

*Premier
Women's Health*



*Your
Pregnancy
Guide*

An Informational Brochure

Congratulations on Your Pregnancy!

Thank you for selecting our group. This brochure was developed to educate you about our practice and your pregnancy.

PLEASE READ THIS AS SOON AS POSSIBLE

Drs. Mark Fuoss, Bryan LaBuda, Kristine Santerini, Kerri McIntyre and Roseanne Covatto are all certified by the American Board of Obstetrics and Gynecology. Appointments rotate between members of the OB team, allowing you the opportunity to meet everyone involved with your pregnancy. Deliveries are performed at Heritage Valley Sewickley. Two offices are available for OB visits: **Edgeworth Medical Commons**, 301 Ohio River Boulevard, Suite 301, Sewickley and **Edgetown Commons**, 1009 Beaver Grade Road, Suite 200, Moon Township. For your convenience, early morning and late afternoon appointments are available.

CALL OUR OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- Bloody discharge from the vagina
- Persistent severe headaches
- Severe nausea and vomiting
- Chills and fever over 100°F orally
- Abdominal cramping and bleeding
- Contractions occurring every 5 minutes
- Your water has broken
- Decrease in baby's movement

PHONE CALLS

All non-emergency calls should be made to (412) 741-6530 during office hours: Monday 9am-5pm, Tuesday-Thursday 8am-5pm, Friday 8am-3:30 pm. If you have a true medical emergency or think you may be in labor during non-office hours, call (412) 741-6539. If you have a phone number that does not accept calls from blocked numbers, it is very important that you remove this restriction by dialing *86; otherwise, the doctor may not be able to return your phone call.

When calling the office, please identify yourself as an obstetrical patient.



APPOINTMENTS

Routine appointments are scheduled as follows:

ABOUT 8-11 WEEKS FROM YOUR LAST MENSTRUAL PERIOD

You will meet with a member of our staff to gather important personal and family history. Prenatal laboratory work will be ordered at this time. Please be sure to go to the lab designated by your insurance company before your next appointment.

ABOUT 12 WEEKS FROM YOUR LAST MENSTRUAL PERIOD

You will have your first visit with the doctor, which includes a review of your medical history and laboratory results.

UP TO 28 WEEKS

Appointments are scheduled about every 4 weeks.

28-36 WEEKS

Appointments are scheduled every 2-3 weeks

36 WEEKS UNTIL DELIVERY

Appointments are scheduled every week. Pelvic examinations may be performed.

STANDARD TESTING

Prenatal blood test will be ordered at your first appointment. They include testing for anemia with a complete blood count, rubella screening, blood type and STI screening.

Urinalysis to screen for UTIs.

Additional testing during pregnancy includes:

18-20 weeks – An ultrasound to evaluate the pregnancy.

24-28 weeks – A glucose stress test to screen for gestational diabetes. In addition, if your blood type is negative, a Rho-Gam injection will be administered.

Around 36 weeks – Group B strep culture is taken to screen for a bacteria that occurs in 20-30% of women. If positive, you will be given an antibiotic during labor to prevent transmission to the baby.

OPTIONAL TESTING

In addition to the routine laboratory tests, optional testing is available to screen for various genetic abnormalities. If you desire this testing, you must contact your insurance company to obtain authorization before scheduling.

First Trimester Screen – This test screens for Down Syndrome. It is performed between 11-13 weeks of pregnancy. It involves having blood work and an ultrasound. Depending on your insurance, the test is performed at either Allegheny Health Network or Magee-Women's Hospital.

Quad Screen – This test screens for Spina Bifida and Down Syndrome. It involves blood work drawn between 16-20 weeks of pregnancy.

Cystic Fibrosis Carrier Screening – You may have this blood work drawn at any time throughout the pregnancy.

Spinal Muscular Atrophy - a genetic disease that affects control of muscle movement. To have this disorder, a copy of the gene must be inherited from each parent. A blood test can be obtained to determine if you and your partner are carriers for this gene.

