



WOMEN'S CENTER
at Westover Hills

Prenatal Class

Stacy Farley, MSN, APRN, FNP-C



Welcome



Did you register?

□ Breast Feeding



□ Infant CPR



Prenatal Labs and Procedures



Initial Appointment

- CBC
- HIV
- RPR
- Hepatitis B
- Blood type
- Rh
- Rubella
- Papsmear
- Std Screen
- Ultrasound for dating

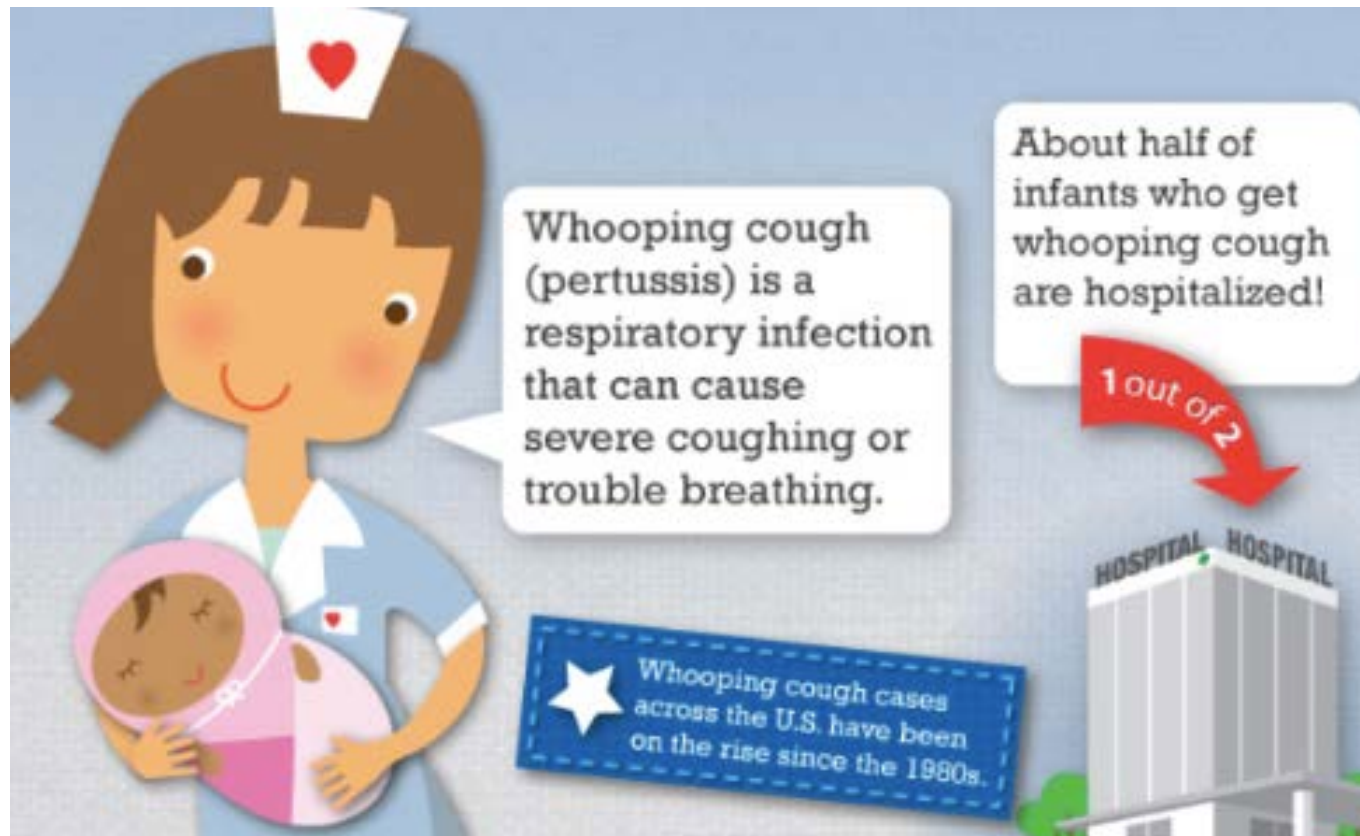


More Prenatal Labs & Procedures

- 28 wks: 1 Hour Glucose Tolerance Test
- 28 wks: Rhogam if Rh neg
- 32 wks: Repeat labs
- 35 wks: GBS
- 38 & 39 wks: Cervical Exam



Vaccines during Pregnancy



Tdap
27-36 wks
&
Flu

Scheduled Ultrasounds

- Initial Visit- dating
- 18-20 weeks- anatomy scan
- 36 weeks- growth scan



Prenatal Nutrition



My Pregnancy Plate

Choose large portions of a variety of non-starchy vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage.

