

**G  
A  
L  
A  
T  
I  
A  
N  
S**

**Community  
Health**

# Your Pregnancy Book



**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*

# Congratulations on Your Pregnancy!

We have created this booklet to help answer some of the more common questions you may have during your pregnancy.

On our website, you will find this booklet and more pregnancy care information including:

- labs & screening test information
- early pregnancy tips
- changes during pregnancy information
- links to classes
- links to local resources
- forms, etc.

As always, please contact our office if you have any questions at all during your pregnancy and remember, sometimes it's easier to communicate with us through the patient portal!

We look forward to sharing your pregnancy journey!

1004 Dresser Ct, Ste 102, Raleigh, NC 27609  
[www.galatianshealth.org](http://www.galatianshealth.org)  
919-556-1008

# Frequently Asked Questions

## How often will I have prenatal check ups?

All pregnancies should have a minimum of 10–13 visits. If your pregnancy is considered high risk or becomes high risk you will have more visits. You will have prenatal or "OB visits" every 4 weeks until 28 weeks, then every 2 weeks until 36 weeks, then weekly until delivery.

## When can I find out my baby's gender?

Typically family's will learn the gender at the anatomy ultrasound. However, there is an optional genetic blood test that can be done after 10 weeks of pregnancy. Although learning the gender is not the intent of the test it is part of the results. It is very important that you understand that the purpose of the test is not "just to learn the gender". This test is screening for genetic abnormalities. Before you make your choice to test or not, you should consider how it would affect you and your decision should the result return with an unexpected result. Please watch the video in the attached link for more information about early genetic testing. <https://vimeo.com/589930889>

## If I have questions or need help, who do I contact?

We require that your patient portal is active. Questions that require an answer before your next visit but are not urgent/emergent should be sent via the portal. (examples include prescription refills, work excuse, dental letter etc.)

## What happens if I have a question and the clinic is closed?

If you have an urgent or emergent concern you seek medical care at your closest urgent care location or emergency department.

## What medications are safe to take during my pregnancy?

There is a list included in this handout and on our website of medications that are safe. Any medication that is not listed you should ask your provider.

## How do I know if my pregnancy is at risk for complications?

A risk assessment is done at your first visit. Your health and pregnancy history is reviewed to identify any issues that increase your risk of complications in the pregnancy.

## Where will I have my baby?

- ❖ UNC Rex Women's Center
  - <https://www.rexhealth.com>
- ❖ WakeMed Labor and Delivery
  - [Pregnancy & Childbirth – WakeMed Health and Hospitals](#)



## Who will take care of me in the hospital?








When it's time to deliver, UNC/Rex Hospital and WakeMed offer the very best care during your labor and delivery. Hospital employed physicians and/or certified nurse midwives will be available.

# Prenatal Visit Schedule

919-556-1008

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



<p><b>New pregnancy</b></p> <p><input type="checkbox"/> Pregnancy confirmation visit</p> <p><input type="checkbox"/> Bloodwork</p> <p><input type="checkbox"/> Starting weight: _____</p> <p>Next Appt: ____/____/____</p>	<p><b>28 weeks</b></p> <p><input type="checkbox"/> Routine OB visit</p> <p><input type="checkbox"/> Tdap vaccine</p> <p><input type="checkbox"/> Discuss Birth Control options</p> <p><input type="checkbox"/> Weight: _____</p> <p>Next Appt: ____/____/____</p>	<p><b>37 weeks</b></p> <p><input type="checkbox"/> Routine OB visit</p> <p><input type="checkbox"/> Weight: _____</p> <p>Next Appt: ____/____/____</p>
<p><b>7-10 weeks</b></p> <p><input type="checkbox"/> Dating ultrasound</p> <p><input type="checkbox"/> Prenatal education visit</p> <p><input type="checkbox"/> Weight: _____</p> <p>Next Appt: ____/____/____</p>	<p><b>30 weeks</b> (baby's size=coconut!)</p>  <p><input type="checkbox"/> Routine OB visit</p> <p><input type="checkbox"/> Weight: _____</p> <p>Next Appt: ____/____/____</p>	<p><b>38 weeks</b> (baby's size=pumpkin!)</p>  <p><input type="checkbox"/> Routine OB visit</p> <p><input type="checkbox"/> Weight: _____</p> <p>Next Appt: ____/____/____</p>
<p><b>12 weeks</b> (baby's size - plum!)</p>  <p><input type="checkbox"/> IOB / Initial OB visit</p> <p><input type="checkbox"/> Genetic Screen (optional)</p> <p><input type="checkbox"/> Weight: _____</p> <p>Next Appt: ____/____/____</p>	<p><b>32 weeks</b></p> <p><input type="checkbox"/> Routine OB visit</p> <p><input type="checkbox"/> Weight: _____</p> <p>Next Appt: ____/____/____</p>	<p><b>39 weeks</b> (baby's size = watermelon!)</p>  <p><input type="checkbox"/> Routine OB visit</p> <p><input type="checkbox"/> Membrane sweep (optional)</p> <p><input type="checkbox"/> Weight: _____</p> <p>Next Appt: ____/____/____</p>
<p><b>18 weeks</b></p> <p><input type="checkbox"/> Anatomy ultrasound</p> <p><input type="checkbox"/> Routine OB visit</p> <p><input type="checkbox"/> Weight: _____</p> <p>Next Appt: ____/____/____</p>	<p><b>34 weeks</b> (baby's size=honey melon!)</p>  <p><input type="checkbox"/> Routine OB visit</p> <p><input type="checkbox"/> Weight: _____</p> <p>Next Appt: ____/____/____</p>	<p><b>40 weeks</b></p> <p><input type="checkbox"/> Routine OB visit</p> <p><input type="checkbox"/> Schedule induction of labor for 41 weeks</p> <p><input type="checkbox"/> Weight: _____</p> <p>Next Appt: ____/____/____</p>
<p><b>24 weeks</b></p> <p><input type="checkbox"/> Routine OB visit</p> <p><input type="checkbox"/> Diabetes (Glucola) test / labs</p> <p><input type="checkbox"/> Weight: _____</p> <p>Next Appt: ____/____/____</p>	<p><b>36 weeks</b></p> <p><input type="checkbox"/> Routine OB visit</p> <p><input type="checkbox"/> GBS swab / labs</p> <p><input type="checkbox"/> Weight: _____</p> <p>Next Appt: ____/____/____</p>	<p><b>HAPPY BIRTHDAY!</b></p> <p>____/____/____</p>  



