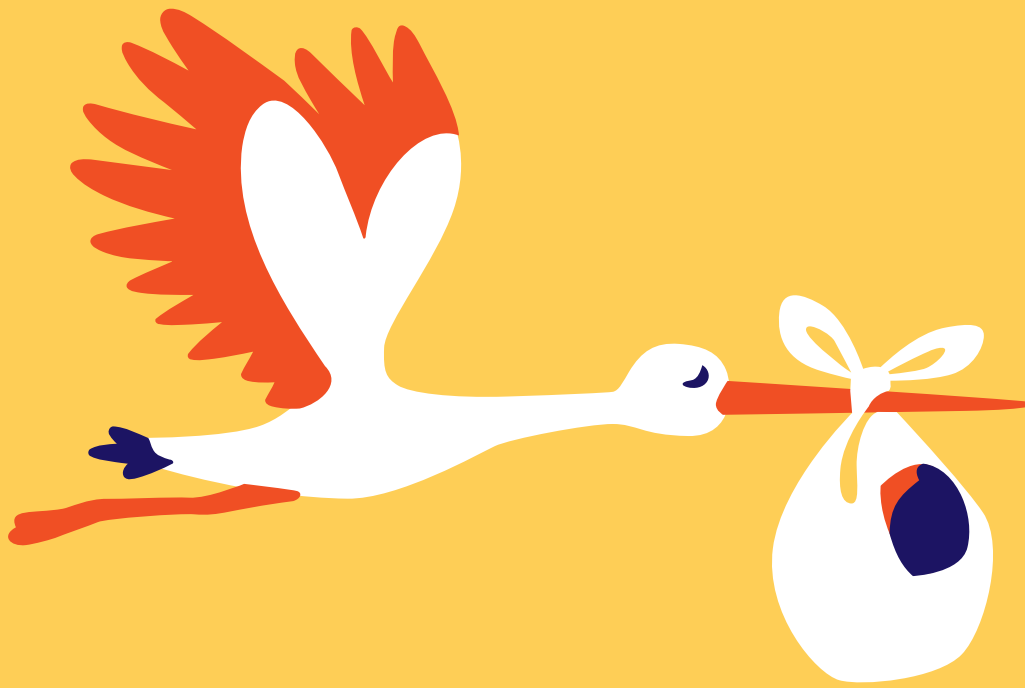




Pregnancy Guide

Congratulations!

Your pregnancy and baby will bring about exciting and new challenges in your life

At Albany Med Obstetrics and Gynecology, we are here to help you through this journey. Please use this as a guide to assist you in preparing for your new little one.

Obstetrics and Gynecology at Albany Medical Center

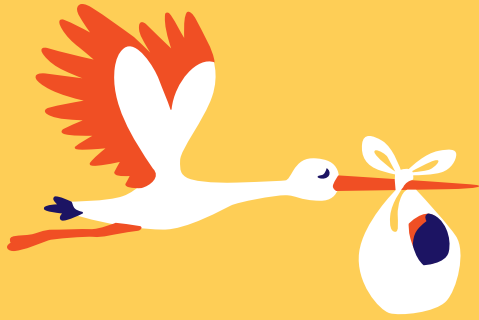
391 Myrtle Avenue , Suite 200
Albany, NY 12208-3478
Phone: (518) 262-4942
Fax: (518) 262-5291
www.amc.edu

Parking: 405 Myrtle Avenue Garage
(entrance on Myrtle Avenue).

Albany Medical Center Labor and Delivery

43 New Scotland Avenue
D building, 6th Floor
Albany, NY 12208-3478

Parking: 40 New Scotland Avenue Garage
(behind Panera Bread). Follow the
directions to the pedestrian bridge where
you check in with security.



Important Pregnancy Considerations

Our Practice

As an academic center, your care team at Albany Med will be comprised of many individuals including trainees and learners.

- **Attending physicians** supervise the care delivered to you by the entire team and have completed all training.
- **Fellow physicians** have completed their residency training and are undergoing advanced sub-specialty training in high-risk obstetrics.
- **Resident physicians** have degrees in medicine and are receiving further training.
- **Medical students** are training to become physicians.

