



## What to Expect in Your Prenatal Appointments

Congratulations on your pregnancy and thank you for choosing Tepeyac OB/GYN for your prenatal care. Please read the following information regarding routine appointments, exams, and guidelines we follow in managing your health. This schedule may be adjusted based on you or your baby's needs.

- **12 weeks:** Full physical exam includes Pap Test, STI screening, urine culture. Prenatal screening options reviewed.
- **16 weeks:** Discuss results of above testing.
- **20 weeks:** Detailed sonogram to ensure a healthy baby and determine gender (if desired). Discuss your travel plans and physical activity restrictions.
- **24 weeks:** Order Rhogam shot (if Rh-negative). Discuss childbirth classes, signs of preterm labor.
- **28 weeks:** Gestational diabetes screen with one-hour Glucola and CBC. Second test for HIV, syphilis, and Hep B for those at increased risk. Discuss trial of labor after C-section, Tdap vaccine.
- **32 weeks:** Discuss 28-week lab results. Discuss birth plan and anesthesia options.
- **35 weeks:** Group B Strep culture. Discuss breastfeeding and car seat preparation.
- **37 weeks:** Review signs of labor. Discuss postpartum family planning and postpartum depression.
- **38 weeks:** Cervical check.
- **39 weeks:** Cervical check.
- **40 weeks:** Cervical check. Discuss scheduling induction.
- **41+weeks:** Cervical check. Non-Stress Test (fetal heart monitoring) and Amniotic Fluid check. Schedule induction if no labor by 42 weeks.

At each of the above routine OB visits, we will check your weight, blood pressure, and urine. We will listen for fetal heart tones and measure the size of your uterus. We welcome your family at these appointments, but please use discretion in bringing children to visits that include an exam.

Tepeyac OB/GYN is a group practice consisting of male and female board-certified OB/GYN physicians. We cannot guarantee a particular provider for your delivery, and therefore ask that you meet all our doctors during your pregnancy. All deliveries take place at INOVA Fair Oaks Hospital located at 3600 Joseph Siewick Dr, Fairfax 22033.

The above visits are considered part of your global OB care. If you have another concern that requires our attentions (i.e. Yeast infection, urinary infection, bleeding, etc.), this will be billed as a separate encounter.

### Sonograms

We provide in-house sonograms including the routine 8 week and 20-week sonograms. We also perform imaging as needed to evaluate a problem. Routine sonograms are not always covered by insurance. Patients will be held responsible for the cost of an uncovered sonogram. For an additional cost we also offer optional , non-diagnostic 3D/4D ultrasound.



## Calling the Office

If you have an urgent need during our regular business hours, please call the office at (703) 273-9440, ext. 318 to leave a message for the nurse. We return calls in order of urgency. If you think you are in labor, are having heavy bleeding, or have another emergency, please try again if you have not heard from us within 30 minutes.

## Early pregnancy signs and symptoms

Women experience the symptoms of early pregnancy in a unique way, and your second pregnancy might not feel exactly like your first. Here is a list of common signs and symptoms of the first trimester. Fortunately, for most women these improve as you move into the second trimester

- Nausea and vomiting
- Fatigue
- Food cravings and aversions
- Constipation
- Bloating
- Round ligament pain (aka “growing pains”)
- Increased frequency of urination

Please call us if you experience any of the following, which are **not** considered normal:

- Vaginal bleeding
- Cramping like a period that doesn't go away
- Weight loss due to nausea/vomiting
- Pain or bleeding with urination
- Fainting
- Shortness of breath
- Chest pain

## Morning sickness

Approximately 50-80% of women suffer from “morning sickness” which can occur at any time of the day or night. This is usually the worst before 12 weeks of pregnancy, but for some women it can last longer or recur in the third trimester. The exact cause is unknown but is likely related to the hormonal changes in your body in early pregnancy. Here are some tips for keeping it in check:

- Eat, and eat often. An empty stomach will make nausea worse. Have 5-7 small meals a day.
- Ensure you are eating enough protein (e.g. peanut butter, cheese, yogurt).
- Have a high protein snack at bedtime to keep you from waking up with an empty stomach.
- Have some crackers at your bedside to munch on as soon as you wake up.
- Ginger and peppermint are known to improve nausea.
- Avoid unpleasant odors and spicy foods.
- Vitamin B6 (50mg) with one Unisom (doxylamine) at night can ease morning sickness. You can take this up to every 8 hours.
- Talk to us. We may consider switching your prenatal vitamin or provide prescription medications if your morning sickness is out of control.

Your baby's well-being is not affected as long as you are able to keep down some food and are staying well hydrated. Drink plenty of fluids. Don't worry if your diet is not as healthy as you would like it to be at this point. Eat what your body can keep down. If you have any other concerns about the health of your baby, don't hesitate to call us.