



*Prenatal
Care*

Congratulations on your pregnancy

Thank you for trusting Centerpoint Health with your prenatal care. We offer not only OB/GYN services but also medical, dental, pediatric, and integrated behavioral health services. We are excited to have you as our patient!

We have prepared this booklet to help answer the many questions you may have regarding pregnancy. Please keep this handy throughout the next nine months and after delivery. Have questions not addressed here? Reach out to us! We are here to answer your questions.

About our Providers

Rebecca A. Moore, MSN, APRN, CNM, will provide most of your prenatal care during your pregnancy. Becky is a Certified Nurse Midwife, which means she can care for women throughout their entire life. She can do most things OB/GYNs can do with the exception of surgery. Prior to becoming a midwife, Becky was a labor and delivery nurse for 21 years. Becky is available for appointments weekdays with varying hours. She also offers telehealth appointments.

We are excited to have physicians from the University of Cincinnati West Chester's OB/GYN department coming to Centerpoint Health to help with our patients during their pregnancy. One of these physicians will be at our Middletown office for four hours each month for appointments.

David Kappa, MD, specializes in obstetrics gynecology and has over eight years of experience in the field of medicine.

Andrea Hamel, MD, is the Assistant Professor of Obstetrics and Gynecology at UC Health Women's Center in West Chester.

How to reach us

Prenatal care services are offered at our Middletown location:

231 N Breiel Blvd
Middletown, OH 45042

Centerpoint OB – 513-982-4064

UC West Chester after hours – 513-475-8588

General Plan of Care (Subject to Change)

A full-term pregnancy lasts 40 weeks!

- Up until 28 weeks, you will be seen every four weeks.
- Weeks 28-36 you will be seen every 2 weeks.
- Weeks 36 until delivery you will be seen every week.
- Elective induction will be offered at 39 weeks gestation.
- This schedule may be altered to fit your specific needs as determined by your provider.

6 to 8 weeks

We will confirm your pregnancy with an office urine pregnancy test. We will review your history and order an ultrasound. We will start you on prenatal vitamins and answer any questions you may have.

10 to 12 weeks

We will review your ultrasound results and update your PAP if needed. We will order your remaining OB labs and, if desired, we will draw a MaterniT21 genetic screening. You will also be offered screening for cystic fibrosis, a disease that is usually diagnosed in the first few years of life. It causes problems with breathing and digestion. You can be tested to see if you carry this gene at any time during your pregnancy. If you test positive, then the father of the baby would be tested to determine the risk of your baby having cystic fibrosis.

16 weeks

We will order an ultrasound to examine the anatomy of the fetus. This is a good time to look at the development of organs such as the heart, lungs, kidneys, and brain. If the baby cooperates, you can usually discover the gender at this visit as well.

20-22 weeks

We will review the ultrasound results.

28 weeks

You will be screened for gestational diabetes, which involves drinking a sugary drink in the office then having your blood glucose level tested an hour later. At the same time, you will get a complete blood count to check for anemia. If your diabetes test is abnormal, you will do a three-hour diabetes test.

36 weeks

A vaginal culture will be taken to screen for Group B Strep. This is a bacteria which is normal in some women. If you have this bacteria, you will be treated with antibiotics during labor to help protect your baby during birth.

Centering Pregnancy

Centerpoint Health is excited to offer “Centering Pregnancy” as an alternative to traditional prenatal care. Centering Pregnancy combines three aspects of care: medical care, education, and support into one group appointment. Centering has been shown to decrease preterm birth rates, decrease NICU admissions, increase breastfeeding rates, and leads to overall better health for both mom and baby.

Office Policy for Your Care

If you have a question or concern, please call the office during normal business hours (8:30-5:30) at **513-318-1188**.

If there is an after-hours urgent problem or emergency such as pain, bleeding, severe vomiting, fever over 100.4°F, labor, or if your water breaks, please go to labor and delivery at UC West Chester. If you are under 20 weeks, please go to the UC West Chester ER.

You may also call the UC West Chester After-Hours number to speak with the physician on-call.

Diet, Nutrition, and Exercise

- Drink at least 6-8 glasses of water a day, and drink even more during hot weather.
- A pregnant woman typically only needs an extra 400 calories a day during pregnancy. You are not eating for two. Your provider can give you more information on the amount of weight gain you should expect.
- You can eat most foods, but avoid uncooked fish, shark, mackerel, tilefish, and raw or uncooked meat.
- Eat a well-balanced diet.
- Eat lunch meat if it’s heated to steaming prior to consumption.
- If you exercised before you were pregnant, you may continue to exercise. If you want to start exercising now, you can. We recommend you keep your heart rate under 140 bpm, and if it hurts, don’t do it!

Nausea

Nausea is a normal part of pregnancy. It helps to eat small, frequent meals. Most importantly, look ahead! This is often temporary, and you will have several months of pregnancy left to enjoy.

