

Welcome to Women's Services – Lexington!

Congratulations on your pregnancy, and welcome to our obstetrics and gynecology practice. We would like to give you some basic information about ourselves and let you know some of the more important general guidelines for a healthy pregnancy. We will try to answer some of the common pregnancy questions that we are asked. Since every patient is different, and every pregnancy is unique, this general information may not be enough for you, or entirely applicable to your specific situation. We suggest seeking further information in any of the readings or web sites included in this packet. Being informed and involved in your care will make for a healthier pregnancy. Please keep this handout in a convenient place...you may need it later!

About Our Practice

Our team of providers includes physicians and advanced practice providers who are all specialists in managing pregnancy. Each of us is dedicated to making your pregnancy and delivery as safe as possible. We are fortunate to have a close professional relationship with the Wake Forest Baptist Health Department of Maternal-Fetal Medicine/High Risk OB, and we may ask physicians from that group to assist us in your prenatal care. Our obstetricians may be assisted by resident physicians during your time at the hospital.

All baby deliveries will take place at The Birth Center at Wake Forest Baptist Medical Center in Winston-Salem. Our obstetricians share call days at this location with other obstetricians from across the Wake Forest Baptist Health system. We try to share that time equally, delivering whichever patients that are in labor that day, evening, or night. We rotate this obstetric call so we can be at our best for each delivery—providing you with a safe and healthy delivery experience!

At The Birth Center, we do offer alternative birthing rooms should you consider a more natural, pain mediation free delivery. You can discuss this option with your provider to see if you are an appropriate patient for this type of delivery experience.

Our Location:

Women's Services—Lexington

7 Medical Park Drive
Lexington, NC 27292

WakeHealth.edu

Hours:

Monday–Thursday, 8 am to 5 pm
Friday, 8 am to Noon

If you have questions about your care, please call the clinic at 336-243-3431 during office hours.

If you are experiencing pain or need emergency assistance **after hours**, please call the **clinic at 336-243-3431**. Our triage nurse will be able to assist you and get the care you need.

Our practice can assist you with all pre-natal and post-partum (after delivery) care. You will only need to go to Wake Forest Baptist Medical Center in Winston-Salem for high risk situations and for the baby delivery. Information on The Birth Center is included in this packet.

Financial Services

If you have any questions regarding your insurance and billing for your care, please contact one of our financial counselors at (336) 716-4197. If you are uninsured and unable to pay for your obstetric services, please contact our Financial Services department at (336) 716-0681 for assistance.

prenatal care

Schedule of Visits

The average length of a pregnancy is 40 weeks from the beginning of the last menstrual period. Pregnancy is divided into 3 trimesters. The first trimester lasts until 14 weeks, the second trimester until 28 weeks, and the third trimester lasts until delivery.

In general, visits are every 4 weeks until 28 weeks, every 2 weeks from 28 weeks to 36 weeks, and weekly after 36 weeks. Care is individualized past 40 weeks.

Tests

The following is an outline of the basic tests we recommend. Further tests may be necessary for specific indications.

- First Trimester Labs: New OB blood panel (maternal blood type and Rh factor, antibody screen, blood count, Rubella status, Syphilis screen, HIV antibody, Hepatitis B surface antigen), baseline urine culture, Pap smear if needed, and chlamydia/gonorrhea testing.
- 12-13 weeks: First Trimester Screen (if desired) is a screen for genetic abnormalities which involves an ultrasound and lab work.
- 16-20 weeks: Additional serum genetic screening will be discuss if applicable for your care.
- 18-20 weeks: Ultrasound to check baby's major anatomic structures.
- 24-28 weeks: One-hour glucose challenge test to screen for gestational diabetes, urine culture, complete blood count, Syphilis screen, HIV screen and antibody screen. If mother's blood type is Rh negative she will receive a RhoGAM injection. Tdap vaccine given to protect your baby against Whooping Cough (Pertussis).
- 35-36 weeks: Vaginal/rectal culture for Group B Strep screening and repeat chlamydia/gonorrhea testing.
- After delivery, you may receive RHogam, Varicella and Rubella vaccines in the hospital if indicated.