Vaccines

- The **influenza (flu) vaccine** is recommended for all pregnant women during flu season as pregnant women are more likely to become severely ill with the flu.
- The **TDAP (whooping cough) vaccine** is recommended for all pregnant women for baby's protection between 27 and 36 weeks.
- The **COVID vaccine** prevents 95% of COVID infections and for most people, getting the COVID vaccine is the safest choice. Visit **OneVaxTwoLives.com** for more information.

Childbirth and Breastfeeding Education

During the COVID-19 pandemic childbirth education is provided via an online platform called "YoMingo" Call Perinatal Outreach at (518) 262-8447 or (518) 262-0885 to register or email PerinatalOutreach@amc.edu with any questions.

If you are interested in breastfeeding, join members of the Albany Med Lactation team for a webinar designed to answer the most common questions, "*Breastfeeding and Your Newborn*" Call Perinatal Outreach at (518) 262-8447 or (518) 262-0885 to register.

Cord Blood Banking

The American College of Obstetricians and Gynecologists does not support private cord blood banking as it is not evidence based. If you choose to employ a private company, charges can be very high. Albany Med can only collect cord blood for a company that has a standard contract with us, which includes New England Cord Blood Bank, Americord Registry, Cord Blood Registry and Cryo-Cell. Please discuss this with your provider.



1st Trimester

Appointments

Weeks 6-8

First Ultrasound: We will confirm your pregnancy is in the correct location and give you a due date.

Weeks 8-12

Initial visit with your provider: Review health history, conduct physical exam, prenatal labs, prenatal education and carrier screening.

Weeks 10-13

Genetic Screening: These tests look for genetic abnormalities in the fetus, such as Trisomy 21 (Down Syndrome), Trisomy 18 (Edward's Syndrome), and Trisomy 13 (Patau Syndrome).

First Trimester Screen

- Early ultrasound which measures the skin on the back of the neck + blood test of hormones. It detects 82-87% of Down Syndrome and is covered by all insurances.

Cell Free DNA (MaterniT 21)

- Blood test which looks at fetal chromosomes in your blood, including the sex chromosomes. It detects 99% of Down Syndrome and is covered by **SOME** insurances in full, maximum out of pocket cost **\$299** when participating in the Patient Engagement Program (PEP)

Provider appointments every 4 weeks

Guide

- **Alcohol/Smoking:** Avoid all tobacco products, alcohol, marijuana, illegal drugs, or prescription medications for nonmedical reasons.
- **Foods to Avoid:** You should avoid raw, undercooked, or contaminated seafood, meats, poultry, and eggs. You should also avoid unpasteurized foods, unwashed fruits and vegetables, and excess caffeine. Avoid certain fishes, such as shark, swordfish, king mackerel, tilefish, marlin, orange roughy, and bigeye tuna. You may have white (albacore) tuna, however limit to 6 ounces per week.
- **Nutrition:** Taking prenatal vitamins can ensure that you are getting the important nutrients that you need, especially when you are finding it hard to eat due to nausea or vomiting. Key vitamins and minerals included in prenatal vitamins include vitamins A, C, and D, folic acid, and iron. During your first 12 weeks of pregnancy, you might gain only 1 to 5 pounds or none at all.
- **Medications:** Refer to the handout in this folder on what types of medications to avoid during pregnancy.
- **Exercise:** Being active and exercising, even just walking, at least 30 minutes on most days of the week can benefit your pregnancy.
- **Morning sickness:** Most women who experience nausea and vomiting usually feel complete relief by about 16 weeks of pregnancy. To help with nausea, try eating crackers in the morning before you get out of bed, stay hydrated, eat small and often, avoid smells that bother you, try bland foods (bananas, rice, applesauce, toast, and tea) and ginger.
- **Fatigue and sleep problems:** Try sleeping on your side with a full-body pillow. Take a warm shower or bath at bedtime to help you relax, and exercise daily
- **Skin Color Changes:** During pregnancy, higher estrogen levels cause your body to make more melanin - the pigment that gives color to the skin.
- **Breast Changes:** Breast tenderness is most pronounced during the first three months. The breasts enlarge and can be quite tender. Wearing a good support bra may help you feel more comfortable.
- **Constipation:** To avoid constipation, increase the amount of fiber in your diet with fruits, raw vegetables, whole grain products, nuts, and dried fruits like figs and prunes. Stay hydrated and exercise.