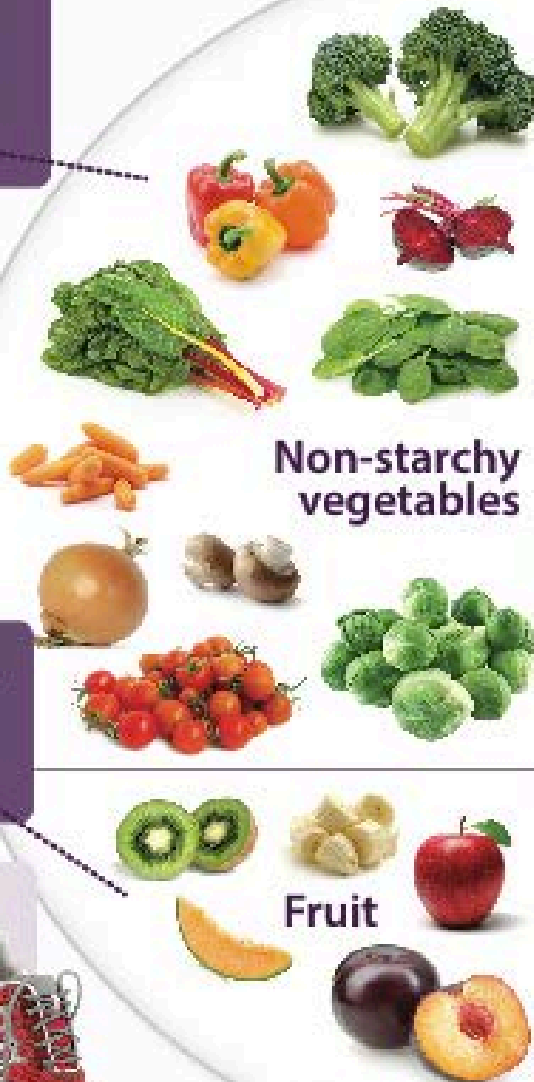
Choose small amounts of healthy oils (olive and canola) for cooking or to flavor foods. Nuts, seeds and avocados contain healthy fats.



Choose a variety of whole fruits. Limit juice and dried fruits.

Fruit is great for snacks and dessert, too.

Aim for at least 30 minutes of walking or another physical activity each day.



Non-starchy vegetables

Fruit

Protein

Whole grains, legumes and starchy vegetables

Choose 2 to 3 servings of nonfat or 1% milk or yogurt (cow, soy or almond). A serving is 8 oz. Choose yogurt with less than 15 g of sugar per serving.



Drink mainly water, decaf tea or decaf coffee and avoid sugary beverages.



Choose protein sources such as poultry, beans, nuts, low-mercury seafood, eggs, tofu or low-fat cheese. Limit red meat and avoid cold cuts and other processed meats.

Choose whole grains, such as whole wheat bread or pasta, brown rice, quinoa or oats and other healthy starches like beans, lentils, sweet potatoes or a corn squash. Limit white bread, white rice and fried potatoes.

Healthy Snack Ideas

In the second trimester you will need an extra 300 calories a day.

Large snack



1 slice whole wheat bread



1 Tbsp peanut butter



1 medium apple

Two small snacks

OR



1 cup cubed melon



12 almonds



6 oz. low-fat yogurt

Foods to Avoid

- ❑ Unpasteurized milk, juice and soft cheeses such as feta, bleu cheese, brie and queso blanco. Soft cheeses made from pasteurized milk are safe.
- ❑ Swordfish, tilefish, king mackerel and shark, due to high mercury content
- ❑ Herbal supplements and herbal teas, until you check with your provider
- ❑ Raw sprouts
- ❑ Raw fish, especially shellfish and sushi



