Meet our Providers

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I. Congratulations & General Info

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Thank you for trusting us with the care of your pregnancy.

We have a team of board certified physicians, ARNP’s and a physicians assistant, who are committed to providing you with the best personalized care possible during your pregnancy.

*Visit our website for photos and bios of the providers, click [here](#).

When it comes time for delivery, the physician on call from our office with perform the delivery. If you are having a scheduled Cesarean Section you can choose a provider and we will do our best to accommodate you. You may choose to deliver at Sacred Heart Medical Center or Deaconess Hospital. Be sure to pre-register with the hospital of your choice about 6 weeks before your expected delivery.

At your next appointment we will review your maternity insurance benefits and answer any questions you may have. We will estimate your cost and create a monthly payment plan; so that balances will be paid prior to delivery.
<table>
<thead>
<tr>
<th>First Visit 6-8 Weeks</th>
<th>20-22 Weeks</th>
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</thead>
<tbody>
<tr>
<td>Labs: 1. RH Type Antibody Screen</td>
<td>Routine Ultrasound for Fetal Development</td>
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<td>2. Rubella</td>
<td><strong>22 Weeks</strong></td>
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<tr>
<td>3. Hepatitis</td>
<td>2nd Trimester care and preterm labor information. Sign up for birthing classes.</td>
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<tr>
<td>4. Syphilis</td>
<td><strong>28 Weeks</strong></td>
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<td><strong>11-13 Weeks 6days</strong></td>
<td><strong>32 Weeks</strong></td>
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<tr>
<td>Optional Integrated Screening</td>
<td>3rd Trimester-Labor and delivery routine and anesthesia information.</td>
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<td><strong>16-17 Weeks</strong></td>
<td><strong>35-36 Weeks</strong></td>
</tr>
<tr>
<td>2nd Half of Integrated Screen</td>
<td>Group B Streptococcus/GBS screening-A test for a bacteria that may cause harm to infants at delivery.</td>
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The best diet for you and your baby includes lots of fruits, vegetables and whole grains, some low fat dairy products and a few sources of protein such as meat, fish, eggs, or dried peas or beans.

- Aim for a high protein diet, approx. 80 grams a day.
- Eat four servings of fruits and vegetables daily.
- Avoid or limit refined sugars and white flour products. Whole grain products have more vitamins and fiber and are a better choice.
Diet During Pregnancy Cont.

• Take your prenatal vitamins daily as directed, they are designed to fill in nutritional gaps.
  o Folic Acid, also know as folate, is a B vitamin that is important for pregnant women. 800 micrograms daily is recommended.
  o Pregnant women also require more Iron in their diet or by taking supplements, 27mg is recommended. This helps your body make more blood to supply oxygen to your baby.
  o Calcium helps build your baby’s bones and teeth. 1,000mg of calcium is recommended daily. Consider calcium supplements if you do not/can not eat enough dairy.
  o Vitamin D works with calcium to help baby’s bones and teeth develop. 600 IU (international units) of Vitamin D is recommended daily.
Fish is a healthy part of diet in pregnancy. Some types of fish, however, can be harmful to a developing fetus. Fish that are high in mercury should not be eaten in pregnancy. Mercury has been linked to birth defects. Healthy fish include: Shellfish (such as shrimp), Salmon, Catfish, and Pollock. Do not eat: Shark, Swordfish, King Mackerel, or Tilefish. Limit white (albacore) tuna to 6 ounces a week. For more information see our chart on fish and pregnancy [HERE](#).
Listeria Monocytogenes is a type of bacteria that is found in water and soil.

To prevent listeriosis, pregnant women should do as follows:

• Do not eat unpasteurized cheese.
• Do not eat hot dogs, lunch meats, or deli meats unless properly heated to 160 degrees.
• Do not eat refrigerated pates or meat spreads.
• Do not eat refrigerated smoked seafood unless it is in a cooked dish.
• Practice safe food handling.

Symptoms of listeriosis may show up 2-3 days after exposure. Symptoms may include mild flu like symptoms, such as headaches, muscle aches, fever, nausea and vomiting. Contact your provider if you experience these symptoms.
4 Simple Steps to follow:

1. **Clean** - Wash hands thoroughly (before and after handling food, using restroom, changing diapers or handling pets).

2. **Separate** - Separate raw foods from ready to eat foods, do not place cooked foods on the plate that held raw foods, place cooked foods on a clean plate.

