welcome back! We look forward to working with you throughout your pregnancy and providing you with excellent prenatal care.

At the time of your first visit to our office we ask that you arrive 30 minutes before your scheduled appointment time so that we may complete your registration before seeing the Doctor. For subsequent appointments you will be asked to arrive 10 minutes prior to your scheduled appointment time.

We are happy to bill your insurance company, and ask you to bring your insurance information with you to your first visit. If any insurance changes occur during your care, we must be notified as soon as possible. We will bill your insurance company for your "Global" services which include your routine visits, the delivery of your baby and one post partum visit after your baby is born. Any miscellaneous fees that are not included in the global fee that will also be billed to your insurance company in the month they occur. These include ultrasounds, blood draws and visits unrelated to pregnancy. Our billing office will review your insurance benefits. These benefits are not guaranteed, as occasionally we are misquoted by the insurance company or changes have been made to your plan after we have obtained your benefits. We are usually able to estimate the financial responsibility you may have. We will set you up on a monthly payment schedule so you will have paid the expected charges for your prenatal care and delivery by the end of your 28th week. You will receive a separate bill from the hospital for their charges after your pregnancy is over.

If any questions or problems arise before your first visit, please feel free to call our office.

We look forward to seeing you!

Maternal Gynerations, PC Physicians & Staff

*If you need to speak to a triage nurse you may call 770.513.4000 during normal business hours. If you are signed up for the patient portal you can click on the "Ask a Clinician" option and send an electronic message to the nurse. We do have an on-call physician 24/7 for emergencies only. **Non-emergencies and prescription requests will be addressed during normal business hours only.***

www.maternalgynerations.net

Schedule of Prenatal Visits

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 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. The doctor will listen to your 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 will be different from those outlined below. Make sure you follow the schedule as determined by your doctor.

First Prenatal Visit

8 – 10 weeks

You will meet with a triage nurse who will do the following:

Obtain a full medical history including past medical problems, surgeries, previous pregnancies and current/recent medications. Also, there will be an education portion about what to expect during the course of your pregnancy. This is an opportunity to ask any questions you may have.

Your doctor will perform the following:

Full physical exam including a pap smear (if needed) and STD testing (for chlamydia and gonorrhea)

Urine dipstick to check for protein and/or glucose in urine

Urine culture to check for urinary infections

Blood work to test for Hepatitis B, HIV, Rubella immunity and Syphilis

Complete blood count to check for anemia and platelets

Blood type (A, B, O blood types) and RH status (positive or negative), with an antibody screen

Ultrasound to confirm estimated due date and heartbeat (may be delayed if you are very early – usually done after 8 weeks)

10 – 13 weeks

First trimester screening is available (and is optional). NIPS (non-invasive prenatal screening) is a simple blood test that can check for Trisomy 13, 18 and 21, as well as sex chromosomes.

15-20 weeks

Second trimester screening for birth defects is available. The AFP is a simple blood test that will screen for ONTD (open neural tube defects).

20 – 22 weeks

This is usually when the anatomy ultrasound is scheduled. This ultrasound looks at basic anatomy including the brain, heart, bladder, kidneys, face and limbs, as well as the overall growth and fluid. It can also determine the sex of your baby by looking directly at the genitals, however, gender is not considered essential to the evaluation.

28 weeks

This is usually the time for your diabetes screen in pregnancy. All women are screened using the one-hour glucose tolerance test. You do not have to fast for this test, but you should not eat for 3-4 hours prior to drinking the glucose drink. Please avoid carbohydrates and sugars such as fruit, milk and juice.

A blood test will be performed exactly one hour after drinking the glucose drink – we check for the blood sugar level and also screen for anemia. If your blood sugar is above 135, you will need to do additional testing to see if you have gestational diabetes.

If you have Rh Negative blood, you will receive a RhoGam injection at this time.

35-37 weeks

Screening for Group B Strep (GBS) usually occurs at this visit. If you are positive for GBS, you will be given antibiotics during labor to help prevent infection in your baby. *GBS is not an infection but babies exposed to GBS are at higher risk of infection after birth.*

36 weeks and on

Your doctor may perform an internal exam on you to determine if your cervix is changing, especially if you are experiencing contractions or pressure.

Frequently Asked Questions

What do I do if I go into labor?

Call our office.

Why do I have to rotate visits with the providers?

This is so you will get to know all of the providers. You will always be associated with your primary doctor, but the doctor on call will be the one who delivers your baby.

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 140 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 you are needing to travel after 28 weeks please discuss this with your doctor at your appointment or call and speak to your 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. Avoid straighteners with sodium hydroxide. **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 but no nitrous oxide "laughing gas". 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. You may try the remedy on the common complaint sheet. If not improved, 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 the 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. Use caution when picking up hot liquids.

