

*Obstetrics and Gynecology Care LLC  
621 S. New Ballas Rd, Ste. 4008B  
St. Louis, MO. 63141  
314-567-5017*

*Congratulations from Dr. Walsh and Staff!*

*We are very pleased you have chosen us to work with you during such an exciting time!*

*Enclosed in this bag are samples of prenatal vitamins, brochures, information on the Do's and Don't's of pregnancy. If you have any questions feel free to call and ask, we will do our best to answer them.*

*Over the next nine months you will get to know us very well:*

- Nancy Arnold – Nurse Practitioner*
- Tracy Moore – Medical Questions Line*
- Cindy Welker – Medical Assistant*
- December Cookson – Medical Assistant*
- Kelly Brown – Pre-Certification/Surgery Scheduling/FMLA*
- Sarah Biermann – Front Desk*
- Loni Wilken – Office Manager*
- Laura Henley – Ultrasound*
- Patricia Loudenslager – Ultrasound*
- Kimberly Williams – Ultrasound*

*We look forward to helping you as you await the arrival of your newest family member.*

*Dr. Walsh and Staff*

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*Things to Avoid During Pregnancy*

- 1) Smoking – Remember, when you smoke, your baby does too.*
- 2) Alcohol – Remember, when you drink, your baby does too.*
- 3) Drugs – Remember, when you take drugs, your baby does too.*
- 4) Laxatives – They can stimulate the uterus to contract and induce labor.*
- 5) Aspirin / Ibuprofen – And other products containing either of these.*
- 6) X-Rays – Contact your physician if you injure yourself for further instructions.*
- 7) Hot Tubs or Saunas – Unless otherwise specified by the doctor.*
- 8) Sugar Alternatives (Saccharine) & Caffeine– Limit use to 1-2 servings/day.*
- 9) Douches – Unless otherwise specified by the doctor.*
- 10) Tampons – Unless otherwise specified by the doctor.*
- 11) Cleaning – Birdcages and liter boxes. Wash your hands every time after you handle pets.*
- 12) Raw/ unpasteurized foods – Oysters, mussels, sushi, soft cheeses.*
- 13) Deep water Fish – Shark, Swordfish, King Mackerel, Tile fish. 14) Precooked meats – Deli meats, Pate, hot dogs unless cooked until steaming hot*
- 14) Activities where you may fall and impact your abdomen. (biking, roller skating etc. )*
- 15) Taking other people's /unknown medication.*
- 16) Coloring/highlighting hair – especially during the first trimester.*

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### Recommended "Over the Counter" Medications

#### Colds:

All Tylenol products, Robitussin DM, Dayquil (not Nyquil),  
Sudafed (2<sup>nd</sup>/3<sup>rd</sup> Trimester), Zyrtec, Claritin, Benadryl

#### Allergies:

Sudafed (2<sup>nd</sup>/3<sup>rd</sup> Trimester), Benadryl, Zyrtec, Claritin,  
Sinutab, Dimutab, Tylenol Sinus

#### Diarrhea:

Imodium, Bananas

#### Constipation:

Miralax, Fibercon, Colace, Metamucil, Dulcolax

#### Nausea/Vomiting:

Vitamin B6, Ginger Products, Emetrol, B-Natal  
lozenges/lollipops

#### Heartburn/Acid Reflux:

Tums, Rolaids, Mylanta, Maalox, Pepcid, Zantac

#### Headaches/Aches and Pains:

Tylenol, cold/hot compress

#### Hemorrhoids

Anusol, Preparation H, Tucks

#### Leg Cramps:

Calcium 500-1,000 mg, Bananas

#### Insomnia:

Tylenol PM, Benadryl, Warm milk, Warm bath

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### Nutrition During Pregnancy

While pregnant, it's important to stay hydrated and eat a well-balanced variety of foods. Your diet should include plenty of water, fresh fruit and vegetables as well as lean proteins like chicken, fish, beans, nuts, and whole grains. Indulge in an Iron rich red meat 1-2 times/week.