Medications to Avoid

- Aspirin: Bayer, Excedrine
Migraine
- Kaopectate
- Pepto Bismol
- Dimatap Cold and Allergy
- Castor Oil
- Naproxen: Aleve
- Ibuprofen: Advil, Motrin
- Chlorpheniramine: Advil
allergy & congestion, Alka-
Seltzer Plus Cold, Dristan
Cold
- Pseudoephedrine: Advil
cold & sinus, Claritin-D,
Sudafed 12 Hr, Tylenol
Cold multi-symptom,
Dayquil cold and flu,
Sudafed PE pressure & Pain

Recommended Weight Gain

Recommended weight gain during pregnancy based on pre-pregnancy weight

Pre-pregnancy weight	Recommended weight gain	Recommended rate of weight gain after first trimester
Underweight (BMI < 18.9 kg/m ²)	28–40 lbs	5.0 lbs/month
Normal weight (BMI: 18.9-24.9 kg/m ²)	25–35 lbs	4.0 lbs/month
Overweight (BMI: 25-29.9 kg/m ²)	15–25 lbs	2.6 lbs/month
Obese (BMI > 30 kg/m ²)	11–20 lbs	2.0 lbs/month

Prenatal Exercise



What Kind of Exercise Can I Do?

- ❑ Continue your current exercise program with lower intensity.
- ❑ If you have not exercised before you should be evaluated by your provider before beginning a new exercise program.
- ❑ No scuba diving or elevations over 6000 ft
- ❑ Avoid contact sports (soccer)
- ❑ Avoid sports with a risk of falling (gymnastics)



The Big 5 on Exercise during Pregnancy

- Drink a cup of water every 15 minutes.
- Eat within the hour of starting exercise.
- Exercise in a cool, well-ventilated area—especially in the 1st trimester. Avoid hot/humid environments.
- Listen to your body and exercise within YOUR 12-14 range using the 15-Point Borg Scale.
- Wear good, supportive shoes to help prevent flat feet, which women tend to get during pregnancy. Wear a supportive bra and cool, dry clothing.

Pregnancy Exercise Intensity Guidelines

15-Point Borg Scale

6 – 20% effort

7 – 30% effort – Very, very light (Rest)

8 – 40% effort

9 – 50% effort – Very light – gentle walking

10 – 55% effort

11 – 60% effort – Fairly light

12 – 65% effort

13 – 70% effort – Somewhat hard – steady pace

14 – 75% effort

15 – 80% effort – Hard

16 – 85% effort

17 – 90% effort – Very hard

18 – 95% effort

19 – 100% effort – Very, very hard

20 – Exhaustion

ACOG published guidelines in 1985, 1994, 2002 reaffirmed in 2009. Most recently ACOG recommends staying in between 12 & 14 on this 15-Point Borg Scale. This is very similar to the 5-7 Range on the 10-Point Scale.

When to Stop Exercising

- Vaginal bleeding
- Dyspnea prior to exertion
- Dizziness
- Headache
- Chest pain
- Muscle weakness
- Calf pain or swelling
- Preterm labor
- Decreased fetal movement
- Amniotic fluid leakage
- If you are not feeling “right”

