*0Capital Women’s Care*

*Chantilly/Oakton/Springfield*

*Division 38*

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***Congratulations on your pregnancy and welcome to our practice. We are pleased that you have chosen us to participate in and help you during this important time in your life!***

Capital Women’s Care is a group of board-certified/eligible obstetricians , one women’s health nurse practitioner and one Physician Assistant 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 goal is to deliver a healthy baby and a healthy happy mother. We are dedicated to providing the best possible care to you and your future child.

Since this is a group practice, we cannot guarantee one specific doctor or that the doctor will be female attending your delivery. Additionally, our doctors cross cover with Capital Women’s Care, Division 43. At night or on the weekend, one of these doctors may be on-call.

If you have any emergency and need to talk to the doctor after normal business hours, please call the office phone number and your call will be directed to the doctor on-call. All physicians have access to your electronic records. Please contact your office or the physician on call, prior to going to the hospital to alert us that you are on your way.

All of our deliveries are at INOVA Fairfax Hospital which is located at 3300 Gallows Rd in Falls Church, VA. 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.

**Obstetric Visit Overview**

At each visit, weight and blood pressure are checked and a urine specimen is tested. Dates are approximate and may change based on individual needs.

**Gestational Age Type of Appointment Test Performed**

8-10 weeks Ultrasound Carrier screening including Cystic Fibrosis (CF) and Spinal Muscular Atrophy (SMA)

Discussed genetic testing options including non-invasive prenatal testing or nuchal translucency for risk assessment of Downs syndrome and Trisomy 13 and 18

12-14 weeks Tummy check Prenatal Labs

Baby heartbeat check Pap and STD testing

Nuchal Translucency (optional)

16 weeks Tummy check msAlpha-fetaprotein testing or

Baby heartbeat check Quad screen (assessing risk of Downs Syndrome, open neural tube defects, and Trisomy 18)

20 weeks Ultrasound Anatomy Ultrasound

24 weeks Tummy check

Baby heartbeat check

28 weeks Tummy check 1 hr Glucose Tolerance Test (**No need to fast**) and CBC

Baby heartbeat check 3 hr GTT (if 1hr GTT is abnormal and fasting is required)

Tdap vaccine

Rhogam injection (if indicated)

Depression screening

32 weeks Tummy check

Baby heartbeat check

34 weeks Tummy Check

Baby heartbeat check

36 weeks Tummy check Group Beta Strep screening (36-37 weeks)

Baby heartbeat check Pelvic exam to check dilation and baby's position

37 weeks Pelvic exam

38 weeks Pelvic exam

39 weeks Pelvic exam

40 weeks 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 25-50 mg 3 times per day and 1/2 tablet Unisom.
* 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 and Colace can help reduce constipation.

**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](http://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. There may be times that you need medication during pregnancy. While no one can guarantee the safety of the following medicines, they are believed to be safe. Use only as directed. Please follow dosage instructions on the label and call the office if symptoms persist or you have questions.

**Headaches:** Tylenol

**Allergies/Colds:** Benadryl, plain Sudafed, Claritin (no D) and Zyrtec (no D)

**Sore Throat/Cough:** Plain Robitussin, Cepacol spray, cough drops, Tylenol Cold & Flu, Vicks Vaparub, 4Way Nasal Spray, Vicks Inhaler, Vicks Cough Syrup, and Vicks Throat Lozenges, Mucinex

**Heartburn:** Maalox, TUMS, Rolaids, Pepcid, Mylanta

**Constipation:** Stool softeners like Colace, Metamucil, Fibercon, Citrucel, Milk of Magnesia, Peri-Colace, MiraLAX, Prunes, Increase water intake

**Hemorrhoids:** Anusol, Preparation-H, Tucks, Metamucil, Hydrocil, bran cereal

**Diarrhea:** Kaopectate, Imodium, Metamucil

**Nausea:** Ginger ale or ginger candy,Vitamin B-6 25-50mg 3 times per day with 1/2 tablet Unisom, Sea bands

**Yeast:** Monistat-7, Gyne-Lotrimin

**Insect Repellent:**  DEET containing products with less than 30%

**Insomnia:** Unisom, Benadryl, Tylenol PM

**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.

**List of Helpful Websites both before and after delivery**

Genetic testing

[WWW.ACOG.ORG/PATIENTS/FAQS/PRENATAL-GENETICS-SCREENING-TESTS](http://WWW.ACOG.ORG/PATIENTS/FAQS/PRENATAL-GENETICS-SCREENING-TESTS)

Cord Blood Banking

[WWW.CORDBLOOD.COM](http://www.cordblood.com/) (Cord blood banking information)

Childbirth, Newborn care, breastfeeding, and fetal care resources

[WWW.INOVA.ORG/CHILDBIRTH](http://www.inova.org/CHILDBIRTH)(Childbirth education classes and tour of labor & delivery)

[WWW.FIRSTCANDLE.ORG](http://www.firstcandle.org/) (Swaddling and other newborn care)

[WWW.LALECHELEAGUE.ORG](http://www.lalecheleague.org/) (Breastfeeding information)

[WWW.INOVA.ORG/IFHCHILDBIRTHRESOURCES](http://www.inova.org/IFHCHILDBIRTHRESOURCES) (Breastfeeding information)

[WWW.INOVACHILDRENS.ORG/FETAL-CARE-PROGRAM](http://www.inovachildrens.org/FETAL-CARE-PROGRAM) (Fetal care)

Postpartum depression and anxiety

[WWW.POSTPARTUMVA.ORG](http://www.postpartumva.org/)

Virginia birth-related injury

[WWW.VABIRTHINJURY.COM](http://www.vabirthinjury.com/)

**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 for the provider to call you back.

**Emergencies or Labor**

In case of an emergency or labor during normal business hours, call the office. After hours, calling the office phone number will transfer to the physician on call at the hospital**.** Under most circumstances, it is vital that you speak to the doctor on call prior to going to the hospital. The hospital address is 3300 Gallows Rd, Falls Church, VA 22042. On arrival, please proceed to the Green entrance for the Women’s and Children’s tower.

* **IN A TRUE EMERGENCY, CALL 911.**

**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.