2nd Trimester

Guide

- **Exercise:** It is very important to stay active. As you continue to exercise in your second and third trimesters, be aware that your growing belly changes how your weight is balanced when you move around and can make you less stable and more likely to fall. If you do fall, call your ob-gyn or go to the hospital if you have bleeding or contractions.
- **Lower abdominal pain:** As the uterus grows, the round ligaments (bands of tissue that support the uterus on both sides) are pulled and stretched. You may feel this stretching as either a dull ache or a sharp pain on one side of your belly. This pain might be most noticeable when you cough or sneeze. You can help alleviate the pain by not moving for a short time or changing position. If the abdominal pain does not go away or gets worse, call your ob-gyn.
- **Mouth and dental changes:** Pregnancy can cause a variety of changes including swelling or bleeding gums, sores in your mouth, looser teeth caused by hormonal changes, and/or tooth erosion. It is important to brush with a soft-bristled brush and fluoride toothpaste, floss between your teeth every day, and avoid sugary foods and drinks. Dental health and hygiene are important in pregnancy! Ask your provider for a note to give to the dentist if you have a cleaning or other dental work scheduled.
- **Pregnancy-related stress:** Let the household chores go undone sometimes and instead do something relaxing. Take advantage of sick days or vacation days whenever possible. Get regular exercise and go to bed early. Talk with your provider if you notice any signs of depression.
- **Urinary problems:** Pain during urination, urge to urinate right away, urine that is cloudy or has blood in it, urine that has a strong smell, fever, and/or back pain. Call your provider if you have any of these symptoms.
- **Vaginal discharge:** Vaginal discharge (the fluid that comes out of your vagina) often increases during pregnancy. This is caused by normal changes in the vagina and cervix. A sticky, clear, or white discharge is normal, and is usually nothing to worry about. However, if you have discharge that has changed from its normal color, has a bad smell, pain, soreness, or itching in the vaginal area, call your provider.
- **Dizziness:** Dizziness is normal during pregnancy. To prevent dizziness, move slowly when you stand up or change positions, drink lots of fluids, and avoid standing for long periods of time. If you feel dizzy, lie down on your side.
- **Sleeping positions:** Sleeping on your side may be best. It ensures adequate blood flow to your baby. Keep one or both knees bent. It may also help to place a pillow between your knees and another under your belly.

Appointments

Weeks 18-20

Fetal Anatomy Ultrasound: A comprehensive ultrasound to screen for major birth defects in the key organs (brain, heart, kidney, & liver) .

Weeks 24-28

Glucose Tolerance Test: This appointment will last at least 1 hour and **does not** need to be fasting.)
Blood Count, RhoGAM if blood type is negative, TDAP (Whooping cough) vaccine.

Begin provider appointments every 2 weeks

- **Heartburn:** Heartburn is pain or a burning feeling in the throat or chest. Pregnancy hormones, which relax the valve between your stomach and esophagus, are the main cause of heartburn. Try eating small meals, eat and drink slowly, don't eat within a few hours of bedtime, and take over the counter antacids.
- **Fast or racing heartbeat:** This happens because your heart is pumping more blood faster than normal. As pregnancy progresses, your heart pumps up to 30 to 50 percent more blood than when you aren't pregnant. Another reason is sensitivity to caffeine. If you notice that your heart rate stays fast or if you also have shortness of breath, call your provider right away.
- **Lower back pain:** During pregnancy, the ligaments of your sacroiliac joint get looser due to a hormone called relaxin. This is to help make passage of your baby through your pelvis easier and can cause lower back pain. Your provider can suggest exercises that strengthen the muscles surrounding the joints.
- **Braxton Hicks contractions:** "Practice contractions" can be very mild or they can be painful. These contractions help your body get ready for birth but do not open the cervix. They are more likely to happen when you are tired or dehydrated, so be sure to drink plenty of fluids.
- **Nutrition:** If you are pregnant with one fetus, you need an extra 340 calories per day starting in the second trimester.