3. **Cook** - Cook foods thoroughly, use a food thermometer to check the temperature. Discard foods left out at room temperature for more than 2 hours. Avoid all raw and undercooked seafood, eggs, and meat. This includes sushi. Food such as beef, pork, or poultry should be cooked to a safe internal temperature."

4. **Chill** - Your refrigerator should register at 40 degrees F. Refrigerate or freeze perishables. Use ready to eat food as soon as possible.
• When considering exercise, check with your doctor first!
• Provided you are in good health and have no problems with your pregnancy you should be able to begin a reasonable exercise routine.
• If you have been sedentary, choose an activity such as walking.

• Pregnancy may affect how you exercise. Normal physical changes associated with pregnancy have a definite impact on movement and balance. You may have to change your normal exercise routine to accommodate for these changes.
Basic Guidelines
• Regular sessions are better than sporadic activity.
• Avoid outdoor exercise, when it is hot and humid.
• Do a warm up and cool down routine. Stop when you are mildly fatigued.
• Listen to your body.
• Drink lots of water while exercising, as dehydration is a serious danger to you and your baby.

Do’s & Don’ts
• Swimming is especially beneficial.
• Yoga is great for strength, flexibility and familiarity with deep breathing.
• Avoid jarring, bouncing, or activities that require precise balance.
• Avoid sit-ups, toe-touches, and push-ups.
• Contact sports are also not advised.
Vaccines in Pregnancy:

• Influenza (flu) – Pregnant women and newborn babies can get severely sick with the flu. Getting the influenza vaccine will help to prevent this. It will also help your newborn baby from getting the flu in the first few months of life. Pregnant women should get the inactivated influenza vaccine, not the live vaccine.

• Tetanus, diphtheria, and pertussis (whooping cough) – All pregnant women should get the tetanus, diphtheria, and pertussis vaccine at 27 to 36 weeks of pregnancy, even if they got it before.

Unsafe immunizations in pregnancy: Live influenza, MMR, Varicella (Chicken pox), HPV vaccine and Polio.
Bleeding during pregnancy is a disturbing but common experience. 1 out of 5 pregnant women will have some degree of bleeding. This does not always indicate a serious problem, but can be a warning sign of possible pregnancy loss or miscarriage.

Any cramping or bleeding should be reported to your physician, especially if they occur together.

If you should have spotting or bleeding do the following:

1. Go lie down and rest.
2. Call your doctor immediately if your bleeding is bright red and equal to or heavier than your normal menstrual flow.
3. Please keep in mind that not all bleeding indicates a serious problem or possible miscarriage.
A. Over the Counter Medications
The following OTC drugs may be safely taken after 12 weeks gestation following all directions on the container for adult use.

<table>
<thead>
<tr>
<th>Problem</th>
<th>OTC Medication</th>
<th>Precaution: Call your doctor</th>
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<tbody>
<tr>
<td>Mild Headache/Aches &amp; Pains</td>
<td>Acetaminophen (Tylenol)</td>
<td>Severe and/or persistent headache</td>
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<tr>
<td>Cold/Sinusitis/Allergies</td>
<td>Sudafed, Afrin Nasal Spray, Ocean Mist Nasal Spray</td>
<td></td>
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<tr>
<td>Cough &amp; Minor Throat Irritation</td>
<td>Robitussin or non-alcohol cough syrup, alcohol free lozenges</td>
<td>Persistent Cough/Sore throat</td>
</tr>
<tr>
<td>Nasal Congestion and Cough</td>
<td>Triaminic DM</td>
<td></td>
</tr>
<tr>
<td>Cold</td>
<td>Sudafed, TYLENOL, Claritin, Benadryl, Robitussin</td>
<td></td>
</tr>
<tr>
<td>Mild to Moderate Diarrhea</td>
<td>Donnagel chewable tablets, Kaopectate</td>
<td>Diarrhea that persists for more than 2 days accompanied by fever</td>
</tr>
<tr>
<td>Constipation</td>
<td>Metamucil, Milk of Magnesia</td>
<td>Severe Straining</td>
</tr>
<tr>
<td>Heart Burn</td>
<td>Maalox, Mylanta, Tums, Pepcid, Zantac, Prilosec</td>
<td>If the medications don’t provide relief</td>
</tr>
<tr>
<td>Gas</td>
<td>Gas-X, Gelusil</td>
<td></td>
</tr>
<tr>
<td>Hemorrhoids</td>
<td>Chilled witch hazel packs, sitz bath</td>
<td>Bleeding or severe pain</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Warm bath, a good book, B6;50MG, warm milk, Benadryl</td>
<td></td>
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<tr>
<td>Morning Sickness</td>
<td>Ginger products, Unisom, and Vitamin B6</td>
<td>Persistent vomiting, weight loss or inability to tolerate fluids</td>
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</table>
B. Medications to Avoid During Pregnancy

Avoid Aspirin, Aspirin-like compounds, Ibuprofen, Naproxen Sodium, and/or Naproxen.