Common Pregnancy Complaints

Breast tenderness

Fatigue

Nausea

Constipation

Short of breath

Back pain

Pelvic pain

Urinary frequency

Rib pain

Nasal congestion

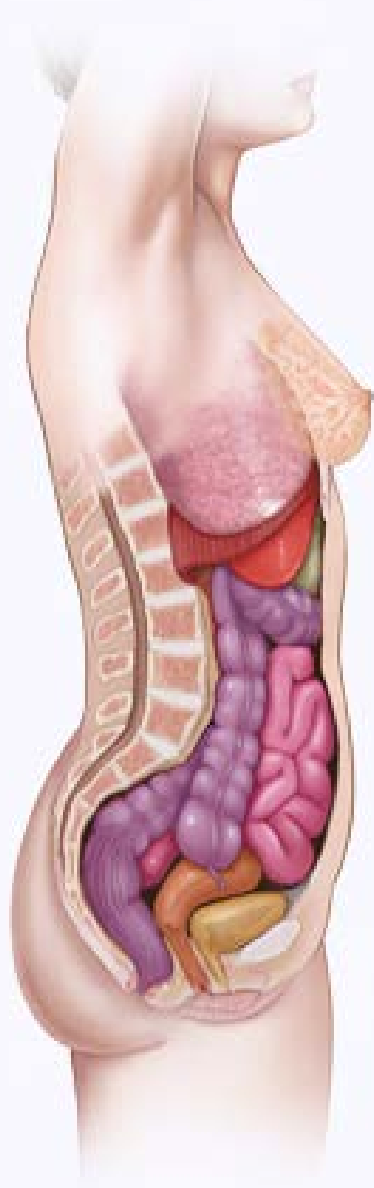
Nose bleeds

Heart burn

Bleeding gums

Varicose veins

Swollen feet



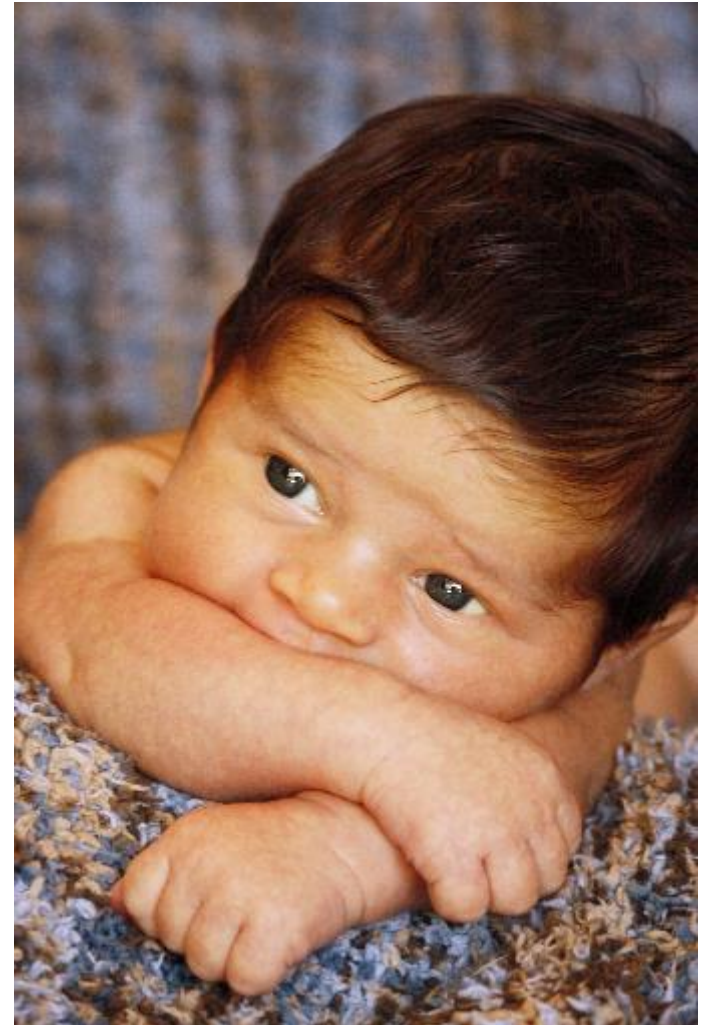
Before Pregnancy



Pregnant (37 Weeks)

