

## **Mission Obstetrics and Gynecology, P. C.**

---

11300 E. Thirteen Mile Road, Suite 4  
Warren, Michigan 48088  
Phone: (586) 574-1313  
Fax: (586) 574-0842

Deborah Hartmann, M.D.  
Stephanie Paluda, M.D.  
Jill Page, M.D.  
Kristen Wuckert, M.D.  
Caprice McGrail, M.D.

Congratulations on your pregnancy! Enclosed in your welcome package are the registration forms for the office. Please complete all forms and bring them with you to your first visit. We ask that you arrive fifteen minutes prior to your scheduled appointment time.

Also enclosed in the package is a prescription for prenatal vitamins that you should have filled and begin taking one each day. If you experience trouble with taking your vitamins, please contact the office. Please refer to the other various sheets of information on common concerns or questions in early pregnancy. If you have any questions that are not addressed in this material, please write them down so we may address them with you at your visit.

The first visit of your pregnancy will include a physical exam. For this reason, it may be best to leave small children at home. After your first visit, you will rotate visits between all physicians in the practice. This provides you with an opportunity to meet everyone that will be involved in your care. Your delivery will be at William Beaumont Hospital in Royal Oak by the physician that is on call.

We look forward to meeting with you at your upcoming visit. If you have any questions or concerns prior to that time, please do not hesitate in contacting the office.

Sincerely,

Mission Obstetrics and Gynecology, P.C



SOME EXAMPLES OF BIRTH DEFECTS AND GENETIC DISEASES THAT MIGHT BE IN YOUR FAMILY

(Please check any of the following that might be in your family)

- |   |   |
|---|---|
| <input type="checkbox"/> Anencephaly (open skull)           | <input type="checkbox"/> Malformations or birth defects   |
| <input type="checkbox"/> Blindness or eye problem           | <input type="checkbox"/> Mental illness   |
| <input type="checkbox"/> Bone disorder                      | <input type="checkbox"/> Mental retardation   |
| <input type="checkbox"/> Cerebral palsy                     | <input type="checkbox"/> Muscular dystrophy   |
| <input type="checkbox"/> Chromosome abnormality             | <input type="checkbox"/> Neurologic or degenerative disorder                                    |
| <input type="checkbox"/> Cleft lip/palate                   | <input type="checkbox"/> Neurofibromatosis  |
| <input type="checkbox"/> Cystic fibrosis                    | <input type="checkbox"/> Short stature (under 5 ft.)  |
| <input type="checkbox"/> Deafness                           | <input type="checkbox"/> Sickle cell anemia   |
| <input type="checkbox"/> Down syndrome (mongolism)          | <input type="checkbox"/> Skeletal problems (like easily broken bones or curvature of the spine) |
| <input type="checkbox"/> Epilepsy or seizures               | <input type="checkbox"/> Skin disease (including dark or light patches of skin)                 |
| <input type="checkbox"/> Heart defect                       | <input type="checkbox"/> Spina bifida (open spine)  |
| <input type="checkbox"/> Hemophilia (bleeding tendency)     | <input type="checkbox"/> Tay-Sachs disease  |
| <input type="checkbox"/> Hydrocephalus (water on the brain) | <input type="checkbox"/> Urinary tract abnormality  |
| <input type="checkbox"/> Kidney disease                     |   |
| <input type="checkbox"/> Limb defects                       |   |

Other \_\_\_\_\_

YES NO

MEDICATION/DRUG EXPOSURES

22. Do you take any prescription drugs or over-the-counter medications?  
If you are pregnant, have you taken any medications since your last period?  
Examples: Please check those you have taken during this pregnancy.