advice and frequently asked questions

Activity

We recommend maintaining your fitness level. Walking and swimming are good, safe activities. Due to changes in balance, please avoid riskier sports such as biking, rollerblading, etc. after the 2nd trimester. You should avoid activities that make you so short of breath that–(you can't talk easily). Saunas and hot tubs may raise body temperature, and so should be avoided in the first trimester. Sex is safe until the very end of pregnancy, unless you have certain complications that we would warn you about.

Diet

It is very important to stay well hydrated. In the early part of pregnancy, even if you do not feel like eating much, it is very important to drink fluids. Keep a water bottle with you and sip frequently. Please try to eat a healthy, well balanced diet, high in fruits, vegetables and lean meats. Fiber-rich foods may help avoid constipation and hemorrhoids that are common in pregnancy. While we recommend prenatal vitamins, they are not a necessity in healthy, well-nourished women. It is important, however, that pregnant women achieve a daily intake of 0.4-0.8mg (400-800mcg) of folic acid through the first trimester (to lower the risk of certain nervous system birth defects) as well as 30mg of elemental iron and 1200mg of calcium throughout the pregnancy.

Please avoid eating:

- Raw and undercooked seafood, eggs and meat
- Hot dogs/luncheon meats unless they are heated until steaming hot just before serving
- Unpasteurized milk and products made with unpasteurized milk
- Fish high in mercury (shark, king mackerel, and tilefish). Limit white (albacore) tuna to 6oz per week
- Refrigerated meat spreads
- Refrigerated smoked seafood

Weight Gain

The average weight gain recommended is between 25-35 pounds. This may be more or less, depending on your baseline weight. Most of the weight gain occurs in the second half of pregnancy. Don't be concerned if you have a small weight gain in the first few months (5-10lbs). We do not recommend dieting during pregnancy.

Healthy Futures is an optional program within our health system offered to women with a BMI of 30 or greater to assist with healthy weight gain.

Expected weight gain based on pre-pregnancy BMI (Body Mass Index):

BMI	Weight Gain
<18.5	28–40 lbs
18.5–24.9	25–35 lbs
25–29.9	15–25 lbs
>30	11–20 lbs

Exposures

It is important to try to avoid exposure to toxins, certain medicines, illicit drugs, infections, etc., especially during the first trimester when organs are forming.

advice and frequently asked questions

Medications

Please inform us of all medicines you take. Please make sure your medication list is updated every visit and inform us of any outside medications.

- Illicit Drugs (cocaine, marijuana, etc.)—These substances should not be used at all, and especially in pregnancy. We need to be informed of any past or current drug use to help us assess and lower your risk. Counseling is available for anyone who needs assistance.
- Alcohol: A safe level of alcohol consumption has not been determined. Therefore, it is recommended to abstain from consuming alcohol in pregnancy.
- Cigarette smoking, including second hand smoke, decreases the oxygen supply to your baby. It is associated with poor outcomes (such as low birth weight, prematurity, learning disabilities, stillbirth), not to mention the risk to your health. It is advised to quit smoking. Talk to your provider if you need help quitting.
- Most experts state that consuming fewer than 200mg of caffeine (one 12-ounce cup of coffee) a day during pregnancy is safe.
- Avoid aspirin, ibuprofen or naproxen unless prescribed by a provider.