<table>
<thead>
<tr>
<th>Type of Medication</th>
<th>Medication Name Brand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rx containing aspirin or aspirin like compounds</td>
<td>Darvon Compound, Disalcid Capsules, Easprin Tablets, Lortab ASA Tablets</td>
</tr>
<tr>
<td>Rx containing Ibuprofen</td>
<td>Motrin, Children’s Advil, Children’s Motrin</td>
</tr>
<tr>
<td>Rx containing Naproxen/Naproxen Sodium</td>
<td>Anaprox Tablets, Percodan Tablets, Soma Compounds</td>
</tr>
<tr>
<td>OTC-Drugs containing aspirin or aspirin like compounds</td>
<td>Some Alka-Seltzer products, Some Bayer products, Buffaprin Tablets/Caplets</td>
</tr>
<tr>
<td>OTC-Drugs containing Ibuprofen</td>
<td>All Advil products, some Bayer products, Midol, Motrin</td>
</tr>
<tr>
<td>OTC-Drugs containing Naproxen Sodium</td>
<td>Aleve, Bufferin, Ecotrin</td>
</tr>
</tbody>
</table>

*THIS IS NOT A COMPLETE LIST, ALWAYS CHECK LABELS OR CALL YOUR PROVIDER
C. Herbal Tips
The use of herbal remedies has grown but the FDA does not study herbs for harmful effects they may cause.
Some Potentially Harmful Herbs:
• Borage
• Calamus
• Coltsfoot
• Comfrey
• Life root
• Sassafras
• Chaparal
• Germander
• Licorice
• Ma huang

This is not a complete list, if you are considering using an herbal supplement, please check with your Provider first.
• Alcohol can cause mental retardation, fetal alcohol syndrome and other deformities if used during pregnancy and is not recommended.

• Smoking tobacco has many risks with pregnancy, including preterm delivery and smaller babies. Infants born to mothers who smoke are more likely to have asthma, colic, and childhood obesity. They also are at increased risk of dying from sudden infant death syndrome (SIDS).

• All illicit/recreational drugs can cause side effects to your pregnancy and baby, therefore they are not recommended. This includes marijuana, methamphetamines, cocaine, heroin, and prescription drugs not used as prescribed.
Integrated screen:
A non-invasive test to tell you if your baby is more likely to have Down Syndrome, trisomy 18 or spina bifida.

Included in the screening:
Ultrasound at 11-14 weeks
Blood draw with US at 11-14 weeks and again between 15-20 weeks.
Test results are available after the second blood drawn.

Cystic Fibrosis testing:
Cystic Fibrosis is a genetic condition that can affect the lungs and digestive system. 1 in 25 Caucasians are carriers of cystic fibrosis. The testing is to determine if you are a carrier. If positive we will test the father of the baby.

These are optional tests. Click here for more information.
During the first three months (weeks 1-12) of pregnancy you may experience these symptoms:

- Stopped period
- Enlarged tender breasts
- Protruding nipples
- Frequent urination
- Fatigue
- Nausea
- Food cravings
- Lost appetite
- Heartburn & indigestion
- Constipation
- Bloating
- Change in weight, plus or minus
Frequently Asked Questions

Hot tubs/Saunas?
• Very hot water and steam should be avoided, especially during early pregnancy. Avoid immersing your entire body into the hot tub. Saunas should be avoided.

Sex and Pregnancy?
• Unless your obstetrician instructs you otherwise, sex is safe throughout your pregnancy.

Seat Belts?
• Seat belts (shoulder & lap) are safety devices to protect you, place the lap belt under your belly, across your hips and thighs.

Hair Color?
• It is believed that hair dyes are most likely safe to use during pregnancy since very little is absorbed by the skin. It is advised to use a well ventilated area and inquire about chemicals if you are concerned.

Travel?
• Travel is usually no risk to you or baby. However, you should not plan to travel long distances the last 4-6 weeks of pregnancy and may be restricted earlier if you have a high risk pregnancy. With recent Zika virus concerns, please click HERE for foreign travel recommendations.
For more information please visit our website at spokaneobgyn.com, or click here.