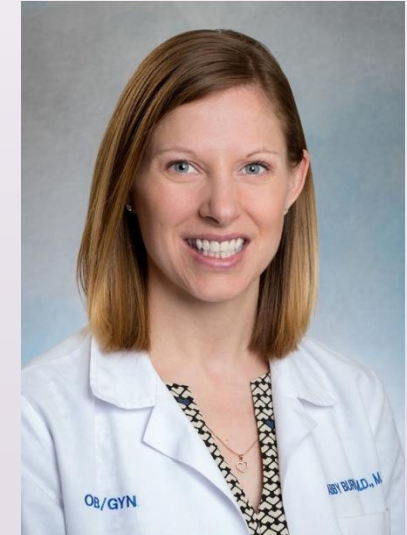
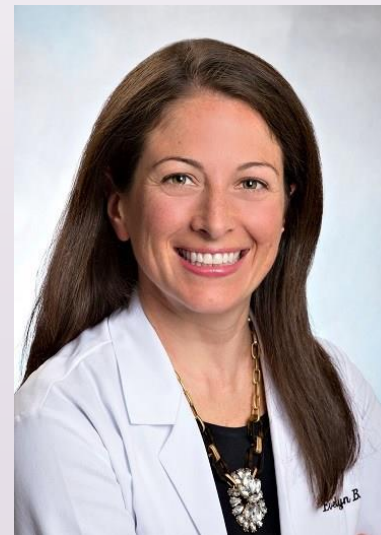
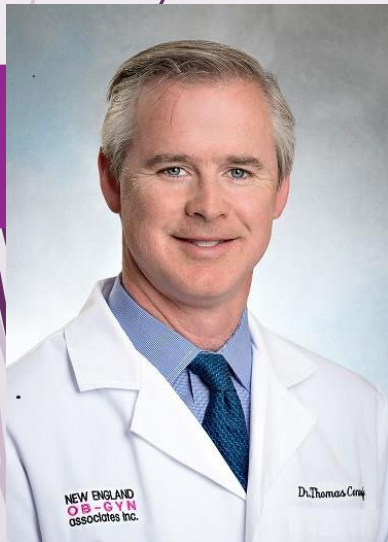




First Trimester Review

NEOGA
Group Practice





Prenatal Vitamins



- 800 mcg Folic Acid
- 27 mg Iron
- 200-300 mg of DHA

- Twins:

- 2 mg Folic Acid
- 60 mg Iron
- >300 mg DHA

Additional Dietary requirements include:

- 2000 IU Vitamin D
- 1000 mg Calcium/1600mg of Calcium (For TWINS)



Sources of Calcium



- ▶ 1 cup plain skim-milk yogurt: 488 mg
- ▶ 1 cup nonfat fruit yogurt: 345 mg
- ▶ 1/2 cup part-skim ricotta cheese: 337 mg
- ▶ 3 ounces sardines (drained solids with bone): 324 mg
- ▶ 8 ounces skim milk: 301 mg
- ▶ 1 cup calcium-fortified orange juice: 300 mg
- ▶ 1 ounce Gruyere cheese: 287 mg
- ▶ 1/2 cup firm tofu made with calcium sulfate: 253 mg
- ▶ 1 ounce mozzarella cheese: 222 mg
- ▶ 1 ounce cheddar cheese: 204 mg
- ▶ 3 ounces canned pink salmon, with bones and liquid: 181 mg
- ▶ 1/2 cup cooked spinach: 136 mg
- ▶ 1/2 cup boiled collards: 133 mg
- ▶ 1 cup nonfat cottage cheese: 125 mg
- ▶ 1/2 cup boiled turnip greens: 98 mg
- ▶ 2 corn tortillas: 92 mg
- ▶ 1 tablespoon sesame seeds: 88 mg
- ▶ 1 ounce (about 23 whole) dry roasted almonds: 75 mg



