



Capital Women's Care

Division 38

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Congratulations on your pregnancy and welcome to our practice!

Capital Women's Care is a small group of board-certified obstetricians and one women's health nurse practitioner specializing in both normal and high-risk pregnancies. We are committed to your health and hope to make your pregnancy and birth a wonderful experience.

Our doctors work together as a team to provide you with the best possible obstetrical care. Our physicians do not share call with any other practice. After hours, on the weekend and on holidays, one of the three physicians will always be available for emergency calls and deliveries.

All of our deliveries are at INOVA Fairfax Hospital. The obstetrics program at Fairfax is ranked among the top five in the nation with more than 10,000 babies delivered annually. For more than a decade, U.S. News & World Report has recognized Inova Fairfax as one of "America's Best Hospitals." As the regional referral center for complicated pregnancies, Fairfax offers the highest level of anesthesia, neonatal intensive care and other support services.

Enclosed you will find information on the practice and common prenatal testing as well as answers to frequently asked questions.

Office Visits

The guidelines we use for scheduling prenatal visits are every 4 weeks for the first 28 weeks, every 2-3 weeks until 36 weeks, and weekly 36 weeks and after. Additional visits may be scheduled if needed. These visits are scheduled to coincide with particular events or certain lab tests that must be timed appropriately to assess your health and the baby's development. This chart will help to anticipate what to expect at each visit.

At each visit, weight and blood pressure are checked and a urine specimen is tested.

Gestation	What Happens	Tests
First Visit	Pelvic Exam (Provider's option)	Blood Pregnancy Test
<i>Most insurance companies require a blood test to confirm the pregnancy before proceeding with pregnancy care.</i>		
Six to Eight Weeks	Complete Medical History and Physical Exam	Complete Blood Count, Urine Analysis and Culture, Blood Type and Rh, Atypical Antibody Screen, Rubella (German Measles) Immunity, Thyroid Profile, Syphilis Serology, Hepatitis "B" & "C" Antigens, HIV Screen, Sickle Screen (for African Americans), Cystic Fibrosis Carrier Screening, Toxoplasmosis Titer (if you have cats), Pap Smear, Cervical Cultures for Chlamydia and Gonorrhea
<i>This visit may be combined with the Sonogram visit at eight weeks.</i>		
Eight Weeks	Pelvic Exam	TransVaginal Sonogram
Twelve Weeks	Tummy Check	<i>Fetal heart first heard with doptone.</i>
<i>Referral given for First Trimester Screening at Genetics and IVF (Optional)</i>		
Sixteen Weeks	Tummy Check	AFP or Quad Screen (Optional) <i>This test gives a statistical indication of your risk of carrying a fetus with a spinal cord defect (Spina Bifida) or major chromosomal anomalies.</i>
Twenty Weeks	Tummy Check	Transabdominal sonogram
<i>Fetal movement is usually felt by twenty weeks.</i>		
Twenty-Four Weeks	Tummy Check	
Twenty-Eight Weeks	Tummy Check	A One Hour Appointment Diabetes Screen (A controlled amount of glucose is given. Blood sugar is measured after one hour.), Blood Count, Antibody Screen, and Rhogam (if indicated)
<i>Hospital registration should be completed on the hospital website.</i>		
Thirty Weeks	Tummy Check	
Thirty-Two Weeks	Tummy Check	
Thirty-Four Weeks	Tummy Check	Vaginal Cultures for Group B Strep (May be done at 35-37 weeks.)
Thirty-Six Weeks	Tummy Check and Pelvic Exam	
<i>Preparation for Labor and Delivery will be discussed.</i>		
Weekly Thereafter	Tummy Check and Pelvic Exam	

Nausea and Vomiting

Although nausea and vomiting is frequently referred to as “morning sickness,” it can occur any time of the day or night.

If you experience nausea in the morning:

- Place dry crackers or a piece of bread at your bedside before going to bed and eat prior to getting out of bed in the morning.
- Get out of bed in the morning slowly. Avoid sudden movements.
- Take your prenatal vitamin in the evening with a bedtime snack.

Tips for morning sickness:

- Sip carbonated water, Sprite, ginger ale, or 7-up when you begin to feel nauseated.
- Eat several small meals during the day so your stomach does not remain empty for very long.
- Eat high-protein foods with carbohydrates such as cottage cheese with fruit, peanut butter and apple, or cheese and crackers.
- Avoid greasy or fried foods as they are hard to digest.
- Avoid spicy or heavily seasoned foods.
- To stay hydrated, try lemon in your water, ginger tea, or fruit-based herbal teas.
- Use Vitamin B6 25 mg 4 times per day.

