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**WELCOME TO GYNECOLOGY & OBSTETRICS OF DEKALB!**

We are excited you chose our practice to provide your obstetric care. Please take the time to read all of the information provided in this packet. If you will keep this information handy, it will answer many of your questions throughout your pregnancy. However, we encourage you to write down any questions you don't find here and bring them to your next appointment, or to call us at any time in an emergency. In the event of an emergency, you can reach our answering service after hours by dialing the office number. We request that you call before going to the hospital if possible. If it is a life threatening emergency, you should call 911.

Office Hours:  
Monday-Friday 8am-5pm

Decatur office: 404.299.9307  
Fax: 404.299.9309  
2801 North Decatur Road Suite 190  
Decatur, GA 30033

Stone Mountain office: 770.469.9961  
Fax: 770.413.0030  
1805 Parke Plaza Circle Suite 102  
Stone Mountain, GA 30087

We have three OB doctors in this practice. During your care, we attempt to rotate you so you will become familiar with each of the providers. However, if you have a provider you would like to see primarily, just notify the front office when you make your appointment. By choosing to follow one provider does NOT guarantee that provider for delivery. You will still be delivered by the provider who is on call when you go into labor. We deliver only at Dekalb Medical Center located at 2701 North Decatur Road in Decatur.

## OFFICE VISITS

A normal gestational period consists of 40 weeks past the first day of your last menstrual cycle. Generally, we will see you every four weeks until you are 30 weeks gestation. Between 30 and 36 weeks, we will see you every two weeks. Then, starting at 36 weeks, we will see you every week until you deliver. If you are at high risk, or develop a problem during your pregnancy, more frequent appointments may be necessary.

You may also need to see a specialist during the course of your pregnancy. Sometimes this is a single visit for consultation or you may have to follow with them for the entire course of your pregnancy. Typically, we refer patients to Atlanta Maternal Fetal Medicine or Atlanta Perinatal Associates. Common reasons to see them would be: if you chose to have first trimester or nuchal translucency screening, if you will be older than age 35 at the time of your delivery, or if you have any high-risk issues associated with your pregnancy such as (but not limited to) diabetes, high blood pressure, liver or kidney disease, preeclampsia, history of preterm deliveries, thyroid disease, etc. It is important for your health and the health of your baby that you maintain follow up care with the specialist as instructed.

### Initial visit/OB work up:

- Complete history
- Complete physical
- Lab tests: blood type, Rh factor, antibody screen, RPR (syphilis), CBC (complete blood count), Rubella, Hepatitis B, HIV, Sickle cell, pap smear, Gonorrhea, Chlamydia and urinalysis

### Subsequent visits:

- Urinalysis
- Weight
- Blood Pressure
- Fundal height measurement (>20 weeks)
- Fetal heart tones (>12 weeks)

## ADDITIONAL OPTIONAL AND ROUTINE TESTS

Nuchal translucency (NT) (optional): offered between 11-13 weeks. It is a measurement of a fluid-filled space in the back of a developing fetus' neck. Extra fluid in this space can mean a fetus is at higher risk for certain birth defects. This test is performed at an outside facility.

First/Sequential Screen (optional): offered between 11-13 weeks. It is blood work to determine if the fetus is at higher risk for certain birth defects (Down syndrome). This test is performed at an outside facility. This is performed in conjunction with the nuchal translucency test.

AFP Quad Screen (optional): offered between 15-20 weeks to screen for increased risk of spinal cord problems (spina bifida) Down Syndrome and Trisomy 18.

Cystic Fibrosis Screen (optional): offered along with AFP screen, but can be performed at any time. Cystic fibrosis is a genetic disorder that causes problems with breathing and digestion. It is caused by an abnormal gene that is passed from parent to child. The risk of carrying the gene is higher in certain races and ethnic groups, occurring more often in Caucasian people than in other racial groups. The risk is also higher if you have a family history of cystic fibrosis. The blood test tells us if you carry a copy of the cystic fibrosis gene.

Diabetes Screen (One-Hour Glucose Tolerance Test) (routine): done between 24-28 weeks to screen for gestational diabetes. You will drink a glucose solution and have your blood drawn an hour later. This test is only a screen. If the one hour test is elevated, a three hour test will be performed to confirm the diagnosis of gestational diabetes.

Anemia Screen (routine): done with initial labs and again between 24-28 weeks. If your hemoglobin is low, you will be started on iron supplements in addition to your prenatal vitamin.

GBS vaginal culture (routine): done between 35-37 weeks to identify women who are positive for group B strep, which is a bacteria normally found in the vagina of approximately 40% of all women. If the culture is positive, it is routine to receive antibiotics during labor to protect the baby from the bacteria.

Antibody screen (for Rh Negative patients only) (special test): done at 24 weeks on mothers who have Rh negative blood. You will receive a rhogam injection at 28 weeks and when you deliver.

Ultrasound/Sonogram (routine): done between 18-20 weeks to examine fetal anatomy. Additional ultrasounds may be necessary if medically indicated.