# Nutrition During Pregnancy



Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

Start simple  
with MyPlate



## Healthy Eating for Women Who Are Pregnant or Breastfeeding

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Eat a variety of healthy foods

It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium (salt).



### Get your Plan

Calorie and nutrient needs are different during pregnancy and when you are breastfeeding. Get your MyPlate Plan to learn your estimated calorie needs and how to meet your food group goals.



### Make smart seafood choices

Eating seafood during pregnancy may benefit your baby's growth and is a healthy protein source for you during both pregnancy and breastfeeding. Choose options lower in methylmercury, like cod, salmon, or tilapia. Learn more at FDA's Advice About Eating Fish webpage.



### Ask about supplements

In addition to a healthy diet, your doctor may recommend a prenatal vitamin and mineral supplement to help you meet your needs. After pregnancy, your doctor may recommend switching from a prenatal to a multivitamin supplement during breastfeeding.



### Keep food safe

You and your baby are at higher risk for foodborne illness. Only eat foods that have been cooked to the proper temperature and avoid unpasteurized (raw) milk or juice, raw sprouts, unwashed produce, cold deli meats, or soft cheese made from unpasteurized milk. See FoodSafety.gov for more information.



### Avoid all alcohol

Pregnant women and women who may become pregnant should not drink any alcohol. Talk with your doctor before considering drinking alcohol while you are breastfeeding.



Go to [MyPlate.gov](https://www.MyPlate.gov) for more information.  
USDA is an equal opportunity provider,  
employer, and lender.

**The benefits of healthy eating  
add up over time, bite by bite.**

FNS-905-13  
March 2022

# Pregnancy Safe Medications



## Morning sickness

- Vitamin B6 25 mg every 6 hours  
**WITH**  
Unisom (Doxylamine)
  - ½ tab -1 tab after dinner, if not improved can repeat dose in the morning
- Ginger Capsule 250 mg
  - Every 6 hours
- Ginger (snaps, tea, lozenges, chews...)
- Pepcid or Prilosec daily
- Sea-bands
- Peppermints or Peppermint oil

## Headaches/minor musculoskeletal pain

- Sleep/Nap
- One serving of caffeine
- Tylenol up to 1000 mg per dose
  - No more than 4000 mg in 24 hrs
- Magnesium Oxide 400-500 mg daily

## Indigestion

- Tums
- Mylanta
- Maalox
- Rolaids
- Simethicone/Gas-X
- Pepcid OTC OR Prilosec OTC

## Constipation

- Increase dietary fiber
  - Metamucil
  - Supplements
  - Snack bars
  - Fruit **WITH THE PEELING**
- Stool softener
  - Colace 100-200mg daily
- Laxative
  - Milk of Magnesia
  - Miralax
  - Any OTC glycerin suppository

## Hemorrhoids

- Tucks pads – can place in refrigerator prior to application
- Sitz baths
- Preparation H cream or suppository
- Anusol cream or suppository

## Diarrhea

- Imodium (plain or AD)