3rd Trimester

Guide

Getting ready for delivery checklist:

- Have I filled out all the paperwork needed to begin my maternity leave and collect disability pay?
- At what point in my labor should I leave for the hospital?
- Have I arranged for care of my other children and pets while I'm in the hospital?
- Have I purchased and installed a baby car seat? (You will not be able to take your newborn home from the hospital without a car seat secured in your car.)
- Have I packed my hospital bag?
- **Pain relief during labor:** Many women take classes to learn breathing and relaxation techniques to manage the pain of childbirth. There are different types of pain-relieving drugs commonly used during labor. Develop your plan with your provider.
- **Hemorrhoids:** Painful, itchy varicose veins in and around the anus. They can get worse right after delivery, then slowly get better during the postpartum period. To avoid hemorrhoids, eat a high fiber diet and drink plenty of liquids to help avoid constipation, get up and move around to take weight off the veins of your pelvic area, or apply an ice pack or witch hazel pads.
- **Preeclampsia** is a serious blood pressure disorder that can affect all organs in a woman's body. It usually happens after 20 weeks of pregnancy, typically in the third trimester. Signs include high blood pressure, high levels of protein in the urine, pain in the upper abdomen, changes in vision or severe headache.
- **Pre-term labor:** When labor starts before 37 weeks of pregnancy, babies may not be fully developed. Signs include change in vaginal discharge, constant low back pain and frequent contractions. Call your provider right away if you think you are in preterm labor.
- **Breech presentation:** Most babies move into a head-down position a few weeks before birth. If the baby's buttocks, or buttocks and feet, are positioned to come out first, this is called breech presentation. You will have a physical exam to find out the baby's position. If the baby is breech you may discuss flipping the baby (an external cephalic version) or planned c-section with your provider.
- **Vaginal spotting:** This could be a sign that labor is starting. Pink or slightly bloody vaginal discharge is normal, but if vaginal bleeding is heavy – as heavy as a menstrual period – it could be a sign of a problem. Call your provider and go to the hospital right away if you have heavy bleeding.

Appointments

Weeks 32-36

- Blood counts
- HIV test

Weeks 36-38

- Group B Strep culture test

Begin provider appointments every week

Important 3rd trimester discussions:

- Delivery planning
- Postpartum birth control
- FMLA/Paid Family Leave forms
- Circumcision for male infants
- Breast feeding or formula feeding

Signs you are in labor:

- **Lightening**—You feel as if the baby has dropped lower. You may feel “lighter”.
- **Loss of the mucus plug**—When the cervix begins to open, the plug is pushed into the vagina. You may notice an increase in vaginal discharge that is clear, pink, or slightly bloody.
- **Rupture of membranes**—The fluid-filled amniotic sac that surrounded the baby during pregnancy breaks (your “water breaks”). You may feel this as fluid that trickles or gushes from your vagina.
- **Contractions**—As your uterus contracts, you may feel pain in your back or pelvis.

Postpartum Guide

Breastfeeding

Benefits for the baby

- Breast milk has the right amount of fat, sugar, water, protein, and minerals needed for a baby's growth and development. As your baby grows, your breast milk changes to adapt to the baby's changing nutritional needs.
- Breast milk contains antibodies that help protect infants from certain illnesses, such as ear infections, diarrhea, respiratory illnesses, and allergies.
- Breastfed infants have a lower risk of sudden infant death syndrome (SIDS).

Benefits for the mother

- Breastfeeding triggers the release of a hormone called oxytocin that helps the uterus return to its normal size more quickly.
- Breastfeeding may make it easier to lose weight gained during pregnancy.
- Breastfeeding may reduce the risk of breast cancer and ovarian cancer.

Birth control

- Many types of birth control can be used while breastfeeding, including non-hormonal and hormonal methods. Talk with your provider about what option is best for you.
- We offer immediate placement of IUDs (copper and hormone containing) right after you deliver. We also offer the Implant during the first few days postpartum while still in the hospital.

Other

- **Postpartum bleeding:** You may have bleeding that lasts up to 6 weeks after delivery. If you have heavy bleeding that saturates more than one large pad in one hour for two hours, call your provider immediately.
- **Bowel problems:** Constipation is still common postpartum, especially if you had a cesarean section. Make sure you are well hydrated, eating a diet high in fiber, and take stool softeners as needed.
- **Breast infection (Mastitis):** Breast infections are common postpartum. If you have warmth or redness on your breast, fevers, or chills, call your provider immediately as you may require antibiotics. You may continue to breastfeed with mastitis.
- **Postpartum depression:** It is common for women to have feelings of depression in the first 2 weeks postpartum. If these feelings persist past 2 weeks, you may have postpartum depression and should contact your provider.
- **Exercise:** Talk with your provider about when you may begin exercising again after delivery. Once cleared, try simple postpartum exercises that help strengthen major muscle groups, including abdominal and back muscles. Gradually add moderate-intensity exercise. Stop exercising if you feel pain.
- **Intercourse:** You should wait to have intercourse until you have healed completely and are cleared by your provider. A common recommendation is 4-6 weeks.



