

Central IL Obstetrics & Gynecology

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Obstetric Packet

Office Hours

Our office is open Monday thru Friday 8:00a-4:30p.

The last available appointment time is at 3:50p.

If you need to have blood work drawn at an appointment. Please do not schedule your appointment after 2:30p.

Any phone calls placed to the Nurse or Nurse Practitioner after 3:30p will not be answered until the following business day.

After 4:30p on weekdays and on weekends, an answering service manages your calls. If you have not heard back within 30-60 minutes please call them again.

Congratulations on your pregnancy and thank you for choosing Central IL Obstetrics & Gynecology to care for you during this time! Our goal is to be able to provide quality care and be with you throughout this process.

This packet has been created for you as a resource to guide you through expectations throughout your pregnancy visits. We have also included some general guidelines and useful information while pregnant. Please refer to these regularly throughout your pregnancy. Many of your questions will be able to be answered within this packet!

Prenatal Visits	
Initial OB Visit: 8-9 weeks	<p>-At this visit you will get an initial ultrasound to check dating (as long as insurance allows: Meridian and Health Alliance do not cover this).</p> <p>-You will meet with the Nurse Practitioner to go over medical history, and have a visit with the Physician.</p> <p>-You will get labs drawn at this visit as well (State Aid will get an order to go to the hospital for these labs), labs drawn:</p> <p>---Blood Type & Screen ---CBC (blood count) ---Antibody Screen ---Rubella Screen ---RPR (syphilis) ---Hepatitis B & C ---HIV</p> <p>---If you have a history of gestational diabetes or baby greater than 8lbs, we will also do a 1 hr glucola test (please allow 1 hr extra for this)</p>
Visit around 12 weeks	<p>-You will typically meet with the Physician.</p> <p>-At this visit we will also decide about Maternity 21 testing.</p>
Visit around 16 weeks	<p>-You will typically meet with the Nurse Practitioner.</p> <p>-At this visit we will decide if we are drawing AFP/Quad Screen.</p>
Visit around 20 weeks	<p>-You will get an Ultrasound at this visit that looks at the baby's anatomy.</p> <p>-You will also typically meet with Physician at this visit following the ultrasound.</p>
Visit around 24 weeks	<p>-You will typically meet with the Nurse Practitioner.</p> <p>-We will discuss Lamaze class at this visit.</p>
Visit around 28 weeks	<p>-You will typically meet with the Physician.</p> <p>-You will get a TDAP vaccine</p> <p>-You will get labs drawn:</p> <p>---1 hr glucola (tests for gestational diabetes) ---Hemoglobin and hematocrit ---RPR (syphilis) ---Hepatitis B ---HIV</p>
Visit around 30 weeks	<p>-You will get an ultrasound at this visit that checks baby's growth (some insurances do not allow this: Health Alliance)</p> <p>-You will typically meet with the Physician after your ultrasound.</p>
Visit around 32 weeks	<p>-You will typically meet with the Nurse Practitioner at this visit.</p> <p>-We will decide about Cryo Cell/Cord Blood testing at this visit.</p>
Visit around 34 weeks	<p>-You will typically meet with the Physician at this visit.</p>
Visit around 36 weeks	<p>-You will typically meet with the Physician at this visit.</p> <p>-We will collect a GBS culture at this visit.</p> <p>-We typically check your cervix at this visit.</p> <p>-We will go over labor instructions at this visit.</p>
Weekly visits at 37, 38, 39, & 40 weeks	<p>-You will typically meet with the Physician.</p> <p>-We will check your cervix at this visit</p>
<p>Additional appointments and testing may be needed due to medical history or complications in pregnancy. Your physician will discuss the necessity of these at your appointments.</p>	