Sources of Vitamin D

- ▶ 3 ounces catfish, cooked: 570 IU
- ▶ 3.5 ounces salmon, cooked: 360 IU
- ▶ 3.5 ounces mackerel, cooked: 345 IU
- ▶ 3 ounces tuna fish, canned in oil: 200 IU
- ▶ 1.75 ounces sardines, canned in oil, drained: 250 IU
- ▶ 1 cup milk, fortified with 25% of daily value (DV) of vitamin D: 100 IU
- ▶ 1 cup orange juice, fortified with 25% of DV of vitamin D: 100 IU
- ▶ 1 cup fortified skim milk: 98 IU
- ▶ 1 cup ready-to-eat cereal, fortified with 10% of DV of vitamin D: 40 IU
- ▶ 1 egg yolk: 20 IU



Sources of Iron



- ▶ 3.0 oz of lean chuck beef, 3.2 mg
- ▶ 3.0 oz of roasted chicken breast, 1.1 mg
- ▶ 3.5 oz of white meat turkey, 1.6 mg
- ▶ 3.5 oz lean ham pork, 1.5 mg
- ▶ 1 cup boiled black beans, 3.6 mg
- ▶ 1 whole bagel, 1.5 mg
- ▶ 2 slices of whole grain bread, 1.8 mg
- ▶ ½ cup cooked broccoli, 0.6 mg
- ▶ 1 cup of broiled lentils, 6.6 mg
- ▶ 1 cup fortified instant oatmeal, 10 mg
- ▶ 1 cup boiled soybeans, 8.8 mg
- ▶ ½ cup cooked boiled spinach, 3.2 mg



Diet recommendations

- ▶ Calorie requirements: 340/450 additional calories for singleton in the second/third trimesters
- ▶ Cook all raw meats or fish
- ▶ Wash vegetables/fruits
- ▶ Only pasteurized dairy products
- ▶ Avoid raw eggs
- ▶ Avoid soft cheeses, pates/meat spreads, smoked seafood
- ▶ Cook hot dogs/ AVOID deli meats
- ▶ Peanut butter---OKAY
- ▶ Limit Sugar substitutes
- ▶ Limit safe fish to 12oz/week
- ▶ Caffeine less than 300 mg/day



Weight gain

- ▶ Underweight (BMI <18.5): 28-48 lbs
- ▶ Normal weight (BMI 18.5-24.9): 25-35 lbs
- ▶ Overweight (BMI 25-29.9): 15-25 lbs
- ▶ Obese (BMI >30): 11-20 lbs
- ▶ Twins: 37-54 lbs

- http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html

Body Mass Index Table

	Normal					Overweight					Obese					Extreme Obesity																				
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.



Exercise



- ▶ Regular moderate intensity exercise, goal 150 min/week
- ▶ Avoid hot yoga, saunas, hot tubs, activities with high risk of falls
- ▶ Light weight or resistance training
- ▶ Encourage Swimming or low impact
- ▶ Proper hydration
- ▶ Limitations/contraindications

