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Women's Care Group
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Congratulations on your pregnancy!

Daily Diet

Fruits and Vegetables	5-9 servings 1 serving = ½ cup
Protein	2-3 servings 1 serving = 4 ounces
Calcium	4-5 servings 1 serving = 8 ounces of milk 4 ounces of yogurt 6 ounces of cottage cheese

Daily diet should also include: plenty of whole grains,
10-12 glasses of water per day and a prenatal vitamin.

Foods to Avoid:

- Swordfish, Mackerel, Shark, Tilefish, Ahi or Albacore Canned Tuna
 - Canned tuna is fine as long as it is **NOT Albacore**
- Non-pasteurized soft cheeses
 - Most cheeses in the United States are pasteurized
- Limit caffeine intake to one serving per day
 - Caffeine is found in coffee, soda, tea, and chocolate
- Limit two servings per day of artificial sweeteners
- Luncheon meat is fine as long as it is purchased from a reputable place
 - If you are unsure of concerned, microwave the meat before consuming or buy prepackaged Meats.

Behavior to Avoid:

- Jacuzzis, tanning beds (**including spray tans**), steam rooms, saunas and hot tubs
- Lifting anything that weighs more than 25lbs.
- Traveling
 - Uncomplicated pregnancies = no airplane flights 6 weeks prior to due date
 - Please inform your doctor of any dates you may be traveling
- Exercise
 - Moderate exercise is fine
 - Break a sweat but you must be able to talk through 40 minutes and heart rate should not exceed 140 beats per minute.
- Do **NOT** clean the litter box

IN THE EVENT OF ANY MOTOR VEHICLE ACCIDENT, FALL, ABDOMINAL TRAUMA OR VAGINAL BLEEDING: CALL THE OFFICE IMMEDIATELY 708-857-7230 OR 708-873-0400

Treating Nausea

- Eat small and frequent meals and before getting out of bed
 - Suggestions: saltine crackers, ginger snaps, and ginger ale
- Avoid dairy products, citrus, warm meals, red meats and fried foods
- Wear sea bands or relief bands

Visiting the Dentist

- Teeth cleaning and dental work is fine
- X-ray with abdominal shield **only**
 - Avoid unless medically necessary
- Novocaine and most antibiotics for dental infections are fine
 - If antibiotics are prescribed, call the office and ask your doctor if they are okay

Sex

- Uncomplicated pregnancies = sex is fine
- Use lubricant
- Orgasms will not harm or hurt the baby

Hair Care

- Highlighting or dying of hair is fine after the first trimester (after 13 weeks)

Painting

- Latex paint **only**
- Should be done in a well ventilated room or area

Recreational Activities

- No triathlons or marathons
- No roller coasters
- No water skiing
- No rollerblading, roller skating, ice skating or snow mobile riding
- No horseback riding

Spa Activities

- Manicures, Pedicures, and massages are okay
 - Some facilities may require a doctor's letter for massage during pregnancy

Medications

- Tylenol products only
 - No Aleve, Motrin, Aspirin, or Advil
 - If fever persists call the office
- Congestion
 - Sudafed PE in 1st trimester. Sudafed from behind the counter in 2nd & 3rd trimesters.
 - Ocean Mist nasal spray
 - **NO AFRIN**
 - Tylenol Severe Cold
 - Theraflu Max D

Allergies:

- Actifed
- Benadryl
- Sudafed/ PE/Sudafed from behind the counter in 2nd & 3rd trimesters.
- Chlortrimeton

- · Claritin
- · Zyrtec May take Claratin D, Zyrtec D & Allegra D in 2nd and 3rd trimesters.
- Allegra

· Cough

- Robitussin DM
- Delsum
- Mucinex

- If cough persists call the office

· Sore Throat

- Sucrets
- Halls
- Chloresptic Spray

· Diarrhea

- Increase oral fluids (specifically Gatorade and water)
- Avoid dairy products
- Follow the BRAT diet
 - **B** = bread, bananas
 - **R** = rice
 - **A** = applesauce or apples
 - **T** = toast

· Heartburn

- Tums (up to 4 per day)
- Maalox Liquid
- Mylanta
- Gaviscon
- Zantac (over the counter)
- Prilosec (over the counter)
- Pepcid

· Hemorrhoids

- Preparation H
- Anusol
- Tucks
- Modify eating habits
 - Introduce prune or pear juice into your diet
 - Increase oral water intake

· Constipation

- Milk of Magnesia (MOM)
- Metamucil
- Senakot
- Modify eating habits
 - Introduce prune or pear juice into your diet
 - Increase oral water intake

- Increase your physical activity level
- Colace

Child Birth Education Class Phone Numbers

- Christ Hospital 1-800-323-8622 or 708-684-8000/ www.advocatehealth.com
- Little Company of Mary Hospital 708-422-6200/ LCMH.org