Women age 35 and older are considered Advanced Maternal Age. The risk of bearing a child with certain chromosomal birth defects increases as a woman ages. Please contact our office if you would like a referral to a genetic counselor who will discuss diagnostic tests such as:

CVS (chronic villainous sampling) – done between 10-12 weeks. Guided by ultrasound, a small catheter is inserted through the abdomen or vagina to take a tiny amount of chorionic villus which develops into the placenta. These cells can be analyzed for genetic conditions. There is a small risk of miscarriage with the procedures (approximately 1 in 200).

Amniocentesis – performed after 15 weeks. Using a level 2 ultrasound, a small needle is inserted into the mother's abdomen to obtain a sample of fluid that surrounds the baby. This fluid contains the baby's cells that can be analyzed for

genetic conditions. This procedure can also test for AFP (alpha-fetoprotein) to detect neural tube defects like spina bifida. There is a risk of miscarriage between 1 in 200 and 1 in 300.

NIPT (non-invasive prenatal testing) – a blood test taken from the mother to analyze the baby's DNA to detect for Down Syndrome, Trisomy 18 and Trisomy 13. This test has a very high detection rate with no risk of miscarriage. This test is called a Maternti 21 for AHN patients and Harmony test for UPMC patients.

ABOUT YOUR PREGNANCY

Throughout your pregnancy, you can expect to have breast tenderness, possible nausea, frequent urination, and emotional changes. Below is a list of some common problems you may experience and their remedies.

Nausea and vomiting: Ginger tablets 50 mg three times a day, Emetrol, Bonine, nausea wrist bands. Eat six small meals per day rather than three large ones. Decrease fiber and fat and increase carbohydrates in your diet. Do not recline or lay down until two hours after eating.

Indigestion and heartburn: Riopan, Maalox, Mylanta, Tums, Gaviscon, Pepcid AC, or Zantac 75/Zantac 150 may be used. Eat smaller meals. Do not recline or lay down until two hours after eating.

Calcium supplements: Os-Cal, Caltrate

Yeast infections: Monistat/GyneLotrimin

Constipation: MiraLAX, Colace, Surfak, Metamucil. Try eating 100% bran cereal. Increase fluids to 8 glasses of water per day.

Aches, pains, low grade fever: Regular/Extra Strength Tylenol (acetaminophen)

Cold symptoms: Sudafed for congestion may be taken only after the First Trimester (after 12 weeks). Ocean Nasal Spray, plain Claritin, plain Zyrtec, Cold Eeze, and Zicam may be taken throughout the pregnancy. Robitussin (plain) may be taken for cough.

Varicose veins: Quality support pantyhose or maternity hose.

Hemorrhoids: Anusol, Preparation-H, Tucks Medicated Wipes

Pelvic pressure: Maternity support belt

Safe medications during pregnancy:

- Penicillin, Zithromax, Cephalosporins, erythromycin, Macrodantin
- Steroid creams, oral steroids
- Codeine, Tylenol, Tylenol PM
- Albuterol, Proventil, Primatine Mist
- Caladryl Lotion, Benadryl Cream
- Local anesthetics WITHOUT EPINEPHRINE

COMMON QUESTIONS

Employment and Disability: You may continue working throughout your entire pregnancy providing your job poses no more hazards than those encountered in daily living and your pregnancy is uncomplicated. Barring any unforeseen complications, disability is offered from 38 weeks until 6 weeks post-partum for a vaginal delivery and 8 weeks for a Cesarean section. In the event of complications during pregnancy and/or delivery, disability will be evaluated on an individual basis. It is your responsibility to provide our office with the appropriate FMLA forms for completion.

Exercise: Moderate exercise is permissible during the first 20 weeks of pregnancy. After this, check with a member of the OB team regarding exercise recommendations.

Travel: Common sense should be used. In most cases, you may travel domestically without restrictions up to 36 weeks of pregnancy. We strongly recommend that you stay close to home during the last four weeks of pregnancy. If traveling by car, stop every hour and walk around for a few minutes to increase circulation. If flying, walk up and down the aisle every hour for a few minutes. Most airlines do not allow air travel after 36 weeks.