- Good options for bland foods: saltine crackers, graham crackers, pretzels, toast, plain baked potato, mashed potatoes, oatmeal, and cream of wheat.
- Good options for fruit include canned peaches, pears, fruit cocktail, bananas, grapes, and applesauce.
- Foods to avoid which may cause nausea and vomiting include milk, eggs, meat, coffee, and very sweet drinks.
- Cold, bland foods are better tolerated than hot foods. Avoid spicy or highly-seasoned foods.
- Ginger ale or ginger snaps can help reduce nausea.
- Do not lie down after eating. You can prevent heartburn or reflux by keeping your head and shoulders slightly elevated after eating.
- Do not eat and drink at the same time.
- Have a bedtime snack to prevent morning sickness.
- If you have severe vomiting multiple times per hour, please let us know.

Things to Avoid

- Do NOT clean the kitty litter box.
- Do not use hot tubs, saunas, or whirlpools which are over 100°F.
- Avoid smoking, alcohol, and recreational drug use.
- Limit caffeine to one or two servings a day.
- Do not use tanning beds, but spray-on tans are okay.
- Note: it is okay to have your hair colored or highlighted.

Sex During Pregnancy

- Sex does not harm the baby. You may have sex as often as you like unless you have a high-risk pregnancy or your provider tells you not to have sex.
- Pregnancy may change your sexual desire.
- Breast stimulation may cause leaking from the breast or contractions.
- Medical reasons not to have sex can include: bleeding from the vagina, belly or vaginal pain, your water has broken, you have early labor, a history of premature delivery, your placenta is low-lying, or you are expecting twins or triplets.

Smoking During Pregnancy

- The smoke you inhale goes directly to your unborn baby through the placenta. Cigarette smoke is known to be a carcinogen, a substance which causes cancer.
- The carcinogens in cigarette smoke damage the DNA. This can increase the risk of birth defects, miscarriage, and stillbirth.
- Cigarette smoke deprives your baby of the oxygen it needs for development.
- More than one-half of babies born to mothers who smoke have low birth weight. Low birth weight babies have increased risk of infection, illness, complications, and death.
- There is a strong association between cigarette smoking and sudden infant death syndrome (SIDS) as well as asthma in children.

Alcohol Use During Pregnancy

- There is no safe level of alcohol use during pregnancy.
- Alcohol causes harmful effects to the baby. Death, low birth weight, widely spread eyes, small flat cheeks, and small brain size can all result from drinking alcohol while pregnant.

Marijuana Use During Pregnancy

- Marijuana is often treated with chemicals such as formaldehyde, roach sprays, and other chemicals.
- Marijuana can cause harmful effects to your baby such as low birth weight and increased risk of sudden infant death syndrome.
- Marijuana can cause harmful effects to you. Paranoia, increased heart rate, loss of judgment, increased incidence of infertility, and faster aging of the brain.

Vaccinations During Pregnancy

- If you are pregnant during the flu season, then it is recommended you get the flu shot.
- You need the shot, not the nasal vaccine. You can get this vaccine here at Centerpoint Health or at a pharmacy.
- The Tdap vaccine protects against whooping cough. It is recommended that all pregnant women receive this vaccine. If you receive the vaccine during pregnancy, it will protect your newborn until he/she can receive the vaccine at 2 months. Ideal timing is between 27 and 36 weeks of pregnancy. It is also recommended that all family and friends who will be near your newborn receive the Tdap vaccine.
- The COVID-19 vaccine is recommended for all pregnant women. Speak to your provider about this vaccine.

Common Complaints and Concerns During Pregnancy

- **Nausea** is not unusual during the first few months of pregnancy. Please see section above for recommendations.
- **Heartburn** can occur at any time during pregnancy. It is a burning sensation in the stomach or throat which happens because of the decrease in digestion time. See medication list for treatment options.
- **Constipation** is due to changes in your digestive system. The pressure of the growing uterus can impair bowel function. See medication list for treatment options.
- **Hemorrhoids** are varicose veins around the anus and rectum. They are caused by pressure that interferes with circulation. See medication list for treatment options.
- **Nosebleeds** are caused by increased blood volume and swollen mucous membranes. Bleeding may be easily stopped by rest and pressure below the bridge of the nose.
- **Fatigue** is common during early pregnancy and again during the last two months. We recommend daily exercise. Get plenty of sleep at night. Don't overdo it. Eat a well-balanced diet, and take your vitamins.
- **Dizziness** can be caused by low blood pressure, low blood sugar, standing for long periods of time, and sudden change of position. Move slowly when changing position to avoid sudden changes in blood pressure. Eat regular meals and snacks. Avoid long exposure to the sun.
- **Vaginal discharge**, or increase vaginal secretions, are due to increase blood supply. Bathe regularly. Wear cotton panties. Avoid pantyhose or tight fitting pants. Avoid vaginal sprays, powders, feminine hygiene products, and colored or scented toilet paper. Vaginal discharge should not be green, foul smelling, or irritating. If so, let us know.
- **Slight swelling of the legs** is common especially at the end of the day and during hot weather. It is caused by pressure of the uterus on the leg vessels. Avoid constrictive clothing. Drink 1-3 gallons of water daily. Lie on your left side when you can. Legs can also be elevated with a pillow.
- **Varicose veins** are due to increased pressure of the uterus on the leg vessels. Support hose may help provide extra support. If you have varicose veins in the vagina, place a pillow under the buttocks when lying down.
- **Backaches** are due to postural changes and ligament pulling and stretching. Try to maintain proper posture. Stretch daily. Prenatal massages are okay.