- |   |  |
|---|--|
| <input type="checkbox"/> Accutane or other dermatologic or acne medications     | <input type="checkbox"/> Diet pills                          |
| <input type="checkbox"/> Antibiotics  | <input type="checkbox"/> Female hormones                     |
| <input type="checkbox"/> Anticoagulants (blood thinners to prevent blood clots) | <input type="checkbox"/> Male hormones                       |
| <input type="checkbox"/> Antithyroid drugs                                      | <input type="checkbox"/> Medications for epilepsy (seizures) |
| <input type="checkbox"/> Birth control pills                                    | <input type="checkbox"/> Multi-vitamins                      |
| <input type="checkbox"/> Chemotherapeutic drugs (anti-cancer drugs)             | <input type="checkbox"/> Steroids                            |
|   | <input type="checkbox"/> Tranquilizers                       |
|   | <input type="checkbox"/> Vitamin A supplements               |
|   | <input type="checkbox"/> Other high dose vitamins            |

YES NO

Other \_\_\_\_\_

23. Have you had any illness or infection recently or do you have any chronic disease not covered on the other side?
24. Have you had frequent or high fevers or do you take saunas or hot whirlpool baths?
25. Have you recently had x-rays or surgery or are you planning to do so soon?
26. Are you exposed to anesthetic gases, lead, other heavy metals or radiation in your occupation?
27. Have you been exposed to pesticides or potentially toxic chemicals at home or elsewhere?
28. Do you drink more than one glass of alcohol per week (including beer)?
29. Do you have a household cat or clean a cat litter box?
30. Do you eat raw or very rare meat?
31. Do you smoke? How many packs of cigarettes per day? \_\_\_\_\_
32. Do you use any other drugs or medications not previously listed?
33. Do you have any other questions or concerns regarding your ability to have a healthy baby?

## **Mission Obstetrics and Gynecology, P. C.**

---

11300 E. Thirteen Mile Road, Suite 4  
Warren, Michigan 48088  
Phone: (586) 574-1313  
Fax: (586) 574-0842

Deborah Hartmann, M.D.  
Stephanie Paluda, M.D.  
Jill Page, M.D.  
Kristen Wuckert, M.D.  
Caprice McGrail, M.D.

### **~LAMAZE CLASSES~**

- Sessions done usually 2<sup>nd</sup> Saturday of the month
- Need to sign up in your 6<sup>th</sup> month of pregnancy
- Session done in your 7<sup>th</sup> month of pregnancy
- Class hours are: 9:00am – 3:00pm
- Kim will call you to confirm

**COST \$60.00**

### **Please bring the following items to your class:**

- Lunch
- Water bottles
- A pad of paper and a pen
- 2 bed pillows
- A watch with a second hand
- Baby-doll or stuffed animal the size of a newborn
- Receiving blanket

## **Mission Obstetrics and Gynecology, P. C.**

---

11300 E. Thirteen Mile Road, Suite 4  
Warren, Michigan 48088  
Phone: (586) 574-1313  
Fax: (586) 574-0842

Deborah Hartmann, M.D.  
Stephanie Paluda, M.D.  
Jill Page, M.D.  
Kristen Wuckert, M.D.  
Caprice McGrall, M.D.

### Morning sickness:

Pregnancy often begins with bouts of nausea and feelings of fatigue. These symptoms usually improve by the fourth month. Eating frequent, small meals rather than three full meals a day is often helpful. Carbohydrates, such as crackers and bread sticks are found to decrease nausea. One should avoid greasy, spicy or fried foods if experiencing significant nausea. If unable to keep any foods or liquids down, please call your physician's office. On occasion, it becomes necessary to administer intravenous fluids if symptoms are severe or prolonged.

### Constipation:

To avoid constipation drink at least six glasses of water daily. Other aids include bran type cereals, fiber in the form of fruits and vegetables, such as lettuce, prunes, and apples.

### Insomnia:

Fatigue during pregnancy is common, especially in the first trimester. It is suggested that you rest at least one half hour a day, more if at all possible. Resting helps avoid fatigue, which can contribute to insomnia. Taking a warm shower or drinking a glass of milk before bedtime can also help with insomnia.

### Sexual Relations:

There are no restrictions during the pregnancy, unless you are experiencing such complications as pre-term labor or unusual vaginal bleeding. If intercourse is still difficult due to the enlargement of the uterus, a change in position may be helpful. If you notice cramping after intercourse, the use of a condom may decrease this symptom.

### Exercise:

Exercise during pregnancy is encouraged. Aerobic exercises such as walking, swimming and low impact aerobics are ideal. Caution must be used to avoid activities that cause a loss of balance and possible injury. If you have any questions about other kinds of exercise, please ask your physician.

