



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

LAMAZE COURSES

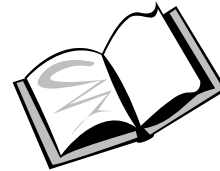
Patients receive a brochure on NYU "Childbirth Programs" in the fifth month. Find out more online at:

<http://www.nyubaby.org>

EATING FOR TWO

In most cases, weight gain during pregnancy is 3-5 pounds in the first 12 weeks, 1 pound per week after (20 to 35 pounds altogether).

In order to attain the target weight gain, an average 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. Avoid swordfish, tile fish, shark and mackerel, since they may contain excessive amount of methyl mercury.



Suggested Reading

- ***What to Expect When You're Expecting***
by Heidi Murkoff, Arlene Eisenberg, and Sandee Hathaway
 - ***The Girlfriend's Guide to Pregnancy***
by Vicki Iovine
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NYU Obstetrics & Gynecology

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NYU Obstetrics & Gynecology



NYU Medical Center
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WELCOME!

Your questions are always welcome.

For your information, we have included a list of common concerns.

If the office is closed and you need to get in touch with us, the office numbers will forward to the service and your call will be returned.

Please do not go to the hospital without a phone call!

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

LAB WORK

First Visit: 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

COMMON QUESTIONS & CONCERNS

Amnio: If done, amniocentesis (under ultrasound guidance) is performed as close to 15 weeks as possible.

Caffeine: 1 cup of caffeinated coffee or tea per day is allowed.

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

Colds/ Flu: Tylenol is safe (2 extra strength-1000mg) every four hours up to four times daily; Robitussin is also safe for coughing, as well as Sudafed (30 mg twice daily).

Computers: Safe throughout pregnancy.

Constipation: Can be safely relieved by Colace, Metamucil, Surfac, MOM Pericolace, etc.

Cord Blood Banking: While our practice neither endorses nor discourages cord blood banking, you should be aware that there is a fee for the collection (roughly \$300) that may not be covered by your insurance carrier.

Dental Work: 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.

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.

Exercise: Continue the same routines you did prior to the pregnancy (unless instructed otherwise); stay cool and well-hydrated!

Hair Treatments: No limit (includes perms).

Hot Tubs, Jacuzzis, Saunas: Not allowed (danger to the fetus).

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

Intercourse: Safe throughout pregnancy unless instructed otherwise.

Nutrasweet: Safe in moderation (1 to 2 servings per day).

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: Initially at first visit, then at 20 weeks; may also be performed for amniocentesis, to determine fetal position, for assessment of growth, or fetal well-being.

Swimming: Okay until the last month.

Travel: Long car trips should be avoided, but if you must go, take frequent (every 1-2 hours) stops to stretch your legs; flying is safe until the ninth month, when airlines won't let you on!

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