## Yeast Infection

- Monistat-7 Vagisil (external use only)

## Rash/Itching

- Calamine lotion
- Benadryl cream/spray or pill
- Hydrocortisone 1% cream/ointment
- Oatmeal bath
- Cool shower

## Insomnia

- Unisom Benadryl OR Tylenol PM

## Allergies and Colds

- At least 64oz of water intake per day
- Cough drops
- Saline nasal spray and eye drops
- Elderberry Syrup – 3tsp at the onset of symptoms
- Chloraseptic spray (phenol 1.4%)
- Humidifier, Chlor-Trimeton, Tavist
- Dimetapp
- Robitussin (plain or DM)
- Triaminic
- Claritin, Zyrtec, Allegra Benadryl
- Mucinex Expectorant 600mg

## Misc

- Probiotics with lactobacillus & bifidobacterium



1004 Dresser Ct, Ste 102, Raleigh, NC 27609

[www.galatianshealth.org](http://www.galatianshealth.org)

919-556-1008

# Other Resources

## Healthy Nutrition

- <https://www.myplate.gov/life-stages/pregnancy-and-breastfeeding>

## Preparing for Birth

- ❖ Spinning Babies
  - [Spinning Babies – Comfort in Pregnancy and Easier Birth](#)
- ❖ Evidence Based Birth
  - [Home – Evidence Based Birth®](#)
- ❖ Lamaze International
  - [Lamaze.org](#)
- ❖ Hypnobabies
  - [Hypnobirthing Classes & Courses – Hypnobabies®](#)
- ❖ Bradley Method
  - [The Bradley Method](#)



## Breastfeeding Information/Support

- ❖ LactMed Database
  - <https://www.ncbi.nlm.nih.gov/books/NBK501922/>
- ❖ La Leche League International
  - <https://www.llli.org/>

## Recommended Reading

- ❖ Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond
  - *Nancy Bardake*
- ❖ The Birth Partner: A Complete Guide for Dads, Partners, Doulas and Other Labor Companions
  - *Penny Simpkin*
- ❖ Childbirth Without Fear: The Principles and Practice of Natural Childbirth
  - *Ina May Gaskin*
- ❖ Natural Hospital Birth: The Best of Both Worlds
  - *Cynthia Gabriel*
- ❖ Nobody Told Me About That: The First 6 Weeks
  - *Ginger Breedlove*



**DON'T FORGET! GO TO OUR WEBSITE FOR MORE INFORMATION!**

**[www.galatianshealth.org](http://www.galatianshealth.org)**

[illegible]





## **A Study to Improve the Quality of Prenatal Care and to Reduce Maternal Health Disparities in North Carolina**

### **WHY IS Galatians Community Health PARTICIPATING IN ACURE4Moms?**

Galatians is participating in the ACURE4Moms study because we feel that it will help us learn how to improve the prenatal care and outcomes for all of our pregnant patients and their babies, but especially for our patients who identify as Black or African American. There are big differences in outcomes for Black versus White moms and babies and we want to play a part in changing this.

### **WHAT IS THE ACURE4Moms STUDY TESTING?**

ACURE4Moms is trying to reduce low birth weight, prevent emergency department visits and extra hospitalizations, and reduce maternal depression and discrimination. We are testing two different programs that were developed by people with lived experience. These are:

1. Data sharing with the practice staff to keep them accountable about the outcomes of patients of different racial and ethnic groups in this practice and to provide tools to help them reduce bias in care
2. Providing support for some patients from doulas who are from the same community as the patients.

Each practice has been randomly selected to receive neither, one, or both of these programs. Galatians is getting data accountability. At the end of 2 years, once we see how the programs worked, the practices can decide to continue the programs or start doing the programs if they previously had not been.



## WHAT DOES THIS MEAN FOR YOU?

Data about the outcomes of all our patients will be tracked for this study to help us improve outcomes, but the data will be anonymous. The data will not be linked to specific patients.

You will receive a call from a research assistant to tell you more about the study and to ask you about the possibility of also linking to your baby's data after they are born. Allowing us to do so is completely voluntary and will not change the care you receive here. We will not even be told about what you chose.

You may also be asked to participate in more in-depth online surveys to understand more about your experience. Participating in this is also completely voluntary and we will not be told what you choose.

You may also be offered professional pregnancy, birth and postpartum support from a doula in your community at no cost. Participating in this is also completely voluntary and we will not be told what you choose.

## WHAT IF YOU HAVE QUESTIONS ABOUT THE STUDY?

You can contact the study staff at [acure4moms@med.unc.edu](mailto:acure4moms@med.unc.edu) if you have questions or concerns about the study. You can also find more about the study and our doula team by scanning the QR code to the right to visit our website at: <https://www.mombaby.org/acure4moms/>.

SCAN ME