Exercise during Pregnancy

- If you are healthy and your pregnancy is normal, it is safe to continue or start regular physical activity. Physical activity does not increase your risk of miscarriage, low birth weight, or early delivery.
- We recommend exercise throughout your pregnancy.
- Avoid contact sports or exercises
- Those greater than 16 weeks pregnant should avoid exercises that require you to be flat on your back or belly
- Avoid a heart rate >145bpm
- Exercises we recommend include: walking, swimming, or yoga
- Women with the following conditions are pregnancy complications should NOT exercise during pregnancy
 - Certain types of heart and lung disease
 - Cervical Insufficiency or those with a cerclage in place
 - Pregnancies with twins or triplets due to increased risk of preterm labor
 - Placenta previa after 26 weeks
 - Those with preterm labor
 - Preeclampsia or pregnancy induced high blood pressure
 - Those with severe anemia

Traveling while Pregnant

- If you are healthy and your pregnancy is normal it is safe to travel up to 34 weeks within the United States. International travel should be discussed at a prenatal visit with your physician.
- For either air or car travel, we recommend getting up and stretching your legs every 2 hours to prevent blood clots.

Sexual Intercourse while Pregnant

- Unless otherwise instructed, it is fine to have sexual intercourse until the onset of labor.
- If having vaginal bleeding do not have intercourse
- If have ruptured membranes or worry your water may have broke you should not have sexual intercourse
- If you have preterm labor you should not have sexual intercourse

Miscellaneous Questions with Pregnancy

How much caffeine can I drink?	1-2 glasses per day throughout pregnancy, up to 200mg
May I dye my hair?	Yes, just know it may take differently during pregnancy
May I swim in a pool or lake?	Yes
May I get in a hot tub or Jacuzzi?	No
May I take a bath?	Yes, keep water warm rather than hot.
May I tan?	Spray tans and self applied tanners are fine, no tanning booth/ beds
May I change the cats litter box?	No, have someone else do it
Which prenatal vitamin should I take?	Any over the counter prenatal vitamin is fine. We recommend finding one that has at least 400mcg folic acid/folate.

Food Safety in Pregnancy	
Pregnancy places women at an increased risk for foodborne illnesses. Because of this there are some safety guidelines we recommend following. Foodborne illnesses we worry about are <i>Listeria</i> and <i>Toxoplasma gondii</i> —these can affect a fetus and not necessarily make the mom sick. Below are recommendations to avoid getting these foodborne illnesses.	
Seafood	All seafood should be cooked to at least 145 degrees. Pregnancy Safe Seafood: Crab, Crayfish, Trout, Tilapia, Sole, Anchovies, Oysters, Shrimp, Perch, Squid, Herring, Sardines, Scallops, Haddock, Pollock, Salmon. Limit servings of these to 3-6 times a month: Bass, Lobster, Carp, Mahi Mahi, Halibut, Grouper, Albacore tuna, Yellowfish Tuna, and Cod. Avoid: Sushi, Sashimi, Shark, Swordfish, Tilefish, Marlin, BigEye Tuna, Ahi Tuna, Raw Oysters, Raw Clams, Raw Scallops, Ceviche, Smoked seafood unless cooked into a dish
Juice	Make sure that it is pasteurized or if unpasteurized bring to a boil for one minute prior to drinking
Cheeses	Need to be pasteurized. Avoid: -Brie -Feta -Camembert -Roquefort -Queso blanco -Queso fresco
Eggs	Need to be cooked thoroughly If in a casserole needs to reach a temp of 160 degrees Avoid foods that contain raw eggs: -Homemade eggnog -Raw batter -Homemade Caesar salad dressing -Tiramisu -Eggs Benedict -Homemade ice cream -Freshly made or homemade hollandaise sauce
Sprouts	Do not eat raw. Need to be cooked thoroughly
Meat and Poultry	-Need to be cooked thoroughly before eating ---Ground beef, pork, veal, lamb: 160 degrees ---Ground turkey or chicken: 165 degrees ---Fresh beef, veal, lamb: 145 degrees (after 3 min rest) ---Poultry: 165 degrees ---Pork or ham: Fresh 145 degrees (after 3 min rest); precooked: 165 degrees
Lunch Meats or Hot Dogs	These meats need to be reheated to 165 degrees or steaming hot prior to consuming: -Hot dogs -Fermented or dry sausage -Other deli style meat or poultry <i>-Luncheon deli meats and Cold Cuts are ideally heated due to the fact that they carry a slight risk for listeria. However, fresh daily meat is safer than pre-packaged and can be consumed in moderation.</i>