Medications/Supplements

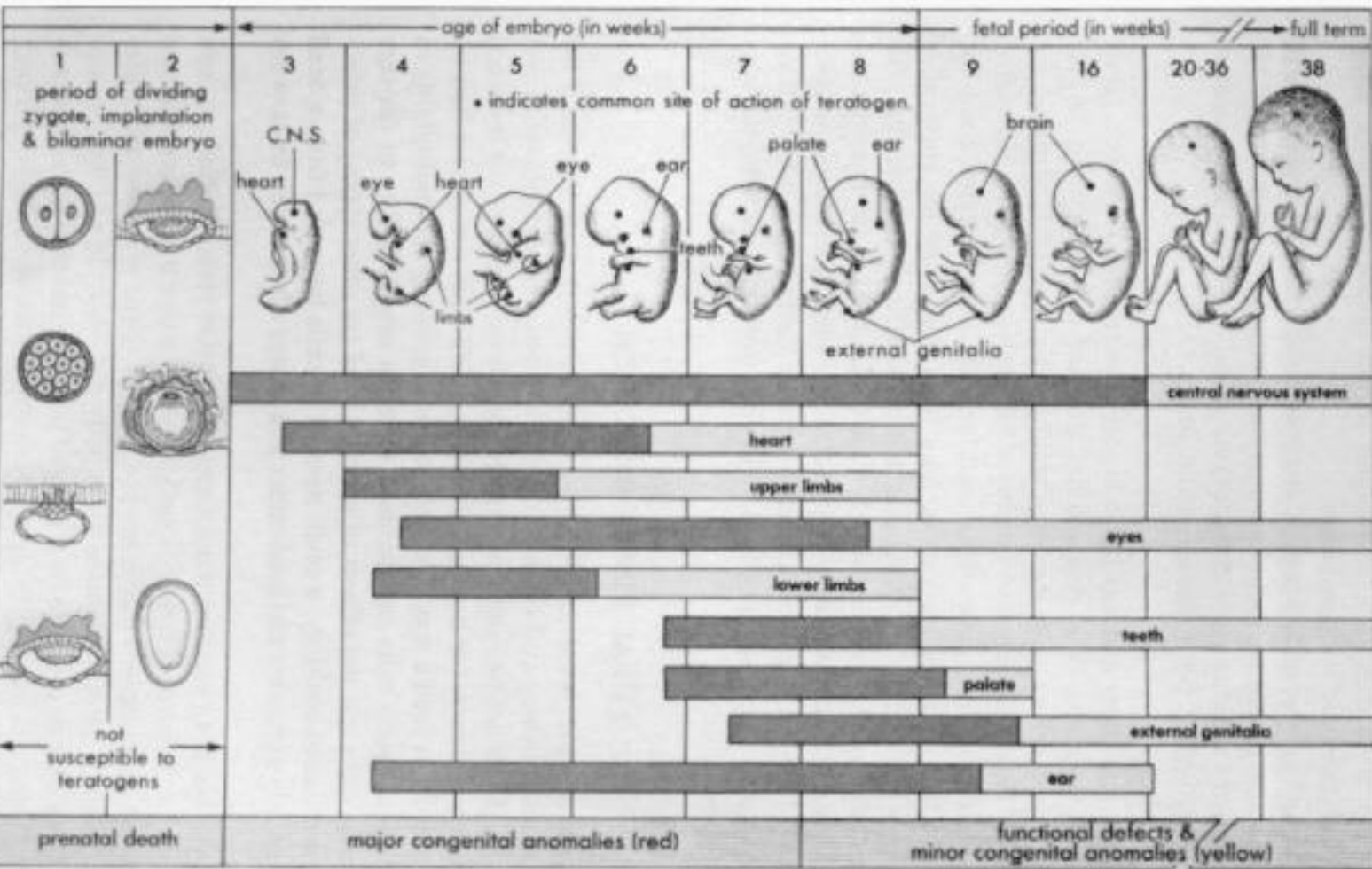
- ▶ Nausea:
 - ▶ Vitamin B6 (Pyridoxine) 50 mg twice daily or 25mg three times daily
 - ▶ Unisom ½ tablet at night (Doxylamine)
 - ▶ Diclegis (Doxylamine/Pyridoxine)
 - ▶ Dramamine (as directed)
 - ▶ Benadryl (as directed)
- ▶ Cold medications:
 - ▶ DO NOT take medications that contain Pseudoephedrine or Phenylephrine
 - ▶ Dextromethorphan (Delsym) AND Guaifenesin (Mucinex) are safe at anytime during your pregnancy
- ▶ Allergies: Claritin, Zyrtec, Benadryl
- ▶ Pain relief: Tylenol, avoid Advil, Ibuprofen, Motrin, Aspirin containing products
- ▶ Antacids: Tums, Pepcid, etc.
- ▶ Stool softeners: Colace, Metamucil, Senokot, MOM
- ▶ Mental health/SSRIs-typically will continue/review all medications with your provider
- ▶ Herbal supplements-typically avoid
- ▶ Protein shakes/supplements-typically fine to continue