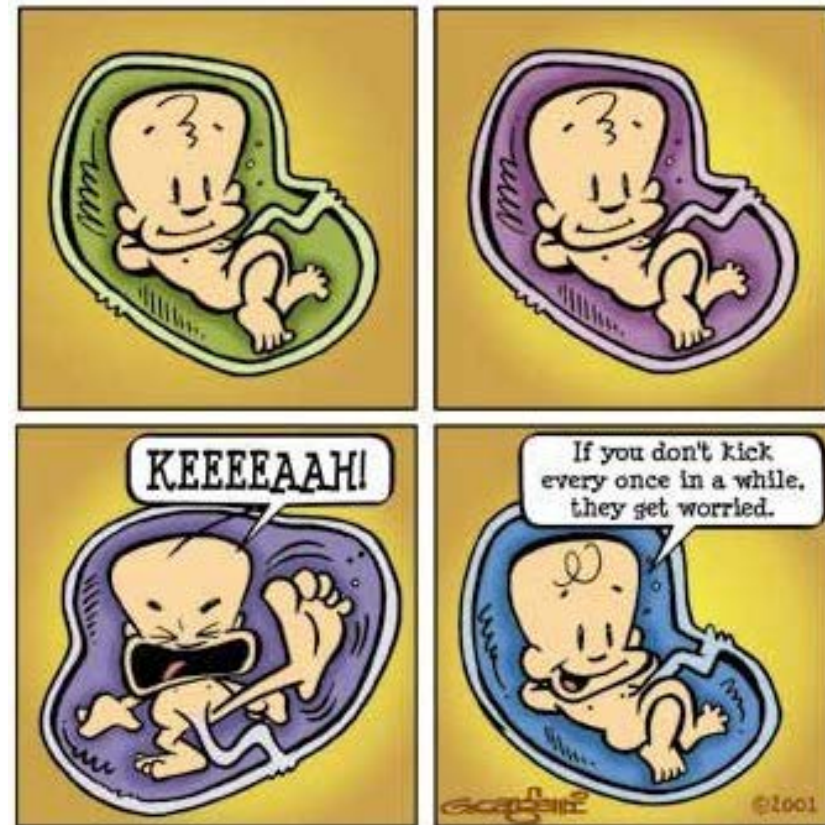
Warning Signs to Report

- ❑ Preterm Labor
- ❑ Vaginal Bleeding
- ❑ Abdominal Pain
- ❑ Decreased Fetal Movement
- ❑ Fever >100.4
- ❑ Headache not relieved by Tylenol
- ❑ Visual Changes
- ❑ Urinary discomfort
- ❑ Rupture of membranes



Kick Counts after 28 Weeks

- **Count the Kicks** at the same time every day
- Count when your baby is the most active
- Juice or cold drink will wake baby
- Sit with your feet up or lie on your side.
- Count all movements: kicks, rolls, & flutters
- Count until you reach 10 kicks.
- Log your recorded times in Count the Kicks App or a notebook.
- Call Doctor if your baby has not moved 10 times in 2 hours.



My Baby

Growth and Development



1st Trimester (months 1-3)

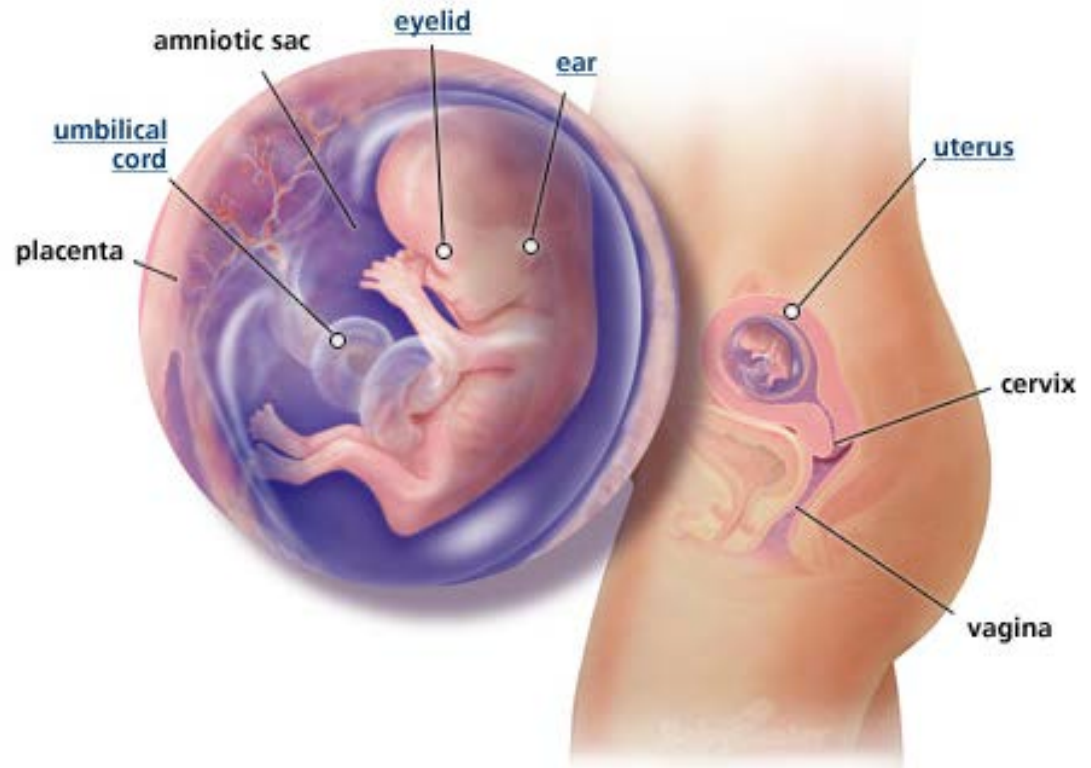
By the end of the third month of pregnancy, your baby is fully formed.