### General Health:

Viral infections should be avoided. Use proper hand washing techniques and limit contact with those that are ill. Children with fevers or rashes should be avoided. Infections such as rubella, chicken pox, and fifth disease will be discussed during your prenatal visits.

## **Mission Obstetrics and Gynecology, P. C.**

---

11300 E. Thirteen Mile Road, Suite 4  
Warren, Michigan 48088  
Phone: (586) 574-1313  
Fax: (586) 574-0842

Deborah Hartmann, M.D.  
Stephanie Paluda, M.D.  
Jill Page, M.D.  
Kristen Wuckert, M.D.  
Caprice McGrail, M.D.

### Heartburn:

You may experience a burning sensation in your chest accompanied by burping. This is a form of indigestion. Eating small, frequent meals throughout the day can minimize heartburn. Avoiding greasy and spicy foods, eliminating caffeine and sleeping propped up on a pillow can also help. Maalox, Mylanta, TUMS, or Roloids can be taken during your pregnancy.

### Varicose Veins:

Varicose Veins are common in pregnancy and are caused by the hormonal and physical changes that accompany pregnancy. To aid circulation, constricting clothing should be avoided and support hose should be worn. Walking, elevation of legs, changing positions often and flexing your leg muscles are of some benefit.

### Dizziness & Fainting:

During pregnancy some women experience dizziness and fainting. This occurs more often in the second and third trimester when the uterus presses on the major blood vessels that are behind it. Usually this is not a serious problem, and can be improved by resting on your left side and increasing fluid intake.

### Hemorrhoids:

Constant pressure, constipation, excessive sitting or straining may cause one to develop hemorrhoids. Cold compresses and Anusol HC (cream or suppositories) may be required.

### Drinking and Smoking:

Alcohol consumption has been shown to cause serious fetal abnormalities. This is particularly related to heavy and regular consumption. While an occasional glass of wine or beer is probably okay, no safe level of alcohol consumption has ever been established. Therefore it is recommended that any consumption of alcohol be avoided once you are diagnosed as pregnant.

Women who smoke during pregnancy are at an increased risk for stillbirth, preterm delivery, growth retardation, fetal distress and crib death. Placental blood flow is decreased due to smoking. Smokers also hold oxygen more tightly in their blood, therefore delivering less to the baby. This is the best time in which you can make a lasting contribution to your child. By quitting smoking as soon as you are diagnosed as pregnant, you will decrease your risk of heart disease, stroke, lung cancer, and emphysema.

## **Mission Obstetrics and Gynecology, P. C.**

11300 E. Thirteen Mile Road, Suite 4  
Warren, Michigan 48088  
Phone: (586) 574-1313  
Fax: (586) 574-0842

Deborah Hartmann, M.D.  
Stephanie Paluda, M.D.  
Jill Page, M.D.  
Kristen Wuckert, M.D.  
Caprice McGrail, M.D.

### **Medications and Treatments for Common Problems in Pregnancy**

#### **Nausea/Vomiting**

- Small, frequent meals (make sure you have carbs/proteins)
- Separate liquids/solids EX: toast w/peanut butter  
1 hour later, glass of milk
- Take prenatal vitamins at night
- Crackers/peanut butter or cheese at bedside-take half hour before getting up.
- Suck on lemon drops, peppermint candy, chew on gum.
- Try ginger ale, slurpees, popsicles- pure water in not a good thing to drink if nauseated
- OTC Drugs- Premcsis- (PNV w/vit B)
  - Vitamin B6 50 mg- take one tab 1 hour before main meals (3x/day)
- Prescription Drugs-Phenergan, Zofran

#### **Upper Respiratory Infection (Common Cold)/Sinus Problems**

- Increase fluids
- Rest, Rest, Rest !
- Temperature about 101-use Extra Strength Tylenol every 4-6 hours
- Tylenol Cold/Sinus/Allergy
- Ocean Nasal spray
- Actifed, Sudafed
- Cepacol/Cepastat Lozengers
- Cough-Robitussin (1-2 tsp. Every 4 hours) -Any robitussin that works for you !
- Tylenol PM-help with sleep (take 2 hours. Before bedtime)  
**NO Motrin, Advil, or Ibuprofen !!!!**