Pregnancy Checklist

During Your Pregnancy

- ☐ Take prenatal vitamins
- ☐ Keep track of your appointments

Vaccines:

- ☐ TDAP
- ☐ Flu Vaccine
- ☐ COVID vaccine

Labs:

- ☐ Initial Prenatal labs
- ☐ Carrier Screening
- ☐ Aneuploidy Screening
- ☐ Fetal Anatomy Ultrasound
- ☐ 24-28 week labs (Glucose tolerance test; Blood count; RhoGam if needed)
- ☐ Third trimester labs (Blood counts, HIV test, Hepatitis C test)
- ☐ Group B Strep Culture
- ☐ Do an Albany Med Labor and Delivery tour
- ☐ Delivery Planning, create birth plan if desired
- ☐ Take childbirth preparation and breastfeeding classes
- ☐ Talk to employer about maternity leave and Paid Family Leave
- ☐ Talk to your insurer about health insurance for your baby
- ☐ Bring in maternity leave paperwork to be filled out by your provider
- ☐ Look for Childcare as soon as possible if you plan to return to work
- ☐ Find a pediatrician for your baby
- ☐ Order breast pump if needed
- ☐ Discuss postpartum birth control

What to bring to the hospital

For Mom:

- ☐ Driver's License
- ☐ Insurance Card
- ☐ Phone and Charger
- ☐ Glasses/Contacts and lens solution
- ☐ Toiletries including toothbrush and toothpaste
- ☐ Bathrobe/nightgown and socks
- ☐ Money for parking or snacks
- ☐ Change of clothes for you to go home, including high-waisted maternity pants
- ☐ Items to keep you relaxed (favorite pillow or blanket, diffuser, etc.)

For Baby:

- ☐ Nursing pillow
- ☐ Installed car seat
- ☐ A few prewashed baby outfits

The hospital provides:

- Hospital gown, underwear, and socks
- Sanitary pads, Dermaplast, Tucks pads, and a Peri bottle
- Pain medication
- Formula (if needed), diapers, swaddling blankets
- Toothpaste, toothbrush, soap, linens and towels

Pregnancy Checklist

Essentials for the baby at home

- ☐ 7-10 outfits (prewashed)
- ☐ Car seat
- ☐ 2 sleep outfits/ swaddle blankets
- ☐ Blanket/ cold weather gear if needed
- ☐ Disposable diapers (newborn and size 1) or cloth diapers and covers
- ☐ Wipes for sensitive skin
- ☐ Infant washcloths
- ☐ Burp cloths
- ☐ Diaper changing pad
- ☐ 3-5 receiving blankets
- ☐ Baby bathtub
- ☐ Mild baby wash for delicate skin
- ☐ Baby grooming kit
- ☐ Baby thermometer and first aid kit
- ☐ Pacifiers
- ☐ Diaper rash cream
- ☐ Nursing pillow
- ☐ Breast milk storage bags
- ☐ Baby bottles
- ☐ Nursing app such as Baby tracker Pro to track feeding, sleeping, bowel movements
- ☐ Baby wrap/carrier
- ☐ Crib or bassinet

Postpartum Essentials for Mom

- ☐ Thick maxi pads with flexi wings
- ☐ Disposable postpartum underwear
- ☐ Peri bottle
- ☐ Soothing sitz bath or herbal bath
- ☐ Perineal cold packs
- ☐ Tucks Pads, Witch Hazel, Padsicles
- ☐ Heating pad for cramps
- ☐ Perineal comfort donut cushion
- ☐ Nipple butter
- ☐ High waisted underwear
- ☐ Nursing sleep bra
- ☐ Stool softeners (we will prescribe)
- ☐ Large water bottle to stay hydrated
- ☐ Ibuprofen for pain relief (we will prescribe)



Health Care Provider Phone Numbers

Health Care Provider	Name	Phone Number
Primary Care Doctor		
Pediatrician		
Pharmacy		



Appointment List

Appointment	Date	Time	Comment