Infections

Resistance to infection is diminished in pregnancy. Certain infections can affect the baby, and some infections are harder to treat in pregnancy. Therefore, we recommend avoiding exposure to infections when possible. Common colds do not harm the fetus. Some infections to avoid are: rubella, toxoplasmosis (from undercooked beef and handling outdoor cats), fifth disease, listeria (from soft and unpasteurized cheeses, tainted meats), tuberculosis, and STDs like chlamydia, gonorrhea, syphilis, hepatitis, and HIV. Please inform us if you think you may have been exposed. If you have not had chicken pox, please let us know. Flu vaccine is safe in pregnancy (we encourage our OB patients to be immunized), but you should not get a rubella or chicken pox (varicella) vaccine during your pregnancy.

Immunizations:

- Flu Vaccine: we recommend getting the flu shot because it is the best way to protect yourself (and your baby for several months after birth) from flu-related complications.
- Whooping Cough Vaccine: we recommend getting the whooping cough vaccine to help your body create protective antibodies that can be passed to your baby before birth. These antibodies will provide your baby some short-term, early protection against whooping cough.

Safety

You are now responsible for another life! Seat belts are safe in pregnancy. Make sure to wear the lap belt low, over your hip bones, not your belly. Keep your seat as far back as you can from the steering wheel, while still having proper control of your car. Helmets are a necessity for activities such as biking and rollerblading (please remember that biking and roller blading are not encouraged after the second trimester). Domestic violence often increases during pregnancy. We are here to help and provide confidential assistance and referral in case of intimate partner violence. As your pregnancy advances, your center of gravity changes, which puts you at greater risk for falls. Should you ever fall in pregnancy, please contact us.

Air Travel

We recommend that you do not fly as a mode of travel after 36 weeks. It is also important that you talk with your provider prior to any international travel during any point in your pregnancy. Please inform you provider of any planned international travel.

warning signs

First Trimester

An occasional cramp or spotting may occur in any pregnancy and likely is normal, but it is still important to let us know if this happens. Please call if you are having severe pain, cramping, fainting, prolonged spotting or bleeding. Pain with urination, severe back pain, or fever of 101 degrees Fahrenheit should also be reported.

Second Trimester

Pelvic pressure, persistent cramps or contractions, unusual vaginal discharge, or water from the vagina should be brought to our attention, in addition to the symptoms listed above.

Third Trimester

Preterm labor is labor before the 37th completed week of pregnancy. Signs of preterm labor include:

- Menstrual-like cramps that are constant or come and go; these cramps are above the pubic bone
- Low dull backache that is constant or that comes and goes
- Pressure that feels like the baby is pushing down and feels heavy
- Abdominal cramping, with or without diarrhea
- Increase or change in vaginal discharge which may be mucousy, watery, or a light bloody discharge
- Fluid leaking from the vagina
- Overall feeling that you don't feel well
- Uterine contractions that are ten minutes apart or closer (MAY BE PAINLESS). Contractions may feel like the baby is "balling-up" inside of you.

What to do if you have signs of preterm labor

- Lie down tilted toward your left side, for one hour. Many times the signs of preterm labor will go away
- Drink two or three glasses of water or juice
- Empty your bladder and bowels as you need to
- If the signs do not go away IN ONE HOUR:
 - o Call your OB-Gyn
 - o Tell the nurse or provider:
 - Your name
 - When your baby is due
 - What signs you are having
 - How often you are having contractions (if you are having them)

birthing classes and hospital tours

Wake Forest Baptist Health offers programs, classes, and support groups to enhance the lives of parents and children. Our Prenatal, Infant, and Child classes are designed to guide and support you through pregnancy, childbirth, and the first few moments of your growing family.

To schedule a class for all locations, or if you have questions:

Visit: wakehealth.edu/birth-center

Call: 336-713-MOMS

Email: BCCC@wakehealth.edu

Birth Center Tours

Expectant parents can join us for a tour of the The Birth Center at Wake Forest Baptist Medical Center. This tour will help you become familiar with our Labor & Delivery and Maternity units as well as answer questions about your upcoming stay with us. In order to provide the best possible experience, the tour group size is limited.

Breastfeeding Basics

The prenatal breastfeeding class will help you understand the techniques and strategies needed to feel ready and confident to breastfeed your newborn.