#### **Allergies/Asthma**

- Claritin D/Tylenol Allergy
- May take PRN inhalers as needed for asthma
- Zrytec-Prescription only

### Constipation

- Hi fiber diet-whole grains (breads)
  - Green, leafy vegetables
  - Hi fiber cereals
  - Oatmeals
- Increase fluids-10-8oz glasses of water a day
- Constipation-Fibercon, Metamucil, Senecot, Ducolax, Benefiber
- Stool Softeners-Colace, Pericolace

### Diarrhea

- Make sure you are getting enough fluids-popsicles, slurpees, jello, gingerale.
- Make sure you are unnaating
- BRAT Diet-bananas, rice, applesauce, toast
- Use Imodium as directed
- Call office if no improvement in 24 hours

### Stomach Flu

- Increase fluids
- Rest
- Avoid solids for 2 hours, after last emesis. Take sips of liquids
- Start with clear fluids (pop, Gatorade), add jello, popsicles, chicken broth (after tolerating clear liquids)
- Then slowly add crackers, bananas, rice, toast
- Call office if persists greater than 2 days

### Dentist

- Can have x-rays (shield abdomen)
- Orajel for tooth pain
- Can have antibiotics/pain meds (Tylenol #3)
- Can have local anesthetic (but not gas)

### Heartburns

- Stay away from greasy/spicy food- eat bland foods
- Keep stomach full-small frequent meals- Protein/CHO combination
- Mylanta, Maalox, Mylicon, Gaviscon, Tums
- Can use Pepcid/Zantac
- Call office if no improvement

### **Leg Cramps**

- Pull back on heel towards you
- Turns (1-2 tabs up to 4 times a day)

### **Hemorrhoids**

- Tucks
- Anusol supplements
- Preparation H
- Increase fluids
- Take stool softeners

### **Headaches**

- Tylenol – Extra Strength-2 tabs every 4-6 hrs, with 1 cup of coffee or pop (we recommend Starbucks or Mountain Dew- highest amount of caffeine)
- Cool wash cloth to forehead
- Quiet, dark room- decrease stimuli

### **Yeast Infection**

- Monistat 3 or 7- over the counter
- Terazol cream (prescription)

### **Antidepressants**

- Need to discuss with doctor

# Health Smart

## Sodium Smarts

Sodium is a mineral, and we most commonly come across it in ordinary table salt, sodium chloride. Our bodies need salt, about 500 milligrams (mg.) a day.

But the average American consumes 6,000 to 18,000 mg. of salt daily. That's roughly one to two teaspoons. Too much salt, or more specifically too much sodium, can increase blood pressure and higher blood pressure increases the likelihood of heart disease and stroke.

Most foods, in their natural state, contain some sodium. More is added in commercial food processing and when we cook at home. That's where we can be more careful.

When preparing food at home, use herbs and spices as a substitute for table salt. On lean meats try garlic, onion, dry mustard, paprika and pepper-singly or in combinations. Experiment with curry powder, dill or lemon juice on fish, poultry and vegetables. Be adventurous. Food can be fun without a salt shaker.

In the grocery store, check ingredients labels and watch out for any compounds with sodium or soda in them. Here's a general list of prepared foods that are high in sodium.

### Food Groups

### High Sodium Foods to Avoid

Fish, Meat, Poultry,  
Beans, Nuts

Hot dogs, lunch meats, ham, sausage,  
pork and beans, smoked pickled or canned  
meat and fish, and salted nuts.

Milk and Dairy

Buttermilk, creamed cottage cheese, natural  
cheeses, processed cheese and cheese food.

Fruit and Vegetables

Sauerkraut, canned vegetables, pickles, olives, tomato juice

Bread

Quick breads, instant hot cereals, salted crackers

Miscellaneous

Canned soups, seasoning salts, soy sauce, steak sauce, salted  
snack foods, tv dinners, prepared mustard, ketchup,  
monosodium glutamate (MSG)