If vomiting persists, or it becomes difficult to retain fluids/liquids, please contact the office.

Constipation

- Eat a high fiber diet. Ideally, you should consume 25 to 30 grams per day from fruits, vegetables, and whole grains.
- Drink 10-12 cups of fluids each day. Sweat, hot temperatures, and exercise may increase your need for fluids.
- Exercise routinely. Walking, swimming, and other moderate exercise helps to stimulate bowel movement.
- Over-the-counter remedies such as Metamucil, Citracal, and Colace can help reduce constipation.

ALL THINGS IN MODERATION

Foods to Avoid

- Raw meat: Uncooked seafood and rare beef or poultry should be avoided because of the risk of bacterial contamination. This includes refrigerated smoked fish such as lox and pate or meat spreads.
- Deli Meats: Deli meats have been known to be contaminated with listeria. If deli meats are heated to the point of the meat steaming, it is acceptable to eat.
- Fruits and vegetables should be washed prior to eating.
- Fish: Avoid shark, swordfish, king mackerel, and tilefish. Small fish and shellfish such as shrimp, canned light tuna, salmon, pollack, and catfish are OK up to 2 servings per week. For more information, see the EPA website at www.epa.gov/ost/fish.
- Unpasteurized dairy products: Check labels on imported soft cheeses. If the packaging clearly states that the cheese is made from pasteurized milk, the product is safe to eat.
- Limit caffeine: As a general rule, caffeine is limited to 200 mg per day or about 1 cup of coffee or 1 soda per day.

Exercise

- Recommendations are for 30 minutes of moderate exercise most days of the week. Moderate activity means you should still be able to carry on a conversation.
- Avoid activities with a high risk of trauma including skiing, contact sports, scuba diving, and horseback riding
- Runners can continue to run as long as no problems occur during pregnancy.
- Avoid supine exercises after 12 weeks.
- Pay particular attention to staying well hydrated.

Over-the-Counter Medications

In general, over-the-counter medications can be used in moderation. Please follow dosage instructions on the label and call the office if symptoms persist or you have questions.

Headaches/Colds:	Tylenol
Allergies/Colds:	Benadryl, plain Sudafed, Claritin, Zyrtec
Sore Throat/Cough:	Plain Robitussin, Cepacol spray, cough drops
Heartburn:	Maalox, TUMS, Roloids, Zantac, Pepcid, Mylanta
Constipation:	Stool softeners like Colace, Metamucil, Fibercon, Citrucel
Hemorrhoids:	Anusol, Preparation-H, Tucks
Diarrhea:	Kaopectate, Immodium
Nausea:	Ginger ale or ginger candy, Vitamin B-6 100mg 3 times per day
Yeast:	Monistat-7, Gyne-Lotrimin

Childbirth Education

Inova Fairfax Hospital offers a variety of classes, including childbirth, breastfeeding, infant safety and CPR, how to help siblings adjust, and more.

We strongly recommend taking a tour of Inova Fairfax Women's Center to familiarize yourself with the Labor & Delivery and Mother/Baby units, the Nursery and the support services available to you during your hospital stay. The tour also includes information on routine infant care and supplies you should have upon arriving at the hospital, as well as items to have at home upon the baby's arrival.

For registration and information regarding the Inova Fairfax childbirth education classes and hospital tours, call 1-855-My-INOVA (1-855-694-6682) or visit inova.org/childbirthclasses.

Telephone Availability

We are available to you at all times but request that you call during business hours unless it is an emergency. During business hours, the provider in the office will call you back. Normal office hours are from 8:30 am until 4:30 pm.

If you call after hours, you will be connected to the answering service. The provider on call will return your call, typically within 10-20 minutes. Please leave an accurate phone number that the provider can call you back.

Emergencies or Labor

IN A TRUE EMERGENCY, CALL 911.

In case of an emergency or labor during normal business hours, call the office. After hours, please call our automated service at **1-866-869-0856**. Under most circumstances, it is vital that you speak to the doctor on call prior to going to the hospital.

Billing Information

It is our intention to provide and explain all financial policies and arrangements. Capital Women's Care accepts most insurance plans and will bill all insurance companies with whom we participate. Payment arrangements can be made through the billing office. If you leave Capital Women's Care during your pregnancy, a bill will be generated for services provided.

Hospital, anesthesia, ultrasound, pediatric care and possibly lab charges will be billed separately by those providers. To inquire about insurance coverage or cost, contact our billing office at 703-281-6908.

Disability and Other Forms

There is a \$15.00 fee for processing disability or other forms completed by the provider.