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# Congratulations on your pregnancy!



**919-556-1008**  
**[www.galatianshealth.org](http://www.galatianshealth.org)**

*(If you believe you are experiencing a medical emergency, please call 9-1-1  
or seek medical attention at the nearest Emergency Department)*

*Don't forget to create your patient portal account!*

- send a message to your provider
- view test results
- make a payment

**PATIENT PORTAL**

*Ask a staff member for assistance*

**Community  
Health**

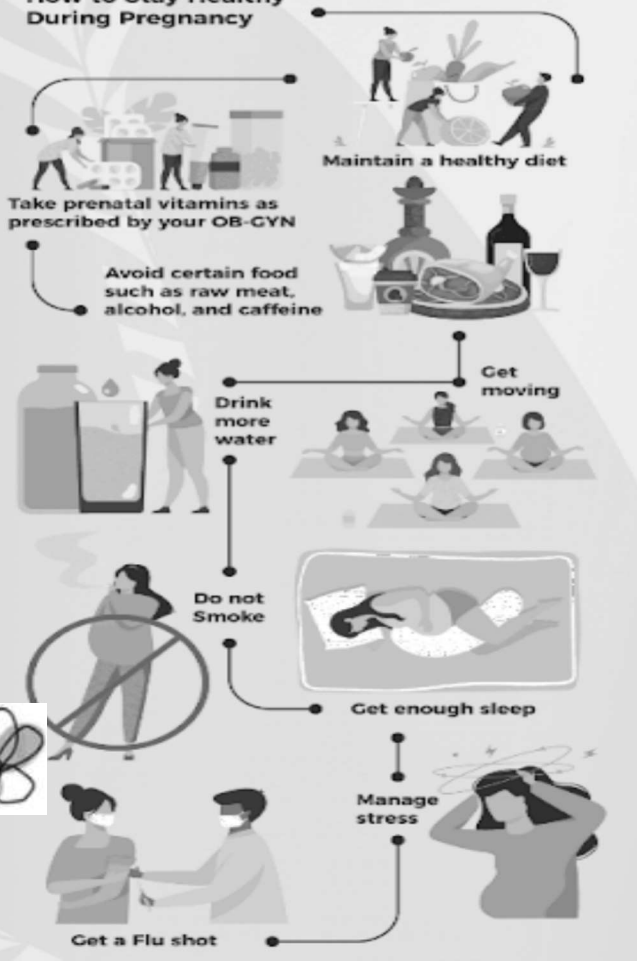
## When to See a Healthcare Provider for Prenatal Visits



## Important Factors in Prenatal Care



## How to Stay Healthy During Pregnancy



## Medications for Use in Pregnancy



**Allergies:** Claritin, Saline nasal spray, Flonase, Zyrtec, Sudafed (avoid taking Sudafed before 14 weeks)

**Backache:** Tylenol 325mg as directed, Salonpas, ThermaCare, Icy Hot patches

**Cough/Cold/Congestion:** Allegra, Benadryl, Claritin, Mucinex Expectorant 600mg, Zyrtec, Robitussin (plain or DM), saline nasal spray (NOT Afrin), at least 64oz of water intake per day

**Constipation:** Colace 100-200mg daily, Metamucil

**Diarrhea:** Imodium (plain or AD)

**Headache:** Tylenol 325mg as directed

(NO Ibuprofen, Aleve, Motrin, Advil, Naproxen)

