

GENERAL SCHEDULE OF VISITS

Weeks 1 – 28: Every 4 weeks

Weeks 29 – 34: Every 3 weeks

Weeks 34 – 36: Every 2 weeks

After Week 36: Every week



CLASSES

We offer a variety of childbirth and parenting courses. To find out more, please visit:

<http://www.nyubaby.org/classes/>

EATING FOR TWO

In most cases, weight gain during pregnancy is 3-5 pounds in the first 12 weeks, 1 pound per week after (25 to 35 pounds altogether).

In order to attain the target weight gain, an average daily increase of 300 calories is required; this amounts to about 2 slices of bread, a cup of yogurt or 3 to 4 slices of cheese daily.

Suggested Reading

- ***What to Expect When You're Expecting***
by Heidi Murkoff, Arlene Eisenberg, and Sandee Hathaway
-

AM I IN LABOR?

If you are 36 weeks or more and are experiencing painful contractions every 5 minutes for over an hour, you may be in labor. Please call the office immediately at (212) 263-7021. You should also call the office if you are experiencing any type of vaginal leakage or bleeding.

If you are less than 36 weeks and experiencing any of the signs or symptoms listed above, **please call the office immediately** at (212) 263-7021.

We will provide further instructions after speaking with you. ***Please do not go to the hospital without a phone call!***

Calls after Hours

Our office's answering service picks up all calls after hours. They will ask you for a contact number – please be at that number! – and someone from the office will return your call within 30 minutes. If you do not hear from us after 30 minutes, please call the office again.

NYU Maternal-Fetal Medicine

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<http://www.med.nyu.edu/obgyn>

NYU Obstetrics & Gynecology



NYU Medical Center
Department of
Obstetrics and Gynecology

WELCOME!

Welcome to NYU Maternal-Fetal Medicine. This information will help answer some of your most common concerns. If you have additional questions, please call the office.

Due Date: Will be determined by your last menstrual period, ovulation information and early ultrasound.

LAB WORK

Unless results come back abnormal, all lab results will be discussed at the following visit. We will notify you if you need to come in for further evaluation.

First Visit (8-10 weeks): Complete blood count, blood type and antibody screen, Rubella & hepatitis immune status, and Pap smear; in addition, we strongly suggest HIV testing (complete confidentiality is always maintained)

12-14 Weeks: Ultrasound for nuchal translucency and additional blood work in order to initially screen for chromosomal abnormalities

15-18 Weeks: Serum markers to screen for spinal developmental problems and further screen for chromosomal abnormalities

24-28 Weeks: Repeat blood count and sugar test (screen for gestational diabetes)

35-37 Weeks: Vaginal culture for streptococcus

Weeks vs. Months: Obstetricians use 'weeks from your last menstrual period' as an accurate way of tracking your pregnancy; please feel free to ask for an interpretation at your visit.

COMMON QUESTIONS & CONCERNS

Amnio: If done, amniocentesis (under ultrasound guidance) is performed as close to 16 weeks as possible.

Caffeine: You may have up to 3 cups of caffeinated coffee/tea/soda per day.

Cats: If you have a cat, it is probably safest to avoid contact with the litter for the pregnancy.

Circumcision: Our obstetricians can perform this elective surgery. Please let us know at the time of delivery if you plan to have your baby circumcised.

Colds/ Flu: Tylenol is safe (2 extra strength-1000mg) every four hours up to four times daily; Robitussin is also safe for coughing. Claritin and Benadryl are also allowed.

Computers: Safe throughout pregnancy.

Constipation: Can be safely relieved by prunes, prune juice, Colace, Metamucil, Surfak, Milk of Magnesia, Pericolace, etc. Remember to increase your fluid intake!

Cord Blood Banking: While our practice neither endorses nor discourages cord blood banking, you can learn more about it at: www.nationalcordbloodprogram.org

Dental Cleaning: Safe throughout pregnancy.

Epidurals: 75 to 90% of our patients opt for and receive epidural analgesia; we will discuss this in the third trimester (the last three months of the pregnancy); we welcome any version of pain control as long as we feel it's safe for you and the baby.

Exercise: You may continue the same routine you did prior to the pregnancy (unless instructed otherwise); stay cool and well-hydrated! Swimming is also safe during pregnancy.

Hair Treatments: No limit (includes perms).

Hot Tubs, Jacuzzis, Saunas: Not recommended, as they can pose a danger to the fetus.

Ice Skating, Skiing, Rollerblading: Not allowed because of increased risk of injury.

Intercourse: Safe throughout pregnancy unless instructed otherwise.

Painting: All water based and most oil based paints are safe to use; make sure the area is well ventilated.

Seat Belts: Lap & shoulder belts should be worn all the times (the lap belt goes under the belly!)

Sonogram: We encourage you to check with your insurance regarding coverage. Generally, sonograms are performed at the initial visit (11 – 13 weeks), 16 weeks, and 21 weeks to determine fetal position, assess fetal growth and well-being.

Travel: Long car trips should be avoided, but if you must go, take frequent (every 1-2 hours) stops to stretch your legs. If you plan on flying, please give us a call so that we can determine if it is a safe option for you. Airlines generally do not allow women to fly after 36 weeks of gestation.

Vitamins: In addition to prenatal vitamins, extra calcium (eg. Tums) is recommended.