Your baby has arms, hands, fingers, and toes.

It can open and close its fists and mouth.

The teeth and nails are starting to form.

At the end of the third month, your baby is about 3-4 inches long and weighs about 1 ounce.



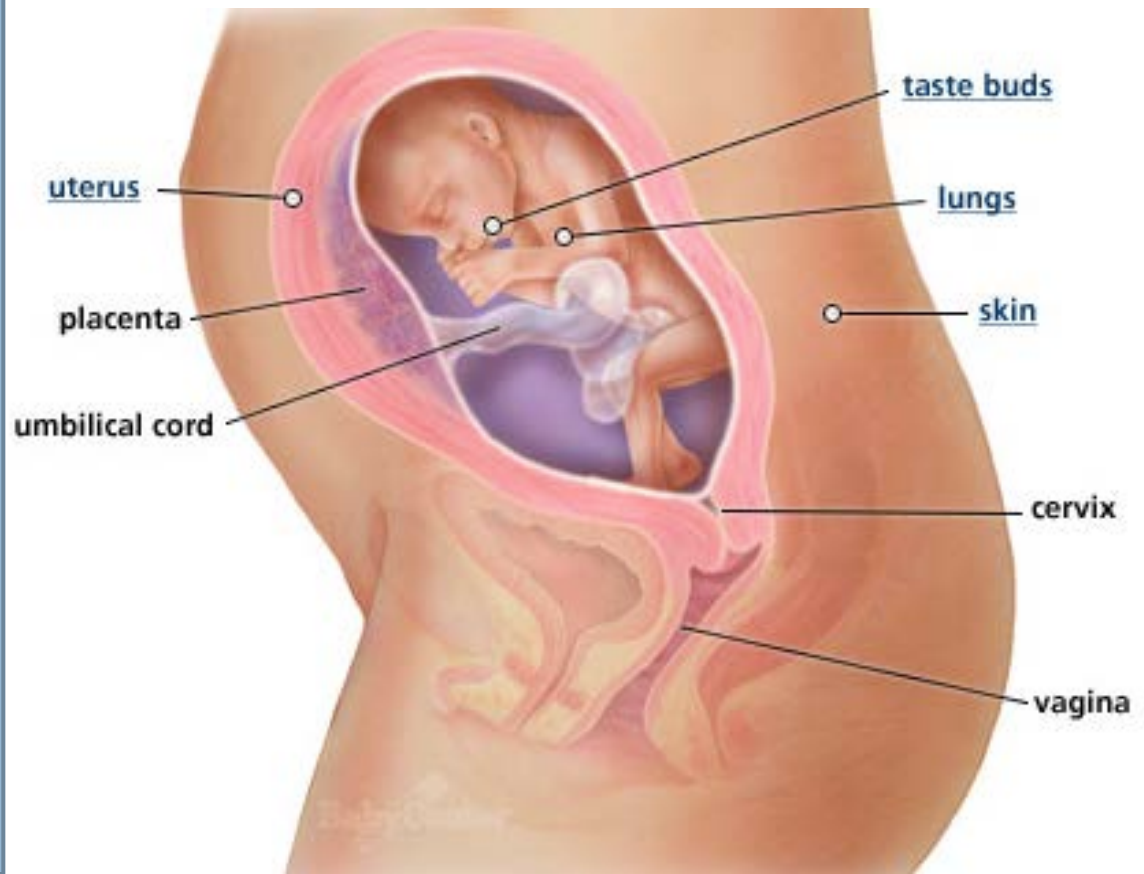
2nd Trimester (Months 4-6)

Fingerprints and toe prints are visible.