This class includes:

- Orientation to successful breastfeeding
- What to expect in the early weeks
- Pumping and storage of breast milk
- Tips on dealing with breastfeeding challenges
- How both partners can participate in feeding the baby

Both partners are encouraged to attend. It is recommended that this class be taken anytime in the last 2-3 months before your expected delivery date.

Child Birth Education

Each of our Childbirth Prep classes focus on:

- Labor and delivery of the baby
- Providing an overview with emphasis on the many variations of normal birth
- Relaxation and breathing techniques for use during labor
- Postpartum information

Taught by experienced nurses, this class includes audio-visual information and provides a text. The class is offered in a variety of different time formats and will cover labor, birth, pain control options, and what to expect in the postpartum period.

Please plan to take the class in your 3rd trimester of pregnancy. It is generally recommended that you choose a class that finishes approximately 3 weeks before your due date, unless you are expecting twins or unless your physician has advised you otherwise. Each class also includes a tour of The Birth Center.

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birthing classes and hospital tours

Child Passenger Safety Classes

According to research, 4 out of 5 car seats are not installed and/or used correctly. Child Passenger Safety Technicians from Wake Forest Baptist Health can answer your car seat questions regarding current NC laws on restraining children in the car, best practices, how to select an appropriate seat for your child, and what you need to know to use and install your child restraint correctly.

In a relaxed setting parents/caregivers will:

- Receive hands-on training on proper harnessing of your new infant.
- Learn when and how to make adjustments for your growing child.
- Make an appointment to get your car seat inspected at the next car seat check event.

Important Details

- 1 hour long.
- Highly recommended to bring your car seat to class (if you have not purchased one already).
- Please bring your vehicle manual (if available).

Infant and Child CPR

Our CPR class offers instruction on the techniques used for both infant and child cardiopulmonary resuscitation (CPR). Both infant and child mannequins are used to provide hands-on practice for CPR and choking hazards.

One fee allows for domestic partners to attend together and share the mannequin. A booklet and certificate of attendance is given to each couple. This class uses the American Heart Association's Family & Friends guidelines and is recommended for new parents, grandparents and other caregivers of newborns through school-aged children.

Mommy and Me

Mommy & Me is committed to helping moms and babies develop strong bonds, promoting positive parenting skills and providing an atmosphere where you can meet other mothers and babies experiencing similar challenges as you and your baby.

Newborn Care

This program covers the specifics of newborn care, including bathing, temperature-taking, newborn reflexes and behavior, common newborn appearances, diapering, swaddling, soothing, feeding techniques and more. Infant doll models are used to allow for a hands-on experience.

Safe Sitters Essentials

Taught by certified Safe Sitter instructors, this nationally recognized program teaches 11-13 year olds how to be safe, nurturing, babysitters. Students will learn:

- Safety precautions
- Basic first aid
- How to care for a child who is choking and more

At the end of course, there is a final exam to earn a completion card.

Cost: \$45 per student for the one-day class that includes a Safe Sitter manual and babysitter kit. Make checks payable to BestHealth. Students should bring a healthy bag lunch; drinks will be provided.

over-the-counter medications safe to use during pregnancy

While in general we advise minimizing medication use during pregnancy, the medications listed below are safe to use if necessary.