Amniocentesis (optional): this test is not routine. It is done between 16-21 weeks to determine the genetic makeup of the baby. Usually done on women who are greater than age 35 at delivery, have a family history of genetic abnormalities, or at increased risk for genetic disorders. It can also be done late in pregnancy to determine if the baby's lungs are mature when early delivery is indicated.

Non-stress test (NST) (special test): done (when indicated) to evaluate the well-being of the baby. This test is done on a fetal monitor in the office. Common indications are decreased fetal movement and a postdate pregnancy.

Biophysical profile (BPP) (special test): done (when indicated) to evaluate the well-being of the baby. This test is done by ultrasound. Common indications are multiple gestation, non-reactive NST, diabetes, and high blood pressure during pregnancy.

#### PATIENT CONFIDENTIALITY

Unless we receive written permission, by law we are not allowed to release any information about you, your care, test results, or medications you are on to any person except you. Please keep this in mind when asking someone to call our office regarding information about your care.

#### PREGNANCY CARE

Smoking, Illicit drugs and Alcohol:

All of these increase the risk of miscarriage, bleeding, smaller babies, premature babies, developmental delays and other serious complications. All of these substances are thought to be dangerous in pregnancy and should be stopped as soon as possible. Talk to one of our providers if you need help.

Traveling:

Low risk patients are generally discouraged from traveling after 34 weeks of pregnancy. High risk patients may have more stringent restrictions on traveling and should consult a physician prior to making any travel plans. The act of traveling itself is not harmful to the baby. However, obstetrical problems can and do occur with no warning at all. Therefore, any travel during pregnancy is considered to be at your own risk. It is important to be seen prior to traveling and to request a copy of your records to take with you in case of an emergency. If traveling by car, it is important to stop every 2-3 hours for stretching, fluids and a chance to stimulate your circulation.

#### Hair Treatments:

Because of the lack of scientific studies on the effects of chemical treatments on your hair, we must advise that you do it at your own risk. If you choose to treat your hair, we recommend that you wait until after 12 weeks gestation. At this time, there is no reason to believe that treating your hair is associated with any consequences to the baby.

#### Intercourse:

Intercourse is safe during pregnancy. Exceptions to this are vaginal bleeding, ruptured membranes, multiple gestation or premature labor.

#### Dental Care:

It is very important to continue with routine dental care during pregnancy. If something more serious arises, you can receive Novocaine injections, but no gas analgesia. Dental x-rays are permitted after 12 weeks with an abdominal shield. You can be provided a letter to take to your dentist outlining what is safe during pregnancy with regard to dental care upon request.

#### Water:

Water is an important nutrient in a good diet. However, it cannot be stressed enough that during pregnancy water is essential. The body has increased circulation through blood vessels, and without a large increase in water, pregnant women will be dehydrated. It is critical for decreasing constipation, preventing preterm contractions, decreasing swelling and preventing dizziness. We recommend that you drink 8-10 glasses of water per day.

### EXERCISE

G.O.O.D. wants to encourage everyone to get some form of exercise while pregnant. It is good for your stamina, circulation, weight control and decreased feeling of fatigue. If you have been exercising, you may want to continue to do what your body is accustomed to. If you are new to exercising, we want you to start off slowly and increase with time. ACOG considers the following conditions to be incompatible with vigorous exercise in pregnancy: history of 3 or more miscarriages, ruptured membranes, preterm labor, an incompetent cervix, bleeding or placenta previa, heart disease or multiple gestations. Always speak with a provider if you are unsure about a particular activity.

The following are general guidelines to exercising:

1. Start off slowly, warm up and cool down adequately
2. If you feel breathless, dizzy or overtired, stop and rest
3. Do not hold your breath during exercising
4. Exercise should be performed slowly and in control. Avoid pushing, pulling or leaning that will strain muscles or cause you to lose your balance. Remember, your center of gravity is different when you are pregnant
5. Wear supportive footwear and comfortable clothing
6. Keep pulse rate under 140 beats per minute
7. Avoid exercise in hot, humid weather
8. Be sure to drink plenty of water during exercise

Good Activities During Pregnancy:

- low impact aerobics
- swimming
- treadmill and walking
- prenatal yoga

Forbidden Activities During Pregnancy:

- scuba diving
- skydiving
- waterskiing
- downhill skiing
- rock climbing

## MEDICATIONS DURING PREGNANCY

Most patients have serious questions and concerns about medications during pregnancy. It is best to avoid taking any medication, however, there will be times that taking a medication is both safe and helpful. Any prescription medication we give you will be safe in pregnancy. Other over-the-counter medications are also considered safe. If at any time you are unsure or what we have suggested is not effective, please feel free to call us for assistance. The following guidelines should be used when choosing medications.

*Ibuprofen and aspirin are not recommended during pregnancy.*

Nausea: Vitamin B-6 (50mg, 2 times per day), Ginger (in the form of ginger ale, ginger tea or ginger tablets), sea bands (available at the drug store), Emetrol, eat small frequent light meals. If these do not help, notify the office and we can recommend other treatments. Nausea is very common during the 1<sup>st</sup> trimester.