The eyelids begin to part and eyes open.

Your baby may have the hiccups which, is feels like a small jerking motion.

Your baby is about 12 inches long and weights about 2 pounds

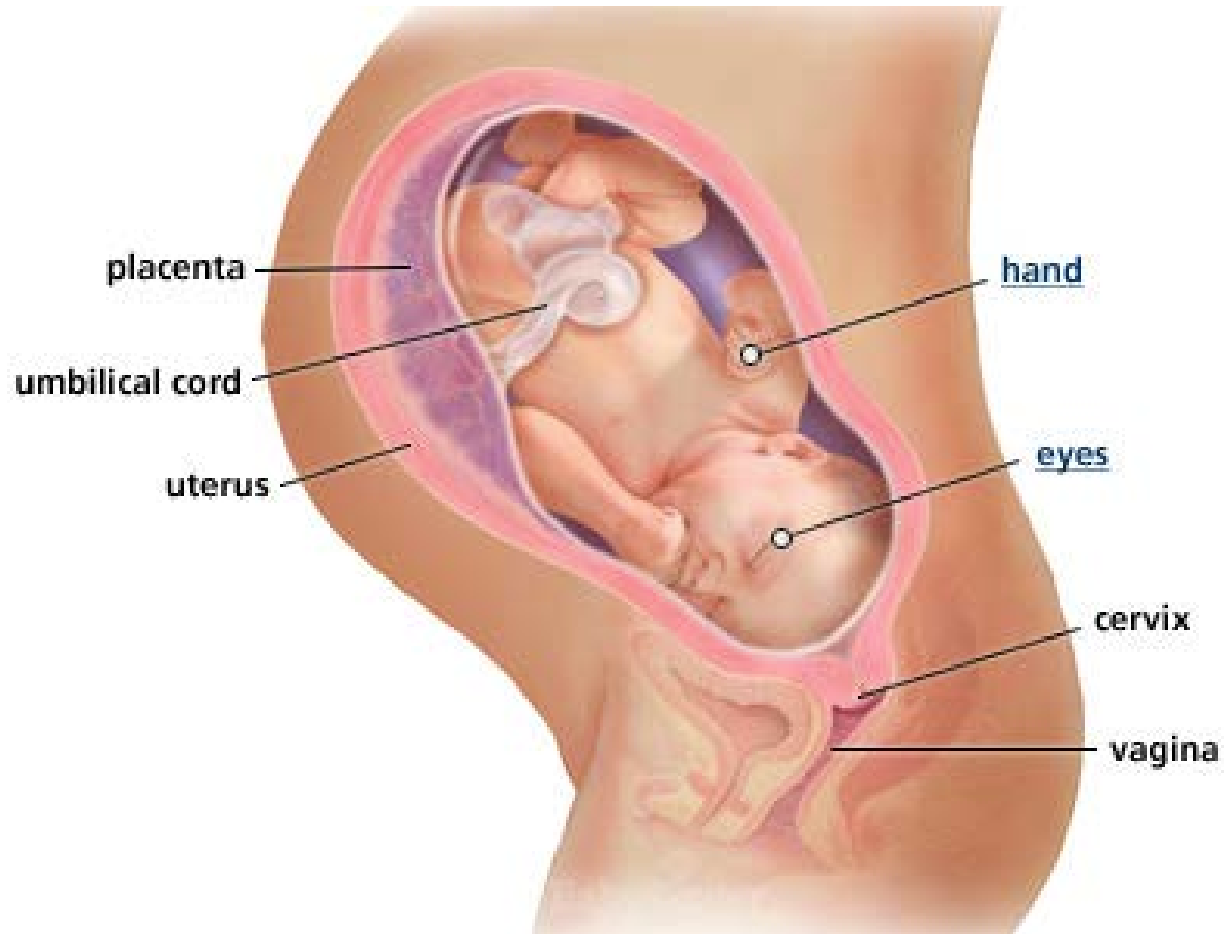


3rd Trimester (Months 7-9)

Your baby is blinking and sucking his thumb or hand.

Your baby is pink, gaining body fat and is losing its wrinkly appearance.

Your baby is about 21 inches and 6.5 pounds or more.