Try to avoid: sugar rich sodas, and fruit juices as well as excess desserts and high calorie, low nutritional value snacks (chips, sweets, breads)

Remember, you are NOT eating for two... total weight gain for pregnancy should be approx. 25-35 pounds.

#### **Folic Acid:**

Get at least 400 mcg daily. Important for babies spine/brain development. Your prenatal vitamin likely contains 1 mg.

Food source:

- 1/2 cup lentils: 179 mcg
- 1/2 cup fortified cereal: 133 mcg
- 4 steamed or boiled asparagus spears: 81 mcg

#### **Calcium:**

You need 1,000 mg daily. You may need to supplement depending on your food choices.

Food Sources:

- 8 oz. skim milk: 301 mg
- 1 oz. mozzarella cheese: 222 mg

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2 corn tortillas: 92 mg

1 cup plain skim milk yogurt 488 mg

1/2 cup cooked spinach 136 mg

### **Iron**

You need approx 27 mg daily. Iron is important for red blood cell development. Your prenatal vitamin likely contains the necessary amount, but it helps to supplement with dietary choices.

Food source:

1 cup iron-fortified cereal: 24 mg

1/2 cup boiled spinach: 3.2 mg

3 oz. beef tenderloin: 3 mg

### **Vitamin D**

You need 5 mcg (200 IU) or more daily to help build baby's teeth and bones.

Food source:

1 cup milk 2mcg

### **DHA**

You need approx 200-300 mg/day. May be included in your prenatal vitamin or may be a separate supplement.

Food Source:

Salmon

Canned light tuna

Eggs

Milk

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### *Frequently Asked Questions*

*How can I reach the doctor after office hours?*

- Call the exchange at 314-388-6534.*

*When should I call the doctor?*

- If you become ill and have a fever > 101*
- If you are nauseous and unable to stay hydrated*
- If you experience more than 6 contractions in an hour prior to 37 weeks*
- If you note bright red bleeding*
- If you experience leakage of fluid & think your water may be broken.*
- If you experience decreased fetal movement from your baby's baseline after the six month of pregnancy that does not resolve with re-hydration, a light snack and rest. Use kick counts to evaluate: Your baby should move at least 6 times in an hour.*

*What is Pre-term labor?*

*Pre-term labor is defined as contractions that cause cervical change prior to 37 weeks gestation.*

*Who does Pre-term labor affect?*

*No one can predict who will have pre-term labor. It can happen in any pregnancy and can lead to pre-term birth.*

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*Frequently Asked Questions*

*How does Pre-term labor affect the baby?*

*Babies born more than 3 weeks before their due date can have serious problems with breathing, eating, keeping blood sugars normal, staying warm and with jaundice. They have an increased risk of serious disabilities like cerebral palsy, blindness and chronic lung problems. They may need to be cared for in a special nursery setting for a prolonged period of time.*

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Beating the After – Baby Blues

*Baby Blues* occur in 50-80% of new mothers. They usually start on the second or third day after the birth and last no more than 10 days.

**Symptoms Include:**

- Mood swings
- Crying spells
- Anxiety
- Loneliness
- Lack of confidence in mothering ability

*Postpartum Depression (PPD) / Postpartum Anxiety* occurs at least 10% of mothers. Symptoms of the Baby Blues may persist or become more intense requiring medical therapy or formal counseling. Tell your doctor if you think you are suffering from Postpartum depression or anxiety.

**What To Do:**

**Rest** – Get help so you can rest when baby rests

**Play** – Ask someone to baby-sit while you go shopping, take a walk, attend an exercise class, dine out with your spouse

**Eat Well** – Include plenty of water, fresh fruits, vegetables, whole grains, lean proteins in your diet

**Seek Support** – Tell your partner how you feel and ask for support. Join a new mother's group.

**Trust Yourself:** – Remember, even without experience, most parents do what's right for the baby.