

## Pregnancy Summary Sheet

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### Safe Medications in Pregnancy:

Pain or Headaches:	Tylenol (Acetaminophen)
Cough:	Robitussin dm (Guaifenesin)
Nasal Congestion:	Afrin nasal spray (max 3-4 days), Sudafed, Claritin D
Constipation:	Colace, Fibercon, and Metamucil
Sore Throat:	Ricola cough drops, Hall drops, Salt water gargles
Heartburn:	Tums, Mylanta, Maalox, Zantac (Ranitidine), and Pepcid (Famotidine)
Yeast Infections:	Gyne-lotrimin, Monistat
Seasonal Allergies:	Chlor-Trimeton (Chlorpheniramine), Claritin, Zyrtec, Benadryl, and Nasal Steroids
Insomnia:	Benadryl, Tylenol PM, Ambien
Nausea:	25mg Vitamin B6 plus ½ of a Unisom tablet, sea bands, ginger

### **Drug Information/ Teratogen Hotline (800) 532-3749**

### Precautions:

- Take your prenatal vitamins with a least 800 micrograms of folic acid (folate) per day.
- Do not smoke.
- Do not use alcohol or recreational drugs.
- Avoid high temperatures (No Hot Tubs or Jacuzzis)
- Drink plenty of water when exercising. Keep your heart rate about 140 or less.
- Do not eat raw meat. Avoid sushi please.
- If you have a cat, do not change the kitty litter (risk of toxoplasmosis).
- Do not eat high mercury containing fish: shark, swordfish, king mackerel, tilefish; limit tuna to 1 Serving per week.
- Do not eat cold cuts unless you heat them well first.
- Do not eat soft cheeses, e.g., Blue cheese, Roquefort, Feta, Brie

### Time Line:

(Note: CVS and Amniocentesis are done for women over age 35)

- 6-8 wks In office ultrasound. Blood tests: Prenatal labs. Schedule NT testing (CVS if needed)
- 10 + wks NIPT genetic testing may be done is desired: Harmony, Panorama or MaterniT21 Plus
- 12-13 wks First Trimester AFP state screening. NT testing performed. Schedule CVS and/or Amnio if needed
- 14-16 wks Schedule your Level II Anatomy ultrasound performed at 19-20 wks
- 16-18 wks Second Trimester Genetic Blood Screening. Amnio is performed if needed
- 18-20 wks Level II Anatomy ultrasound performed
- 20-22 wks Sign up for prenatal/childbirth classes (see below). Fetal echocardiogram performed if needed.
- 26-28 wks Glucola blood test performed (diabetes screen)
- 28-32 wks Rh Negative patients receive Rhogham. Prenatal classes. Pre-register/tour the hospital!
- 35-37 wks GBS screen (vaginal/perineal/anal swab done in the office)

### Prenatal Testing Centers: (Genetic Counseling, NT, CVS, Amnio, Level II Ultrasound, Fetal Echo)

Stanford Perinatal Diagnostic Center (NT, Level II US) Palo Alto, Fremont, Mountain View	(650) 725-7030
Stanford Perinatal Diagnostic Center (NT, Level II Ultrasound) Sequoia, Redwood City	(650) 381-3480
Stanford Genetics Counseling (NT, CVS, Amniocentesis) Palo Alto	(650) 725-5198
Dr's. McCallum and Kim (NT, Amniocentesis, Level II ultrasound) San Mateo, RWC	(415) 476-4080
Stanford Pediatric Cardiology (Fetal Echocardiograms) Palo Alto	(650) 497-8677
Peninsula Ultrasound, Dr. Kleiner (NT, Level II ultrasound) San Mateo	(650) 343-1655

### Childbirth Classes:

Lucile Packard Children's Hospital (Stanford)	<a href="http://www.lpch.org">www.lpch.org</a>	(650) 723-4600
Sequoia Hospital (Redwood City)	<a href="http://www.sequoiahospital.org">www.sequoiahospital.org</a>	(650) 367-5998
El Camino Hospital (San Jose, Mountain View)	<a href="http://www.elcaminohospital.org">www.elcaminohospital.org</a>	(650) 940-7302
Mills Peninsula Hospital (Burlingame)	<a href="http://www.mills-peninsula.org">www.mills-peninsula.org</a>	(650) 696-5400
Blossom Birth (Palo Alto)	<a href="http://www.blossombirth.com">www.blossombirth.com</a>	(650) 321-2326
Day One Baby (San Francisco)	<a href="http://www.dayonebaby.com">www.dayonebaby.com</a>	(415) 813-1931