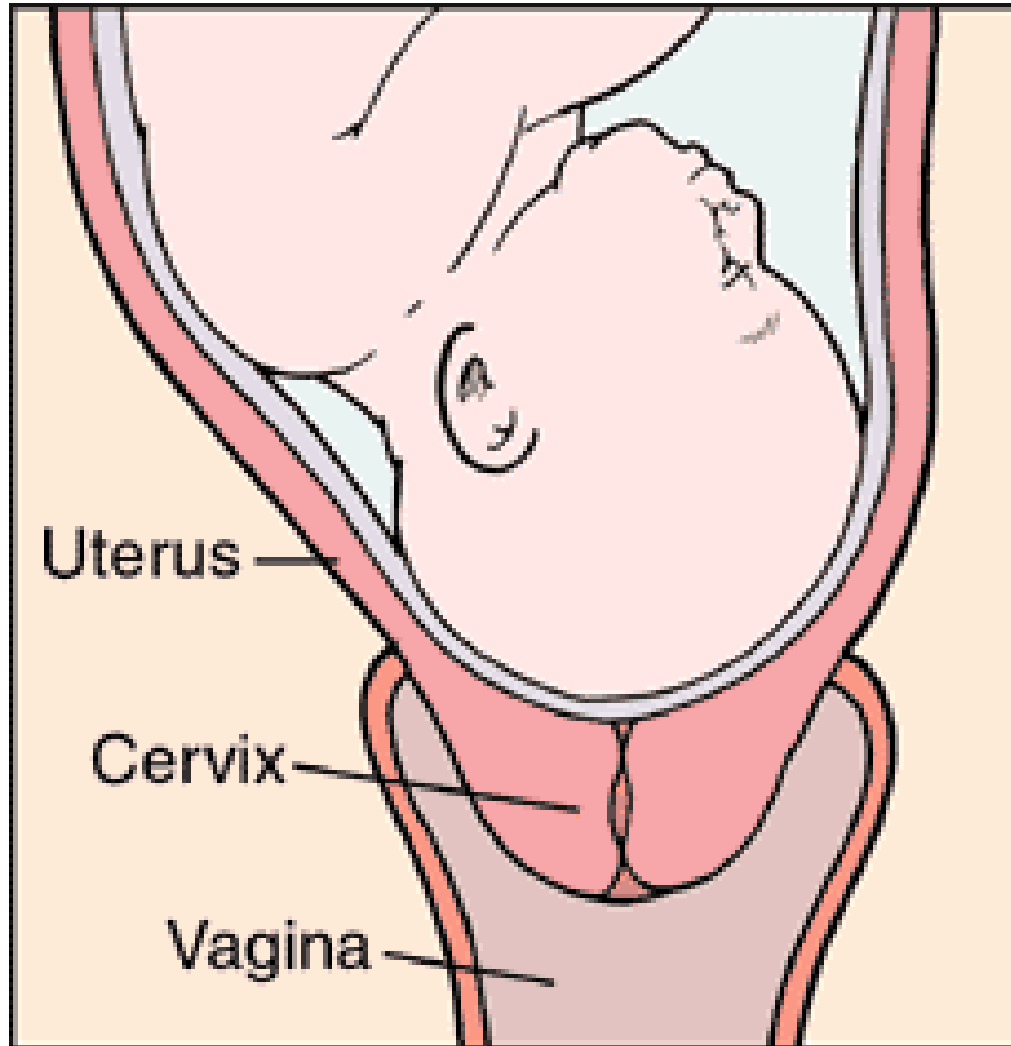


Prelude to Labor

- Mucus Plug
- Bag of Waters
- Gastrointestinal Disturbances
- Nesting
- Lightening
- Braxton Hicks



Cervical Dilatation



Am I REALLY in Labor???

True Labor Contractions

- Occur Regularly
- Intensity Increases
- Closer Together
- Continues with walking
- Discomfort in back and/or lower abdomen
- Cervix dilates

False Labor Contractions

- Irregular Intervals
- Intensity unchanged
- Ctx do not get closer
- Relieved by walking
- Discomfort mainly in lower abdomen
- Cervix does not dilate

Birth Place Options



Santa Rosa
Westover Hills
or
Downtown



Downtown
Baptist

Metro
Women's
Pavilion



Pediatrician





Congratulations!