

*your* PREGNANCY

  
**Lyndhurst**  
GYNECOLOGIC ASSOCIATES

## YOUR PREGNANCY

# A *special* TIME FOR you, AND FOR us.

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*Congratulations! Now that you're pregnant, we'll see each other often as together we follow your baby's progress into this wonderful world. Lyndhurst Gynecologic Associates is committed to a team approach in providing the finest obstetrical care for you and your baby. We thank you for the privilege of extending this care to your family, and assure you that your trust and cooperation are very important to us.*

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The team approach at Lyndhurst encourages you to see each of our obstetricians for an office visit during your pregnancy. This enables you to become familiar with each physician – a practice that leads to the comfort of knowing that your baby will be delivered by a doctor with a personal knowledge of your pregnancy.

As part of this approach, you benefit from the different styles and personalities of our physicians. Someone is always available, and each physician has special interests that you can rely upon for different areas of obstetrics. These areas include infertility, ultrasound and high-risk pregnancy – plus other specialties for the highest level of care during your pregnancy. And because we are a team, Lyndhurst provides physician coverage for everything from regular office visits, office emergencies, labor and delivery, operating room and emergency room care. In short, you are never without coverage from your Lyndhurst doctors.

Throughout your pregnancy, you'll have many questions about yourself and your baby. Please don't hesitate to contact us at any time. We're always concerned and will take the time to help. Our nurses are trained to address questions concerning your pregnancy and are always available during office hours. For your convenience, visit [www.lyndhurstgyn.com](http://www.lyndhurstgyn.com) anytime and get access to helpful information and answers to questions.

We believe in family-centered childbirth experience and encourage family members to become involved in prenatal care. We hope you'll look forward to your time here and your experience with your Lyndhurst "family". Each visit promises an opportunity for reassurance that you and your baby are progressing well. Again, congratulations!

# WHO IS *on* CALL?

You benefit at Lyndhurst by seeing each of our physicians sometime during your pregnancy. This not only gives you a fresh insight from different doctors, but also ensures that whoever is “on call” will be familiar with your pregnancy. You can find a monthly list of the physicians on call at the hospital on our website, [lyndhurstgyn.com](http://lyndhurstgyn.com).

## ASSISTANCE DURING OFFICE HOURS

There are triage nurses available during office hours to answer your questions, refill prescriptions and make you an appointment if needed. Simply call the main office number and a receptionist will connect you to a triage nurse.

## AFTER HOURS

There are nurses “on call” to assist you with urgent medical needs that cannot wait until the office opens. Simply call the main office number and a recording will instruct you how to reach the “nurse on call.” This nurse is available for urgent medical needs and will not be able to assist you with appointments, refills or non-urgent issues.

## CHILDBIRTH *preparation* CLASSES

Lyndhurst Gynecologic Associates offers childbirth preparation classes that include the Lamaze method of instruction. We feel that these classes are important for all pregnant couples (particularly if this is your first pregnancy) to help both of you for the latter stages of pregnancy and for the birth of your child.

Topics covered in the class include:

- What labor is like
- True labor, false labor, and how to tell the difference
- When to go to the hospital
- Admissions procedures
- How you can help yourself
- What others (especially coaches) can do for you
- Delivery procedures including forceps, cesarean section, vacuum extraction
- Episiotomies and lacerations
- Induction of labor
- Epidural anesthesia and other methods of pain relief/control
- Relaxation and breathing techniques
- Hospital discharge information
- Postpartum blues/depression
- Circumcision

These classes meet once a week for four weeks and are usually attended during your last trimester of pregnancy. A registration card is provided in the pocket folder. Class sizes are limited and tend to fill up early. We recommend that you register by the time you are 20 weeks. You will receive a confirmation letter four to six weeks before the start date of your class.

## ADDITIONAL CLASSES

- Infant CPR
- Breastfeeding

# PLANNED *cesarean* BIRTH

We want your cesarean birth to be a wonderful experience for you and your family. The following suggestions might be helpful once you know that you will have a cesarean birth:

1. *Your doctor* We recommend that you choose one of our doctors and see that physician throughout your pregnancy.
2. *Ultrasound* A sonogram during your pregnancy will provide your doctor with accurate dates so your cesarean birth can be correctly scheduled. The ultrasound may be performed by the doctor you have chosen or by another sonographer in the group. We can even make a DVD of the scan for you.
3. *Planning your delivery* Approximately two months before your due date, our surgical coordinator will coordinate with you the scheduling of your delivery. She will also schedule an appointment for you with the hospital's anesthesia department.
4. *Hospital* The day before you deliver your child, we will ask you to visit Forsyth Medical Center and talk with the anesthesia staff. They will help you choose an anesthetic for your surgery, perform the necessary laboratory work and instruct you on the delivery.
5. *Classes* Forsyth Medical Center offers a class for cesarean birth couples. If interested, please call Health Connections at 336-718-7000 or 1-800-933-4568.

# PRETERM *labor*

Preterm labor is labor before 37 completed weeks of pregnancy. Babies born before 37 weeks may have difficulty breathing and may need to stay in the hospital for extra days or weeks. The earlier your baby is born, the more problems he/she may encounter. If preterm labor is recognized in time, it may be stopped. Watch for these signs:

## *Signs of preterm labor*

1. Menstrual-like cramps (constant or come and go; above pubic bone)
2. Low, dull backache (constant or comes and goes)
3. Pressure (feels like the baby is pushing down; feels heavy)
4. Abdominal cramping (with or without diarrhea)
5. Increase or change in vaginal discharge (mucousy, watery, light blood discharge)
6. Fluid leaking from vagina
7. Uterine contractions that are ten minutes apart or closer (may be painless)  
Contractions may feel like the baby is "balling-up" inside you

## *How to feel for contractions*

1. When you are lying down, place your fingers on top of your uterus (womb).
2. A contracting uterus gets hard (tight) and soft (relaxed).
3. If your uterus is getting hard and then soft, write down the time the contraction starts, how long it lasts, and what time the next contraction begins.