Nausea/Vomiting in Pregnancy

Nausea (with or without vomiting) is very common during pregnancy. Most pregnancy related nausea is caused or worsened by an empty stomach. You should eat a small snack every 2-3 hours to help combat this. Taking your prenatal vitamin at bedtime may help ease nausea as well.

If vomiting does occur, drink only clear liquids and eat small amounts of bland foods (avoid spicy or acidic foods).

Natural Treatments for nausea:

- Vitamin B-6 (Pyridoxine) – 50 mg daily can help to alleviate pregnancy related nausea.
- Ginger – natural ginger (not artificially flavored) including naturally flavored drinks, ginger root tea, ginger candy or gingersnap cookies
- Peppermint – gum, candy or peppermint tea
- Sea Bands – wrist bands that apply pressure to specific points on the wrist to help relieve nausea

Safe, over-the-counter medications for nausea:

- Meclizine (Brand names: Antivert, Verticalm or Bonine) – this is an antihistamine used to treat motion sickness but can also help to relieve nausea.
- Doxylamine Succinate (Brand name: Unisom) - this is an antihistamine taken at bedtime that treats insomnia but also helps with nausea. Combine with B-6 for best results.
- Acid reducers – examples are TUMS, Zantac and Pepcid. These will reduce acidity in stomach that can make nausea worse. (Pepto-Bismol is not advised for pregnancy as it contains aspirin which is a NSAID)

If you have been vomiting for over 24 hours, unable to keep anything down or have been unable to urinate for 6 hours PLEASE CALL THE OFFICE. This may mean you are in need of IV hydration.

If natural and over-the-counter remedies are not effective you may need a prescription medication. Please talk with your MD or triage nurse to determine if this is needed.

You may call the main office number 770-513-4000 or send an electronic message under “Ask a Clinician” link on our Patient Portal to contact the triage nurse. *Please do not send urgent messages through the portal.*

COMMON COMPLAINTS AND REMEDIES OF PREGNANCY

ACHES/PAINS

You may take regular or extra strength Tylenol as directed on the package instructions. For backaches you may also apply heat on a low setting or apply ice to the painful area. For abdominal pain we recommend rest, Tylenol and a warm tub soak.

BLEEDING

You may notice spotting or bleeding after intercourse. If you experience this please abstain from intercourse for 48 hours after the bleeding has resolved. *You do not need to call the office for this.* If you are having bright red bleeding that is soaking a pad please call the office.

COLDS/COUGH, STUFFY/RUNNY NOSE, SORE THROAT, ALLERGIES

Nasal congestion: Mucinex (guaifenesin) to break up mucous. Use as directed on bottle. Will not make you jittery or sleepy. Use day and night until mucous has been gone for a day. Sudafed (pseudoephedrine) to open up nasal passages. Also used to drain sinuses and relieve pressure in ears. May make you jittery. If it makes you jittery do not take at night. Use day and night for at least 24 hours or until congestion or ear pressure has been gone for a day. Saline nasal spray (not to be confused with Afrin, Dristan, etc.) to help break up mucous and moisturize nasal passages. Shower Soothers, tablets to place in bottom of shower that naturally opens nasal passages. If you will use Mucinex, Sudafed and saline spray, wait 30 minutes and then take warm shower or hold head over steam from boiling water. Mucous will really break up and is easier to blow out.

Runny nose: Plain Claritin (no D), Chlortrimeton, Zyrtec, or Benadryl to dry up runny nose or for allergy symptoms. May cause you to be drowsy.

Cough: Delsym or Robitussin DM (guaifenesin with dextromethorphan) or Creomulsion. Breaks up mucous and stops irritating cough. Does not stop cough that brings up mucous. You do not want to stop a cough that produces mucous.

Sore throat: throat lozenges (without benzocaine). Warm tea with honey or lemon. Gargle with warm salt water. Suck on hard candies.

Steam vaporizer or humidifier. Moisturizes airways.

When to call the office: If fever remains above 100.4 one hour after taking Tylenol, difficulty with breathing or short of breath not associated with a stuffy nose. Antibiotics are not usually necessary or effective as colds and flu are viral and not cured with antibiotics.

CONSTIPATION

This is a normal change in pregnancy. Increase your water to 3 liters per day. Stay active. Increase the fiber in your diet. You can eat bran muffins, raisin bran cereal, oatmeal, nutri-grain cereal, pears, etc. Increasing raw vegetables in your diet is often helpful. Adding fiber such as Benefiber or Metamucil up to twice a day is helpful

as well. For more severe cases you can add colace (stool softener) one to two times a day, Miralax or Milk of Magnesia. *Do not take stimulant laxatives.*

DIARRHEA Start the BRATT diet: Bananas, Rice, Applesauce, Toast and Tea. Continue the BRATT diet until you have not had diarrhea for 24 hours. You may take Imodium AD. Do not take Kaopectate or Peptobismal as these contain aspirin. Push your fluids. Call the office if you are unable to urinate every six hours.