Safe Medications while Pregnant	
Colds & Flu	Actifed, Sudafed, Tylenol products, Robitussin CF, Robitussin DM, Cepacol, Chloroseptic Lozenges, Benadryl, Claritin (over the counter) – (Do not take Aspirin, Advil, Ibuprofen, or Motrin)
Headaches or Minor Aches & Pains	Regular or Extra Strength Tylenol
Indigestion & Heartburn	Avoid spicy foods. Eat smaller, more frequent meals. Mylanta, Maalox, Riopan Plus, Roloids, Tums, Pepcid, Zantac, Prevacid
Constipation	Dialose Plus, Milk of Magnesia, Surfax, Senokot, Metamucil, Fibercon, Colace, Docusate
Diarrhea	Kaopectate, Immodium A-D
Leg Cramps	Exercise leg and calf muscles by stretching three times daily. Increase milk and dairy intake to three or four portions per day. If you cannot take dairy products, take Calcet or Fosfree according to the label.
Stretching Pains of the Uterus, Groin Pain	Usually occurs between 12 and 20 weeks of pregnancy. Avoid sudden movements, bending over, heavy-lifting, moving quickly in and out of a car, anything that can cause sudden stretching pain on uterine ligaments. Take Tylenol and rest with your feet up.
Nausea & Vomiting	Dramamine, Emetrol, Unisom – 1/2 tablet per day or Vitamin B6 – 50-100 mg per day. Try eating six small meals throughout the day. If you are unable to keep any food or liquids down, contact the office.
Dental	Dental care is encouraged. X-rays may be performed as necessary with proper shields. You may have local anesthetic to have a cavity filled with Novocaine or other local anesthesia without epinephrine.
Rash	Calamine or Caladryl lotion, Lanacort, Hydrocortisone 1% cream
Allergies	Benadryl, Claritin, Zyrtec, Allegra (All with no letters like “D” or “PE” after)
Congestion	Saline Nasal Spray, Mucinex
Fever	Tylenol
Hemorrhoids	Preparation H, Tucks, Anusol cream or suppositories
Yeast	Monistat 7
Dizziness	This is normal. Change positions slowly. Keep light snack at bedside, if feeling lightheaded/dizzy upon sitting up, eat prior to standing. Call the office if fainting occurs.

Obstetrical Ultrasound

-In this test, sound waves are sent through your abdomen (belly) and are reflected back to form pictures. This test is not a treatment for any condition but is done only for the purpose of diagnosis. Information from this test may help the doctor manage your pregnancy more successfully. Obstetrical ultrasound is commonly used to estimate the size and maturity of the baby, the possibility of more than one baby, or a malformation being present. It is possible that a defect or problem may be falsely reported or not be detected at all by obstetrical ultrasound. Because of these facts, your doctor can make no guarantee as to the accuracy of this test.

Obstetrical Ultrasound is a safe and reasonably accurate method for diagnosis and an aid to management of pregnancy. Although obstetrical ultrasound has no known complications, the long-term effect of ultrasound on tissues is unknown. There may be alternatives to this procedure available to you. However, these alternative methods carry their own risk of complications and have varying degrees of success. Therefore, in those women in whom obstetrical ultrasound is indicated, this test may provide the best chance of successful diagnosis with the lowest risk of complications.

Ultrasound will be used (pending insurance approval) several times throughout your pregnancy.

- For your Initial OB Ultrasound we will need your bladder EMPTY to get an accurate view. Upon arrival, we recommend going to the restroom.
- For your 20 week ultrasound we like your bladder FULL- please wait to use the restroom until AFTER your ultrasound is complete.
- For your 30 week ultrasound we like your bladder FULL- please wait to use the restroom until AFTER your ultrasound is complete.

ALL METHODS OF DIGITAL and/or VIDEO RECORDING OF THE ULTRASOUND SCAN ARE NOT ALLOWED.

Additional risks and alternatives will be discussed between you and the doctor if necessary.

Circumcision

-Both Dr. Dameron and Dr. Kossler can perform circumcision on newborn male infants at the patient's request.

