

FREQUENTLY ASKED QUESTIONS OF PREGNANCY

This is a brief list of the questions that may arise during your pregnancy. If you have further questions please don't hesitate to call the office. Also visit our website at www.wakeobgyn.com.

How much weight will I gain?

For most pregnancies total weight gain should be 25-35 lbs. but differs based on pre-pregnancy weight. If your pre-pregnancy weight is greater than 160 lbs. 8-16lbs is considered adequate. Typically 3-5 lbs the first 12 weeks, then 2-3 lbs every 4 weeks thereafter.

Can I exercise?

Yes, but avoid starting any new strenuous exercise program. Walking, yoga and swimming are great options. During exercise your pulse should be under 140 beats per minute or 23 beats in 10 seconds (at peak activity). Also avoid exercises that strain back and abdominal muscles.

Can I travel while pregnant?

Yes. Typically travel can be done up to 36 weeks. If traveling by car, it is recommended to stop every 2 hours and get out and move around to increase circulation. If flying, it must be with a commercial airline or pressurized aircraft. Remember to drink plenty of water. If there have been any complications in your pregnancy, please call the office before you make plans to travel

We are going on vacation. What activities are allowed?

Safety should always be kept in mind and common sense should prevail. Water skiing, jet skiing and snow skiing are not recommended due to risk of falls. Rides at amusement parks labeled not for pregnant women or those that create sudden jerking movements should be avoided. You should not participate in any contact sport. Hot tubs and saunas should be avoided. Hot baths are allowed but temperature must be below 100F degrees. Sexual activity is allowed as long as you have no pregnancy complications.

Can I "tan" while I'm pregnant?

Pregnant women are more prone to sunburn. Avoid peak sun hours (10am-3pm). Use sunscreen SPF 30 and hats for facial coverage. Drink plenty of water because high temperatures can also cause dehydration. Tanning sprays have not been tested, so safety can not be assured. Please avoid these products. Tanning beds/booths are NOT recommended.

Am I allowed to paint?

Painting with latex paint is considered safe with proper ventilation. Please do not climb on ladders while pregnant.

Is it safe to color my hair?

There are no documented studies on the effects of hair dye on humans. We recommend waiting until after the first trimester. Also we recommend highlighting verses full hair color.

Do I need the Flu vaccine?

The flu vaccine is recommended by the CDC for all women who will be past 13 weeks of pregnancy during the flu season. We however do not administer the vaccine at our practice but you may go to the health department or primary care doctor.

Are dental visits safe?

You may have dental work while pregnant. Notify your dentist before your visit that you are pregnant. X-rays are safe but only if necessary and ask for double lead shielding. Dental cleanings are fine and a local anesthesia without epinephrine is safe. If antibiotic pre-treatment is required due to a heart murmur, antibiotics are safe.

What if I am in an accident?

If you have any slips or falls and strike your abdomen, call our office immediately. When driving please wear your seat belt. If you have an automobile accident, please call our office as soon as possible.

I have severe nausea and vomiting. What can I do?

Hormonal changes, emotional factors and delayed emptying of the stomach are possible causes. It may occur any time of day or night. Eat small meals every 2 hrs. Don't drink liquids with meals. Eat crackers before getting out bed in the am. Limit fat intake. Eat foods high in B complex: Nuts, dried fruits, green leafy vegetables, brown rice & brewers yeast. Vitamin B6 50mg twice daily (not on empty stomach) & high protein snacks at bedtime may also be helpful.

Call for weight loss, fever, diarrhea and if unable to keep liquids down for 12 hours.

At which hospital will I deliver my baby?

Our physicians deliver at Wake Med "Raleigh Campus". The address is 3000 New Bern Avenue Raleigh, NC 27610.

What can I expect at my OB visits?

At each regularly scheduled visit the nurse will obtain any complaints or concerns, blood pressure, weight and a urine sample. The physician will measure fundal height of the uterus and measure fetal heart rate. Routine lab work, testing and ultrasound schedules are listed below.

- 11-13wks First trimester screening (optional) at Duke or UNC
Receive glucola for early glucose (O'sullivan) testing (Based on family history, >35yr old, patient's weight)
- 14-16wks AFP screen, early glucose (O'sullivan) test drawn
- 16-18wks Ultrasound (Office, Duke or UNC)
- 18-20wks Iron (hematocrit) check
- 23-24wks Receive glucola for glucose (O'sullivan) testing (all patients)

- 26-28wks Iron (hematocrit) check, glucose (O'sullivan) test drawn, Antibody screen drawn; if blood type RH (-)
- 30wks If antibody screen negative; Receive Rhogam
- 32wks Receive Fetal Kick Count instructions
- 34wks Iron (hematocrit) check, receive Beta Strep information sheet
- 36wks Beta Strep Test performed, Begin pelvic exams at each visit if necessary

Office visits are:

- every 4 weeks until 26 weeks
- every 2 weeks until 36 weeks
- every week from 36 weeks until delivery
or as dictated by your history or physicians discretion

*****IMPORTANT WARNING SIGNS*****

Any of the following may be a warning that you need medical attention.

Call our office immediately if you experience any of these symptoms.

- Severe or persistent headache
- Blurred vision or spots before your eyes
- Severe abdominal pain or cramps, perhaps with nausea or diarrhea
- Severe or persistent vomiting
- Severe, unexplained pain the shoulder
- High fever (above 101°F)
- Marked swelling in your upper body (face and hands)
- A sudden weight gain in just a few days
- Vaginal bleeding
- Gush or flow of watery fluid from your vagina
- Marked decrease in urine output
- Regular contractions, getting stronger as time progresses
- Marked decrease or stopping of fetal movement (from the Fifth month on)

*****MORE WARNING SIGNS*****

Any of the following may be warning signs that you are at risk for preterm labor and delivery.

Call our office immediately and be prepared to go straight to the hospital if required.

- Persistent or rhythmic low back pain that feels different from what you are used to in this pregnancy
- Menstrual-like cramps
- Intestinal cramps with or without diarrhea
- Pelvic pressure or rhythmic tightening that feels different from what you are used to in this pregnancy
- Watery discharge or a gush of fluid from your vagina
- Vaginal bleeding