- **Pelvic discomfort** is very common. Early in pregnancy you may feel sharp pains in the vagina, groin, inner thighs, and back. This is due to the stretching of the ligaments of the uterus. Later on in pregnancy, you may feel pressure from the fetal head. The pelvic joints also soften to prepare for labor.
- **Breasts may enlarge** during pregnancy. Wear a supportive bra. Some women may start to lactate before the baby is born. Do not express milk or pump your breast during pregnancy.
- **Frequent urination** is due to the fetus exerting pressure on your bladder. If you have burning or pain with urination, notify your provider.
- **Shortness of breath** is due to the uterus exerting pressure on the diaphragm. You may have shortness of breath or difficulty taking a deep breath. Lie on your left side, or prop your upper body up on a pillow while you sleep. Keep good posture with the ribcage lifted and shoulders back.
- **Difficulty sleeping** is due to all the above symptoms as well as the inability to get comfortable. Practice relaxation techniques. Sleep with a body pillow. Take a warm bath.

Things Which Could Take You to the UC West Chester Hospital

- Decreased fetal movement. If you are not feeling the baby move as usual, we recommend you drink a 12 ounce glass of water and lie down on your left side. Count how many times the baby moves in one hour. The baby should move 6-10 times during the hour. If you still aren't feeling the baby move on a regular basis, go to the hospital.
- If you have bright red vaginal bleeding, go to the hospital
- If you feel a gush of fluid from the vagina or a persistent leaking, you need to be seen to see if your water has broken.
- If you are at term and start having contractions or tightening which are:
 - painful enough that you cannot walk, talk, or laugh through them
 - last about one minute each
 - come every 3-5 minutes for a couple of hoursthen you need to go to the hospital. If you are under 36 weeks pregnant, go to the hospital sooner.
- If you have a headache for several hours which does not get better with Tylenol or which is associated with blurry vision or upper abdominal pain, you need to go to the hospital.
- If you feel "something isn't right", go to the hospital.
- Before 37 weeks, if you have contractions which are painful or feel like menstrual cramps more than six times in one hour, go to the hospital.

Warning Signs During Pregnancy

If you notice any of the following problems, call Centerpoint Health at 513-982-4064 or the after-hours number at UC West Chester at 513-475-8588.

- Bright red bleeding from the vagina
- Swelling or puffiness of your hands or face which does not decrease with resting
- Chills or fever above 100.4°F
- Constant vomiting or diarrhea
- Pain or burning with urination
- Headache not relieved by Tylenol
- Blurred or double vision
- Decreased movement of your baby
- A sudden weight gain
- Leaking of fluid from the vagina

Pediatricians and Prenatal Classes

- You will need to have a pediatrician picked out before the baby is born. Centerpoint Health offers pediatric services, and we can help get you set up with a pediatric provider for your baby.
- If you are interested in birthing, parenting, or sibling classes, they offer these at the hospital. Please see the UC West Chester handout in your new OB folder for more information.

Seatbelts and Pregnancy

- Wear your seatbelt every time you ride in a car.
- Place the lap belt under your belly, as low on your hips as possible.
- Position the shoulder belt between your breasts.
- You may not be able to prevent a car accident, but you can protect yourself and your baby by wearing a seat belt.

Breastfeeding Advice

- Position baby tummy to tummy with his or her ear, shoulder, and hip in a straight line. Point your nipple at the baby's nose.
- As the baby opens his/her mouth at the smell of your milk, let the baby's head tilt back. Now your nipple is pointed at the roof of the baby's mouth.
- Baby's chin and cheeks should be pressed into your breast. Baby's nose will be clear of the breast or will touch slightly.

Sore and Cracked Nipples

- Be sure the baby is latching on correctly, and nurse on the less sore side first.
- Nurse more often and for shorter periods of time.
- Use only water to wash nipples.
- Hand express colostrum and let it sit on the nipple. Colostrum will help heal sore and cracked nipples.
- **If you notice a localized, red, tender hardened area and have a fever, call the office.**

Handle Your Baby With Care

Keep your cool when the baby is crying. A child will outgrow crying, but shaking can cause brain damage and death. Some things to try:

- Hold the baby close and walk around the room.
- Take the baby for a walk in the stroller.
- Sit and rock the baby slowly.
- Try feeding the baby.
- Take some slow deep breaths.
- Read or talk softly to the baby.
- Take a drive with the baby in the car seat.
- Lay the baby in the crib while you relax in another room for a few minutes.
- Ask a trusted friend or relative to take care of the baby for an hour or two.
- Call for help when you are upset. Reach out to a friend, a relative, or even someone at your provider's office.

Recommended Reading

Nursing Mother's Companion
The Breastfeeding Book
Mother's Trust

Childbirth Video:
The Business of Being Born