Books That May Be Helpful During and After Your Pregnancy

PREGNANCY

From the Hips: A Comprehensive, Open-Minded, Uncensored, Totally Honest Guide to Pregnancy, Birth and Becoming a Parent by Rebecca Odes & Ceridwen Morris

The Girlfriends Guide to Pregnancy by Vicki Iovine

Mayo Clinic Guide to a Healthy Pregnancy by Mayo Clinic

Spiritual Midwifery by Ina Gaskin

What To Expect When You're Expecting 4th Edition by Heidi Murkoff

BREASTFEEDING

Dr. Mom's Guide to Breastfeeding by Marianne Neifert

The Nursing Mother's Companion by Kathleen Huggins

The Womanly Art of Breastfeeding by Diane Wiessinger, Diana West & Teresa Pitman

PARENTING

1, 2, 3, Magic: Effective Discipline for Children 2-12 by Thomas W. Phelan

Baby 411: Clear Answers and Smart Advice for Your Baby's First Year by Ari Brown, M.D.

The Ferber Method Demystified by Richard Ferber

Healthy Sleep Habits, Happy Child: Your Fussy Baby by Marc Wisebluth

Just Tell Me What to Say: A Sensible Tips and Scripts for Perplexed Parents by Betsy Brown Braun

Please be advised any Insurance or FMLA papers that need to be filled out by a provider, there will be a \$25.00 charge that is not covered by insurance.

Classes offered through Advocate Christ Medical Center

To register & inquire about dates, please call
1-800-3-ADVOCATE (1-800-323-8622)

1-Day Childbirth Education

\$75.00 per couple

Breastfeeding Basics

FREE

Delivery Options**

\$20 per couple

Caring Kids Siblings Class

\$15 per child; \$20 per family (two parents and one child)

Tender Baby Care**

\$20 per couple

Women & Infant Center Tour

(Adults age 18 & older)

FREE

Childbirth Refresher

\$20.00 per couple

Meets once a week for two weeks

Childbirth Education

\$60.00 per couple

Meets once a week for three weeks

Grandparents Class

\$10.00 per person

Marvelous Multiples

\$25 per couple

**These topics are included in the Childbirth Education Class. Do not register for these classes if you are registered for the Childbirth Education Class. Visit advocatehealth.com/cmc/community-classes for more information.

WHAT TO EXPECT WEEK BY WEEK (normal pregnancy)

FIRST VISIT: OB blood work: HIV screen, varicella (chicken pox), urine test,
Gonorrhea, Chlamydia, syphilis, blood type, CBC, hepatitis B, rubella,
urine drug screen, cystic fibrosis
Receive prenatal vitamins
Flu shot-given yearly

OB VISITS EVERY 4 WEEKS: Routine visits every 4 weeks with practitioner to 30wks
Urine sample left at every visit to check for protein and glucose.

~8 WEEK: Ultrasound confirming due date

11-13 WEEKS: Genetic screening blood work (optional), and Ultrasound

15-21 WEEKS: Genetic screening blood work (optional)

20-22 WEEKS: OB ultrasound structural survey

Discuss plans for breast/bottle feeding

24-28 WEEKS: 1 hour glucose test

3 hour glucose test if abnormal 1 hour test

Antibody screen for RH-negative patients

28 WEEKS: Rhogam injection if indicated

Tdap vaccine

30-36 WEEKS: Begin every 2 week visits

Possible fetal monitoring if indicated

35 WEEKS: Group Beta Strep vaginal culture, blood work, discuss

Pediatrician, confirm expected hospital of delivery

36 WEEKS: Begin weekly visits, receive copy of records, discuss circumcision if
indicated

Every pregnancy is unique - All the above can change at any time due to practitioner's discretion



Do you...

- Feel overwhelmed
- Feel alone, confused
- Have difficulty focusing or making decisions
- Feel fatigue, difficulty sleeping or waking abruptly
- Feel sad, cry frequently
- Have racing, repetitive thoughts or worries
- Isolate yourself
- Get angry easily
- Have thoughts you are afraid to share

THERE IS HELP!

HOURS: MON-FRI,
9A-7P, VARYING

ACCEPTS: SELF PAY,
BCBS PPO, AETNA,
CIGNA, UBH

Services provided:

- Individual Therapy
- Couples Therapy
- Family Therapy
- Public speaking and education

Specializing in:

- Reproductive health concerns
- Women's health
- Pregnancy issues
- Perinatal/Postpartum mood and anxiety disorders
- Infertility
- Miscarriage, stillbirth
- Infant loss
- Sexuality, intimacy
- Menopause
- Life transition
- Self-esteem, identity
- Communication and trust in relationship
- Adults with depression and anxiety

NewDawnWellnessGroup.com

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