Hospital Pre-Registration/Pre-Admission

-Both of our Physicians have privileges at both Advocate BroMenn Medical Center and St. Joseph Medical Center. Please check with your insurance regarding which hospital works best with your plan.

-Once you have decided which hospital you plan to deliver at, we recommend calling one of the below numbers to complete pre-registration for your delivery. Pre-registration is optional, doing this step before hand leaves one less step to need to be completed or concerned about upon arrival to the hospital.

- Advocate BroMenn Medical Center---(309) 268-5572
- OSF St. Joseph Medical Center---(309) 661-5170

Breast Pump

The Affordable Care Act requires most health insurance plans to cover breast pumps and supplies. You can visit insurancecoveredbreastpumps.com or call 888-510-5100 for more information. Their team can help verify eligibility with your insurance company, submit required paperwork to your insurance company, and ship the pump of your choice directly to your home for FREE. In your third trimester, you can ask at check out and our front staff can help start the process for you.

Optional Blood Testing

Cystic Fibrosis

- You can have this drawn at anytime in pregnancy, and only need it drawn once- results remain same for all subsequent pregnancies.
- Cystic Fibrosis (CF) is a common genetic disorder in Caucasians, it is present in other ethnic groups as well but is less common.
- Cystic Fibrosis causes lung problems, digestive problems in about 85%, symptoms and severity are very variable.
- This test looks to see if you are a carrier of Cystic Fibrosis.
- If you result negative, there is a very small likelihood of carrying this gene to fetus.
- If positive, we would recommend testing the father of the fetus to see if they are a carrier.
- If the father of baby results negative there is a very small likelihood of passing CF to a fetus. If the father of baby results positive, there is a 1 in 4 chance of baby having CF.
- You should check with insurance on coverage, if need code please ask.*

Maternity 21

- You can have this drawn anytime after 11 weeks gestation.
- Screens for certain chromosomal abnormalities that can affect the baby's health and development- such as Trisomy 21 (Down's Syndrome), Trisomy 18 (Edwards syndrome), Trisomy 13 (Patau syndrome), Turner Syndrome, Klinefelter syndrome, Triple X syndrome, and XYY syndrome.
- This can also give you early detection of gender if desired.
- *You should check with insurance on coverage, if need code please ask.*

Quad Screen/AFP

- You can get this drawn anytime after 15 weeks gestation and up to 20 weeks gestation.
- This is a quad marker test that screens for Down's Syndrome (Trisomy 21), Trisomy 18, and Open Neural Tube Defects such as Spina Bifida.
- Negative result means that your chance of having a baby with the above is no more than average. This is a screening test, so it does not completely rule out the chance of having the defect.
- A positive test means that there is a higher chance of having a baby with the above defects. It does not mean the baby is affected/
- 95% of all women screened will have a normal test result. Of the 5% with a positive screen, only 2% will have babies with the defect
- *You should check with insurance on coverage, if need code please ask.*

OB CONSENTS FORM

❖ I hereby authorize Central IL Obstetrics and Gynecology to release my obstetrical records to Advocate BroMenn Medical Center or OSF St. Joseph Medical center for their continued use in my obstetrical care and delivery. I also understand if any referral would need to be made to OSF St. Francis Medical Center or Carle Foundation Hospital, my records would need to be sent there for review before my consultation and testing. This authorization is effective for my entire pregnancy.

Patient Signature

Date

❖ I have reviewed the information packet on office hours, prenatal visits, exercise during pregnancy, traveling while pregnant, food safety during pregnancy, ultrasound, circumcision, optional testing, and hospital pre-registration.

Patient Signature

Date

❖ I give consent to get my required blood labs drawn including the State of Illinois required HIV, Hepatitis B Surface Antigen, Hepatitis C Antibody, and Syphilis (RPR) testing.

Patient Signature

Date

Optional Testing Consent:

I do want Cystic Fibrosis Testing

Initial

I do NOT want Cystic Fibrosis Testing

Initial

I do want Maternity 21 Testing

Initial

I do NOT want Maternity 21 Testing

Initial

I do want Quad (AFP) Testing

Initial

I do NOT want Quad (AFP) Testing

Initial