## *What to do if you have contractions or other signs of preterm labor*

1. Lie down, tilted toward your left side, for one hour. Many times the signs of preterm labor will go away.
2. Drink two or three large glasses of water or juice.
3. If the signs do not get better or should they worsen within one hour;
  - A. Call the office. Phone at 336-765-9350.
  - B. Tell the nurse or physician your name and date of birth, when your baby is due, what signs you are having, how often you are having contractions, if you are having them.
  - C. You may be asked to come to the office or hospital.

# OB *office* VISITS

As an obstetrical patient, we recommend that you see a Lyndhurst physician according to the following schedule. (If you have any problems or complications during pregnancy, your visits may be more frequent.):

1st ~ 7th month ..... once a month

8th month .....every other week

9th month .....every Friday afternoon

Your doctors will perform a physical assessment around 8 ~ 10 weeks. This is the point at which he can determine a change in the size of your uterus. The rest of your visits should not require as much of your time. At each visit, we will examine the following:

1. *Weight gain* We like you to have a gradual but steady weight gain of two to three pounds a month during your pregnancy (20~30 pounds total). Of course, this is an average target that will vary with each person.
2. *Blood pressure* We will check your blood pressure for any fluctuation as your pregnancy progresses.
3. *Urine check* Your body should hold sugar and protein. If we begin to see substantial amounts of either substance in your urine, it may require further evaluation.
4. *Fetal heart rate* We can start hearing your baby's heart rate about 12-16 weeks into your pregnancy.
5. *Fundal height* We will measure the height of your uterus to ensure your baby is growing at an appropriate rate.
6. *Questions* Feel free to ask us anything concerning your pregnancy. No question is too basic, and we welcome any opportunity to make you a better informed patient.
7. *Relax* By coming to Lyndhurst Gynecologic Associates, you don't just receive the finest in obstetrical care – you also receive a level of personal attention that makes you part of the Lyndhurst family. Having a child is a wonderful experience, and we'll do our part to make it even better.

# IMPORTANT *dates* IN PREGNANCY

Your body undergoes important changes during the nine months of pregnancy. This list provides an overview of these changes to help you better understand prenatal care. Please remember, though, that these dates are not absolute. Changes will occur at different times with different patients.

## Weeks from Last Menstrual Cycle

- 8~10** Your initial prenatal examination with the doctor and review of your prenatal blood work. Discuss with doctor any concerns or questions. Routine prenatal visits to continue every four weeks. We suggest you write down any questions and bring the list to ensure that we address all your concerns.
- 12** 1st Trimester Screen - Ultrasound and bloodwork to estimate the risk of Down Syndrome, Trisomy 18, and Trisomy 13.
- 16** Bloodwork to estimate the risk of open neural tube defects.
- 18~22** Fetal movement is usually apparent about this time. Please note and report the date you first feel movement.
- 19~20** Ultrasound exam to confirm dates and review fetal anatomy.
- 24~27** You will be given information about a one hour glucola blood test which screens for gestational diabetes. If this is over 140 you will need a 3 hour glucose tolerance test. Also, patients who are Rh negative will have a repeat antibody screen at this time.
- 28** Hemoglobin will be rechecked. Patients who are Rh negative and have a negative antibody screen will be given RhoGam. Those patients with an abnormal glucose tolerance test will be given information about gestational diabetes and referred to Forsyth Medical Center for diabetic teaching, diabetic counseling, and diet counseling.
- 32** Prenatal visits at this time will be increased to every two weeks.
- 36** Weekly Friday afternoon prenatal visits will start at 36 weeks, along with fetal movement assessment by "Count to 10" sheets.
- 40** If you pass your due date you will be asked to see the same physician until delivery.
- 41~42** Non-stress tests on a weekly basis will be considered. For patients who have not delivered, induction will be considered at this time.

We hope this information helps you better understand and anticipate what you may expect during your pregnancy. Please remember that dates will vary between patients and that conditions such as gestational diabetes will not occur with all patients.

# PREGNANCY checklist

## First trimester *conception ~ 14 weeks*

- Obtain prenatal labwork which includes HIV screening.
- Check with your insurance plan to understand your coverage and hospital length of stay.
- Verify your eligibility for the Women Infant and Children nutrition program.

## Second trimester *14~28 weeks*

- Pre-register hospital admission to Forsyth Medical Center.
- Enroll in Lamaze classes, breastfeeding classes, and CPR classes by week 20.
- Sign up for Forsyth Medical Center classes and the tour of the Women's Center by week 20.
- Find a pediatrician.
- Begin looking for a daycare facility.
- Inquire about your company's maternity leave policy.
- Obtain glucola screen (and antibody screen if you are Rh negative) between 24~27 weeks.
- If your blood type is Rh negative, did you receive a RhoGam injection around 28~30 weeks?

## Third trimester *28~40 weeks*

- If you are considering having a tubal ligation after delivery, discuss it with your physician.  
*(Some medical insurers require that a consent form be signed 30 days in advance.)*
- Call your health insurance provider to arrange for coverage for your newborn.
- Attend pre-arranged childbirth preparation classes.
- Pack for the hospital.