FEVER

Call if your fever is over 100.4 one hour after taking regular or extra strength Tylenol.

GAS

Simethicone (Gax-X, Phazyme). See indigestion remedies for more help.

HEADACHES

Lay down in a dark, quiet room. Apply a cool cloth to the area of discomfort. You may take Tylenol regular or extra strength. Drink plenty of water daily to help prevent headaches.

HEARTBURN/ INDIGESTION/REFLUX

Eat small frequent meals, avoid overeating. Sit up for 45 minutes after eating or drinking. Elevate the head of your bed two inches. (Place a brick or piece of wood under the head of the bed legs.) You may try papaya juice or tablets, Zantac, Tums, Pepcid AC, or Prevacid.

HEMORRHOIDS

See constipation remedies. Soak in a warm sitz bath 3-4 times a day. Apply ice to the hemorrhoid. You may use Anusol HC or Preparation H and Tucks/witch hazel pads.

INSOMNIA Sleepy time tea. Benadryl or Tylenol PM on limited basis. Avoid caffeine.

NAUSEA

See nausea vomiting sheet.

VAGINAL DISCHARGE

You will experience a heavier discharge in pregnancy. Often you may experience perineal itching or irritation as a result. Rinse off with clear water after going to the bathroom, pat the area dry and then use your blow dryer on a low setting to further dry the area. You should notice an improvement within 24-48 hours. If you are not improved or if your discharge is thick, has the consistency of cottage cheese and itchy you may have a yeast infection. If your discharge is thin and is foul smelling after intercourse you may have a bacterial infection. Neither of these are dangerous or an emergency. Please call the office during normal business hours to have the discharge evaluated.

Pediatricians

All About Kids Pediatrics – Jill Overcash, MD

945 River Center Place, Ste 200

Lawrenceville, GA 30043

678.646.0404

Lilburn Pediatrics – Vija Arora, MD Sarvpreet Kaur, MD

4025 Lawrenceville Hwy, Ste B

Lilburn, GA 30047

770.381.0307

Bi County Gwinnett Pediatrics

4120 Five Forks Trickum Rd SW, Ste 102

Lilburn, GA 30047

770.923.6400

Care Pediatrics – Noelle Ruddock-Solomon, MD

4855 Rivergreen Pkwy, Ste 610

Duluth, GA 30096

770.232.1444

Children's Medicine, PC

Buford – 770.614.7366

Lawrenceville – 770.921.7386

Suwanee – 770.406.2500

Cooper Pediatrics – Jeffrey Cooper, MD

3645A Howell Ferry Rd

Duluth, GA 30096

678.473.4738

Crescent Pediatrics – William Moneit, MD

2925 Premier Pkwy #140

Duluth, GA 30096

770.495.6222

Eastside Pediatrics – Muhammad Ali, MD

2311 Henry Clower Blvd SW

Snellville, GA 30078

770.982.0255

G C Pediatrics – Samuel Song, MD Jejin Kim, MD

3435 Duluth Park Ln Ste A

Duluth, GA 30096

678.417.0407

Gwinnett Pediatrics

Lawrenceville, Dacula and Sugar Hill Locations –
770.995.0823

Hamilton Mill Pediatrics – David Thomson, MD

3619 Braselton Hwy Ste 103

Dacula, GA 30019

770.513.8882

Kids Choice Pediatrics – Venkateswara Dikkala, MD

2775 Cruise Rd, Ste 1801

Lawrenceville, GA 30044

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Mason Children's Clinic – Howard Ellis, MD
Divya Joshi, MD Anita Khichi, MD Juna Sekar,
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Lawrenceville Pediatrics - Lise Baudean, MD
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Vicki Morgan, MD Michael Tim, MD

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770.466.6112

Longstreet Clinic Pediatrics

Braselton – 770.533.4770

Gainesville – 770.535.3611

Oakwood – 770.533.6500

Medlock Pediatrics – Maria Batlle, MD
Kathryn Benson, MD

3497 Duluth Park Lane NW

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Pediatric Associates of Lawrenceville – Anna
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770.277.6725

Suwanee Pediatrics – Bolaji Odusina, MD

1155 Lawrenceville-Suwanee Rd

Lawrenceville, GA 30043

678.442.0205

Shah Pediatrics – Taru Shah, MD May Hawaini,
MD

310 Philip Blvd

Lawrenceville, GA 30043

770.962.3141

Sugarloaf Pediatrics

3525 Sugarloaf Parkway

Lawrenceville, GA 30044

678.377.1113

Village Pediatrics

1862 Auburn Rd

Suite 107

Dacula, GA 30019

678.288.4142

Zaman Pediatrics

2800 Main Street W

Snellville, GA 30078

770.979.2600