Acne	<ul style="list-style-type: none"> • Topical Benzoyl Peroxide
Allergies	<ul style="list-style-type: none"> • Benadryl (diphenhydramine) • Claritin • Zyrtec • Visine A (up to 2 weeks) or Cromolyn Sodium eye drops.
Asthma	<ul style="list-style-type: none"> • It is essential that you have good control of your asthma during pregnancy. • Prescription inhalers may include Albuterol and Pulmicort, as well as several others approved by your provider.
Cold, Nasal Congestion, and Head Cold	<ul style="list-style-type: none"> • Use a neti-pot, saline nasal drops or spray, and warm salt-water gargle. • You may take Tylenol Cold, and for sneezing, take Benadryl 25mg at bedtime (will make you drowsy). Do not take for nasal stuffiness as it may make mucus thicker.
Constipation	<ul style="list-style-type: none"> • Citrucel • Colace (docusate sodium) • Fiberall • FiberCon • Milk of Magnesia (magnesium hydroxide) • Metamucil • Miralax • Increase intake of water (8-10 glasses/day) and high-fiber foods such as bran cereals, oatmeal, leafy green vegetables, fruits, prunes and exercise – walking.
Cough	<ul style="list-style-type: none"> • Robitussin cough syrup (not DM) • Mucinex • Chloroseptic Spray • Cough drops • Use humidifier and drink plenty of fluids, if cough persists or worsens after 2-3 days, call your OB-Gyn office. • It is NOT safe to take cold remedies that contain alcohol
Congestion	<ul style="list-style-type: none"> • Mucinex (not Mucinex DM) • Neti-Pot or saline nasal sprays • Sudafed (not Sudafed PE) • Tylenol Cold & Flu only as needed
Diarrhea	<ul style="list-style-type: none"> • Donnagel PG • Kaopectate • Immodium • Drink only clear liquids such as water, and Jello for 24 hours • As diarrhea improves, gradually add foods to the diet

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over-the-counter medications safe to use during pregnancy

Headache	<ul style="list-style-type: none"> • Tylenol (acetaminophen) regular or extra strength per package directions
Hemorrhoids	<ul style="list-style-type: none"> • Annusol HC • Balmex • Preparation H • Sitz bath—sit in warm water for 30 minutes twice daily. Air dry, sleep without underwear • Tucks pads or ointment • Witch Hazel
Indigestion/Heartburn	<ul style="list-style-type: none"> • Famotidine • Protonix • Nexium • Tums
Leg Cramps	<ul style="list-style-type: none"> • Benadryl at night to help with sleep • Elevate legs above the waist • Wear support hose or well-fitting shoes
Nausea	<ul style="list-style-type: none"> • Vitamin B6 25mg tablets 3-4 times per day alone or with Unisom (Doxylamine succinate) half of a 25mg tablet at bedtime. • Please discuss with us if your symptoms are not controlled with the above measures.
Nosebleeds	<ul style="list-style-type: none"> • Apply icepack to nose • During winter, increase moisture in air with humidifier • Use saline sprays or saline drops
Pain	<ul style="list-style-type: none"> • Tylenol (acetaminophen) is considered safe to use during pregnancy. Avoid aspirin, ibuprofen or naproxen unless prescribed by a provider.
Rash/Poison Ivy	<ul style="list-style-type: none"> • Hydrocortisone lotion • Calamine lotion • Benadryl cream or oral Benadryl (Diphenhydramine)
Sore Throat	<ul style="list-style-type: none"> • Gargle with warm salt water (one teaspoon to one quart of water) or use Chloraseptic spray.
Toothache	<ul style="list-style-type: none"> • Tylenol or Acetaminophen for minor, occasional toothache • Contact a dentist as soon as possible for treatment. If an authorizing statement is needed, call your OB-Gyn office
Vaginal Discharge and/or Itching	<ul style="list-style-type: none"> • 3-7 Day Monistat • Avoid Vagisil • Wear cotton underwear or those with a cotton linen crotch • Avoid tight fitting clothing and thong/g-string panties • For persistent itching contact provider for evaluation/prescription
Vomiting	<ul style="list-style-type: none"> • Hydration is most important (generally clear liquids are easier to tolerate). For “morning sickness” take Unisom (25mg at bedtime) and B6 (25mg every 8 hours) or medications prescribed by your OB-Gyn provider. • Consume small frequent high protein snacks, keep a snack at bedside, and eat before rising. • If you are unable to keep fluids down for 24 hours, call your OB-Gyn office