Headache: Tylenol, 500mg every 4 hours as needed

Nasal congestion or cold: Warm salt water gargles, cold air humidifier, Sudafed or Actifed, Benadryl 50mg every 6 hours, Tylenol cold medications, ocean nasal spray. Avoid cough meds or antihistamines that end in “D”

Allergies: Antihistamines-Zyrtec, Claritin, Allegra, Benadryl. Avoid cough meds or antihistamines that end in “D”

Cough: Robitussin or Robitussin DM, one teaspoonful every 4-6 hours, cough drops. Avoid cough meds or antihistamines that end in “D”

Constipation: Increase water intake, increase fiber in your diet, Metamucil, Citrucel, senokot, Fibercon, Konsyl or a stool softener such as Colace or Docusate

Diarrhea: Immodium, Kaopectate

Hemorrhoids: Tucks pads, anusol, or Preparation H with cortisone, ointment or suppositories

Heartburn, Gas or Upset Stomach: Tums, Maalox, Mylanta, Pepcid AC, Zantac 75, Riopan, Tagament HB and simethicone (Mylicon)

Skin irritation: Alpha Keri, Aveeno, Caladryl, or Benadryl lotion, spray or cream, hydrocortisone

Insomnia: Tylenol PM, Benadryl

#### GENERAL CONCERNS

Swelling: elevate feet and legs frequently, rest often, avoid tight clothing, increase fluid intake, and rest on left side

Lower abdominal pain and back pain: no garter or girdles, avoid crossing legs while sitting, practice good posture, good support bra and maternity belt may be helpful

Fatigue: frequent rest periods, adequate nutritional intake

Leg cramps: stretch cramped muscles, elevate legs, and take additional calcium supplement in addition to prenatal vitamin

Shortness of breath: good posture, sleep, semi-sitting, avoid overeating

#### GENERAL INFORMATION

Many women have questions concerning DHA supplements during pregnancy. DHA is a supplement that helps with brain and eye development. Many prenatal vitamins contain a DHA supplement with them. However, if you are taking a vitamin that does not contain this, you can take an additional supplement if you choose. Expecta is a safe DHA supplement during pregnancy.

Caffeine should be limited during pregnancy. If you like to drink coffee and sodas, we recommend that you use decaffeinated products.

Avoid nutri-sweet or sweet-n-low products. Splenda and sugar are safe alternatives.

Certain fish contain increased levels of mercury.

Fish to avoid include: swordfish, shark, tilefish, king mackerel and marlin

Safe fish to eat include: salmon, sardines, tilapia, shrimp, scallops, clams and cooked oysters

Canned tuna, mahi mahi and sea bass should be limited to once a week.

Avoid unpasteurized milk and juice, feta cheese, brie cheese, camembert cheese, blue veined cheese and Mexican style queso

Avoid cat litter and soil. These may contain toxoplasmosis, a harmful parasite. Your cat is safe, but the litter may not be. Do not change cat litter while pregnant. When gardening, wear rubber gloves and wash fruits and vegetables well.

## NUTRITION

### *Iron Rich Foods (Vitamin C helps the body absorb iron)*

Best sources: Liver, lean meats, enriched cereal, raisins

Good sources: Peas, lima beans, raw spinach, leafy greens, enriched breads, prune juice, eggs, fish, and enriched pasta

Fair sources: nuts, sweet potatoes, cream of wheat

### *Calcium Rich Foods*

Best sources: Yogurt, milk, cheese, salmon, tofu, black-eyed peas

Good sources: Crab and lobster, rhubarb, figs, navy beans, molasses

Fair sources: Leafy greens, oranges, nuts, okra

### *Protein Foods*

Meat, salmon, shrimp, cheese, eggs, low-fat yogurt, low fat cottage cheese, tuna, nuts, turkey, milk, peanut butter, cooked oysters, soybeans

### *Recommendations*

Milk, yogurt and cheese group-4 servings

Meat, poultry, fish, dried beans and nuts group-3 servings

Fruits and vegetables group-5 servings

Breads, grains and cereal group-6 servings



When to notify the office:

- Contractions every 5-7 minutes in a one hour period. If you are under 36 weeks, notify the office if you are feeling more than 5 in an hour
- Bleeding that is like a menstrual cycle
- As soon as your water breaks. It may be clear, yellow, green or bloody. Inform the doctor of the color of your fluid. You may feel a “gush” of fluid, or you may feel a slow constant leak
- If you are feeling a decrease in fetal movement. If you are unsure, drink some juice and eat. If the baby is still not moving, then contact the office
- Severe headache that does not respond to Tylenol, right upper abdominal pain, vision changes and sudden swelling in the face or hands. As this can be a sign of a serious condition
- If you are unable to keep any food or fluids down
- Have painful urination that is cloudy, foul smelling or bloody
- Unusual or severe cramping or abdominal pain
- A fever above 100.6 degrees

If you are unsure if a symptom is serious, but do not feel like yourself, then call the office.