**Heartburn/Indigestion:** Maalox, Mylanta, Prilosec, Tums, Gas-X, Pepcid OTC

**Hemorrhoids:** Tucks pads, Preparation H

**Insomnia:** Unisom, Benadryl, Tylenol PM as directed

**Rash/ itchy skin:** Benadryl, Calamine lotion, Hydrocortisone 1% cream, oatmeal bath

**Sore Throat:** Tylenol, throat lozenges, Chloraseptic spray, honey, hot tea

**Yeast Infection:** monistat-7, Vagisil (external use only)

**REFER TO OUR WEBSITE FOR MORE PREGNANCY INFORMATION!**









**Galatians**  
Community Health

4551 New Bern Ave, Ste 160, Raleigh, NC 27610  
919-556-1008

My Due Date: \_\_\_\_/\_\_\_\_/\_\_\_\_



**Galatians**  
Community Health

<p><b>New pregnancy</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pregnancy confirmation visit</li> <li><input type="checkbox"/> Bloodwork</li> <li><input type="checkbox"/> Starting weight: _____</li> </ul> <p>Next Appt: _____/_____/_____</p>	<p><b>28 weeks</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Routine OB visit</li> <li><input type="checkbox"/> Tdap vaccine</li> <li><input type="checkbox"/> Discuss Birth Control options</li> <li><input type="checkbox"/> Weight: _____</li> </ul> <p>Next Appt: _____/_____/_____</p>	<p><b>37 weeks</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Routine OB visit</li> <li><input type="checkbox"/> Weight: _____</li> </ul> <p>Next Appt: _____/_____/_____</p>
<p><b>7-10 weeks</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Dating ultrasound</li> <li><input type="checkbox"/> Prenatal education visit</li> <li><input type="checkbox"/> Weight: _____</li> </ul> <p>Next Appt: _____/_____/_____</p>	<p><b>30 weeks</b> (baby's size=coconut!) </p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Routine OB visit</li> <li><input type="checkbox"/> Weight: _____</li> </ul> <p>Next Appt: _____/_____/_____</p>	<p><b>38 weeks</b> (baby's size=pumpkin!) </p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Routine OB visit</li> <li><input type="checkbox"/> Weight: _____</li> </ul> <p>Next Appt: _____/_____/_____</p>
<p><b>12 weeks</b> (baby's size - plum!) </p> <ul style="list-style-type: none"> <li><input type="checkbox"/> IOB / Initial OB visit</li> <li><input type="checkbox"/> Genetic Screen (optional)</li> <li><input type="checkbox"/> Weight: _____</li> </ul> <p>Next Appt: _____/_____/_____</p>	<p><b>32 weeks</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Routine OB visit</li> <li><input type="checkbox"/> Weight: _____</li> </ul> <p>Next Appt: _____/_____/_____</p>	<p><b>39 weeks</b> (baby's size = watermelon!) </p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Routine OB visit</li> <li><input type="checkbox"/> Membrane sweep (optional)</li> <li><input type="checkbox"/> Weight: _____</li> </ul> <p>Next Appt: _____/_____/_____</p>
<p><b>18 weeks</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Anatomy ultrasound</li> <li><input type="checkbox"/> Routine OB visit</li> <li><input type="checkbox"/> Weight: _____</li> </ul> <p>Next Appt: _____/_____/_____</p>	<p><b>34 weeks</b> (baby's size=honey melon!) </p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Routine OB visit</li> <li><input type="checkbox"/> Weight: _____</li> </ul> <p>Next Appt: _____/_____/_____</p>	<p><b>40 weeks</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Routine OB visit</li> <li><input type="checkbox"/> Schedule induction of labor for 41 weeks</li> <li><input type="checkbox"/> Weight: _____</li> </ul> <p>Next Appt: _____/_____/_____</p>
<p><b>24 weeks</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Routine OB visit</li> <li><input type="checkbox"/> Diabetes (Glucola) test / labs</li> <li><input type="checkbox"/> Weight: _____</li> </ul> <p>Next Appt: _____/_____/_____</p>	<p><b>36 weeks</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Routine OB visit</li> <li><input type="checkbox"/> GBS swab / labs</li> <li><input type="checkbox"/> Weight: _____</li> </ul> <p>Next Appt: _____/_____/_____</p>	<p><b>HAPPY BIRTHDAY!</b></p> <p>_____/_____/_____</p> 

# Nutrition During Pregnancy

## Cheese

### ✓ Yes

- Cheddar
- Parmesan
- Stilton
- Cottage cheese (pasteurised)
- Mozzarella (pasteurised)
- Cream cheese (pasteurised)
- Paneer (pasteurised)
- Halloumi (pasteurised)
- Goat's cheese (pasteurised)
- Processed cheese



### ✗ No

- Brie
- Camembert
- Feta
- Ricotta
- Blue cheese
- Gorgonzola
- Chevre
- Any unpasteurised cheese
- Imported cheeses

## Eggs and other dairy products

### ✓ Yes

- Pasteurised milk
- Yoghurt (pasteurised)
- Cooked eggs
- Fried eggs
- Scrambled eggs
- Quiche
- Commercial mayonnaise and aoli



### ✗ No

- Unpasteurised milk and milk product
- Soft serve ice cream
- Uncooked eggs
- Homemade mayonnaise, aioli or caesar dressing
- Homemade chocolate mousse
- Cake batter
- Pancake batter

## Meat and poultry

### ✓ Yes

- Beef
- Chicken
- Lamb
- Pork
- Sausages
- Mince
- Deli cuts (such as ham, chorizo, salami)
  - only if cooked fresh and eaten hot
- Hot take-away chicken
  - purchase fresh and eaten hot



### ✗ No

- Cold cut meats (such as ham, salami) from deli, salad bar, takeaway
- Cold chicken or turkey (from salad or sandwich shop)
- Stuffing
- Liver and liver products
- Pate and meat spreads

## Fish and seafood

### ✓ Yes

- Cooked fish and seafood
- Shark/flake, marlin or broadbill/swordfish\*
- Deep sea perch or catfish\*\*



### ✗ No

- Raw fish
- Raw seafood
- Chilled peeled prawns
- Sushi - raw fish and seafood
- Oysters

\* no more than 100g (cooked) per fortnight, with no other fish that fortnight  
 \*\* no more than 100g (cooked) per week, with no other fish that week

## Fruit, vegetables and nuts

### ✓ Yes

- Whole fresh fruit, vegetables and herbs
  - thoroughly washed to remove all traces of dirt
- Legumes (such as beans, peas and lentils)
- Nuts (unless already allergic)



### ✗ No

- Raw sprouts (alfalfa, radish, mung beans, soybeans)
- Rockmelon
- Prepackaged salads and fruit salads
- Ready-made salads (buffets and salad bars)

## Drink

### ✓ Yes

- Coffee (limit intake)
- Tea (contains caffeine, limit intake)
- Soft drink (limit - beware of excess sugar)
- Juice
- Milk pasteurised
- Mineral water

### ✗ No

- Alcohol
- Unpasteurised milk
- Unpasteurised juice
- Energy drinks
- Herbal teas (caution)

