



The Associated Physicians OB/GYN Department specializes in Obstetrics and Gynecology supported by licensed registered nurses. We are excited to care for you and your family during this special time. Below are some answers to frequently asked questions. Please use this as a reference as you proceed into your pregnancy.

**Clinic Hours:** 7:30am-5:00pm (Weekdays)

**Lab Hours:** 7:30am-5:00pm (Weekdays)

**Office Visits:** Appointments are scheduled with your doctor every four weeks through 32 weeks of your pregnancy. Thereafter, you will be scheduled to see the doctor at 34 and 36 weeks, then weekly until you deliver.

**Diet:** Your diet should be well-rounded, including fruits, vegetables, fiber, and fluids. It is also important to get adequate amounts of protein, iron, and calcium in your diet throughout the pregnancy. You may find several small snacks more tolerable than three large meals, especially early in the pregnancy. Limit foods and drinks that contain caffeine and artificial sweeteners to two servings per day.

*Try to Avoid:* unpasteurized dairy products and raw or undercooked meats/seafood. Do not consume swordfish, tilefish, shark, or king mackerel during pregnancy. Limit tuna to 6 ounces per week. *Please refer to the "Food Safety Guide" included in your welcome folder.*

**Weight Gain:** The average expected weight gain during pregnancy is 25-35 pounds. Your doctor will discuss your expected weight gain. This is determined by your pre-pregnancy BMI. *Please see "Pregnancy and Weight Gain" handout in your welcome folder.*

**Well Water:** If you use well water for drinking or cooking, your water should be tested for bacteria content and nitrates. A nitrate level of more than 10 mg/L is considered unsafe and should not be consumed by pregnant women or babies under 6 months of age. Ask your nurse for more information or check online at <http://dnr.wi.gov/files/PDF/pubs/DG/DG0001.pdf>.

**Exercise:** Being physically fit and active are encouraged during pregnancy. You should be mindful of your oxygen needs during exercise, and you should decrease or stop activity if you begin feeling tired, short of breath, weak, or are unable to carry a conversation during the activity. As your body changes, your balance and risk of falls may become more of a concern. Avoid any activities with the possibility of direct abdominal trauma. *Please see your "Exercise During Pregnancy" handout in your welcome folder.*

**Bathing:** Baths and showers are safe. Avoid hot tubs, saunas, and very hot baths during pregnancy. Please do not douche.

**Sexuality:** Intercourse is permissible unless you are bleeding, having preterm labor, or have been advised otherwise by your physician.

**Vaccines:** We recommend the annual flu shot yearly between October and March. We also recommend a TDAP (tetanus, diphtheria, pertussis) vaccine in the third trimester with each pregnancy. Talk with your nurse about your childhood immunizations and infectious diseases, especially if you didn't get Varicella or the MMR vaccines. *Please see the "Vaccinations in Pregnancy" handout in your welcome folder.*

**Medication:** Whenever possible, avoid medication in the first trimester and use medications in moderation. If you ever feel uncertain about a medication or a medication advises you to consult a physician prior to use, please do not hesitate to call our nurses. They will be able to adequately counsel you on medications that are safe to use in pregnancy. *Please see your "Medications in Pregnancy" handout in your welcome folder.*

**Fever:** High fever and rapid pulse may decrease blood flow to the uterus, so take Tylenol (Acetaminophen) for a fever over 100.5 F. Call if your fever is not decreasing or if you have other unusual symptoms.

**Toxoplasmosis:** Toxoplasmosis is a parasite/disease that is spread chiefly in droppings of outside cats and tropical birds. An infection during pregnancy could cause complications, although it is uncommon. Avoid exposure by having your partner or another individual clean up after pets, particularly cat litter, avoid rare or raw meat/seafood, and wear gloves followed by good hand washing when working with soil.

**Dental Care:** Good oral hygiene and dental cleanings are recommended during pregnancy. Avoid nitrous oxide gas and epinephrine in local anesthetics during pregnancy. If x-rays are necessary, shielding is essential.

**Travel:** Discuss with your doctor or nurse any travel plans that will include sitting for prolonged periods, areas where immunizations are required, or where infectious diseases are prevalent. Also check with your insurance since there may be restrictions related to your coverage during travel. During the last four weeks of pregnancy, stay within a one hour radius of Madison. Please visit <http://www.cdc.gov/zika/geo/active-countries.html> for up-to-date information on Zika.

**Emergencies:** Please notify us if you experience bleeding equal to menstrual flow, cramping that doesn't resolve with rest, leaking of fluids, or any other immediate concern. Our physician on call is available for your emergencies after hours by calling the clinic phone number at **608-233-9746**.

**Deliveries:** You will have the opportunity to meet each of our obstetricians during your pregnancy. The OB on call will care for you at UnityPoint Health Meriter Hospital during your labor and delivery. Our physicians participate in the training of obstetric residents and medical students who will also be involved with your care at the hospital and therefore we are unable to accommodate request for only providers of a specific gender at the hospital.

**UnityPoint Health Meriter Hospital:** We encourage you to utilize the resources at UnityPoint Health Meriter Hospital, including prenatal classes and tours. Please refer to [www.unitypoint.org](http://www.unitypoint.org) or call 608-417-8446 for details.