Hair Treatments: Avoid hair dyes or permanent waves during the first three months of pregnancy. Avoid contact of these solutions with the scalp. Highlights may result in less exposure.

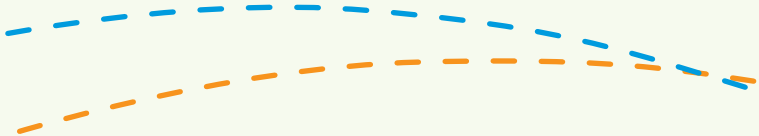
Anesthesia: Epidural and intrathecal analgesia for pain control during labor are available.

Spotting in Pregnancy: Spotting may occur after intercourse, vaginal exam, or bowel movement. If you have any other bleeding, call the office.

Discharge: Increased vaginal discharge is common in pregnancy. If you have excessive discharge or discharge accompanied with odor, itching, or burning, please contact the office to schedule an appointment. The mucous plug will discharge as thick or regular mucous from 36 weeks until delivery. Please contact the office if you experience watery discharge.

Sex: Sexual activity is safe and does not harm the baby. Do not have sex if you are experiencing vaginal, pelvic or abdominal pain, blood or fluid discharge from vagina or have been advised against it by your physician.

Length of Stay After Delivery: Many insurance programs provide a 48 hour hospital stay after vaginal delivery and a 72 hour stay after a Cesarean section. Review your insurance company's policy on hospital stays prior to delivery. You may go home earlier if you are doing well.



THINGS TO AVOID

In order to ensure a safe pregnancy and the health of your baby, please avoid the following:

- Saunas and hot tubs
- Alcohol, nicotine (smoking) and recreational drugs
- All prescription and non-prescription drugs, unless recommended or prescribed by a doctor who knows that you are pregnant

CORD BLOOD BANKING

Our practice is happy to obtain cord blood for Cord Blood Banking at the time of delivery, as long as prior arrangements have been made. As this process involves additional time and paperwork, our fee for obtaining the Cord Blood Sample is \$200.00. This fee is not covered by insurance companies and should be paid by the eighth month of pregnancy.

FEES

All routine prenatal visits and delivery (vaginal or Cesarean section) and one post-partum visit are billed globally to your insurance company.

Our global charge does not include laboratory charges, ultrasound, prenatal vitamins, or circumcision fees. In addition, if a Cesarean section is performed, the cost of the surgical assistant is not included.

Any complications of pregnancy such as premature labor, need for high risk monitoring, or other conditions will be billed separately. If your insurance coverage changes during the course of the pregnancy, you are responsible for informing us of the change.

If you do not have insurance coverage, a direct payment plan will be set up for you. All charges must be paid in full by the eighth month of pregnancy. We also recommend you contact the Credit Office at Heritage Valley Sewickley to make payment arrangements for your hospitalization.

WOMEN'S HEALTH AND MATERNITY SERVICES

Prenatal classes are available through Heritage Valley Sewickley. To view a list of available classes, please go to www.heritagevalley.org/pages/maternity-booklet.

Women's Health and Maternity Services can be reached at 412-749-4270 or email to pregnata@hvhs.org.

Premier Women's Health

Mark J. Fuoss, MD
Bryan E. LaBuda, DO
Kristine R. Santerini, MD
Kerri L. McIntyre, DO
Roseanne Covatto, MD
Laura Silverman, PA-C

SEWICKLEY

Edgeworth Medical Commons
301 Ohio River Boulevard, Suite 301
Sewickley, PA 15143
TEL (412) 741-6530 • Fax (412) 741-9274

MOON TOWNSHIP

Edgetown Commons
1009 Beaver Grade Road, Suite 200
Moon Township, PA 15108
TEL (412) 264-2450 • Fax (412) 264-3736

www.premierwomenshealth.org



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