Genetic Screening




- ▶ First trimester screen for DS, trisomy 18, and trisomy 13
 - ▶ Cell Free Fetal DNA testing (cffDNA)
 - ▶ ~99 % of DS cases detected
 - ▶ ~99 % of trisomy 18 and ~91 % of trisomy 13 cases detected
- ▶ Screening for Genetic disease (recessive conditions): screening test for >100+ disease mutations –in one test
- ▶ CVS 10-13 wks
- ▶ Amniocentesis ~15-18+ wks





Exposures in Pregnancy

- Tobacco
 - Alcohol
 - Medications
 - Diagnostic Imaging
 - Radiation (X-rays/flights)
- 



Exposures in Pregnancy

- Concerning Virus Exposure:
 - Covid 19
 - CMV
 - Toxoplasmosis
 - Parvovirus
 - Zika Virus
 - Chicken Pox
 - Rubella
- Review Virus Exposure History:
 - Genital Herpes
 - HPV



COVID-19

(CDC guidelines)

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person.

Symptoms of COVID-19 include mild to severe respiratory illness

- Fever
- Cough
- Shortness of breath

Spread of COVID-19

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.



COVID-19

(CDC guidelines)


Protecting yourself

People can help protect themselves from respiratory illness with everyday preventive actions.

- Maintain Social Distancing and Stay at Home, unless you must go out
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Clean and disinfect frequently touched items frequently
- Cover your mouth and nose with a cloth face cover when around others



Exposures in Pregnancy

- Facial Treatments
 - Hair Treatments
 - Body Hair Removal
 - Paint
- 



Pregnancy Exposure Hotline information

Specific Information regarding individual exposures

- **MotherToBaby**

- <https://mothertobaby.org>

- Call: 866-626-6847

- Text: 855-999-3525

- Email: click on option to “Email” on the Mother To Baby Website

- Chat Live with an Expert: click on option to “Chat” on the Mother To Baby Website

- Environmental Working Group

- <http://www.ewg.org>

- Mobile App: SKIN DEEP



Travel in Pregnancy

- ▶ Best Time to Travel is between weeks 14-28
- ▶ Car Travel
- ▶ Airplane Travel
- ▶ Going Through Security
- ▶ Travel to Other Countries
 - ▶ Concern for endemic disease exposure
 - ▶ <http://www.cdc.gov/travel/> OR 1-800-232-4636
 - ▶ BWH Travel Clinic
- ▶ Deep Vein Thrombosis Prevention
- ▶ Medical Care
 - ▶ If outside the country, you can contact The International Association for Medical Assistance to Travelers (IAMAT) <http://www.iamat.org>. OR 716-754-4883



Vaccinations

- ▶ Flu vaccine is RECOMMENDED in Pregnancy
- ▶ Tetanus, Diphtheria, Pertussis (Tdap) is RECOMMENDED in the THIRD trimester
- ▶ Vaccinations to be avoided unless considered High Risk
 - ▶ Hepatitis A & B, Pneumococcal
- ▶ AVOID all live or attenuated vaccinations
 - ▶ Varicella, Measles Mumps Rubella
- ▶ Tuberculin skin test/PPD is OK



NEOGA Delivery Rates

- ▶ Cesarean Sections:
Percentage of all deliveries 29.9%
- ▶ Vaginal Deliveries
Spontaneous Vaginal Deliveries 62.5%
Vaginal Births after Cesarean Section (VBAC)
21.3%



When and What Numbers to Call

- **General Prenatal Information**

- <https://neobgyn.org/patient-resources/prenatal-patient-resources/>

- **For NON-URGENT QUESTIONS**

- **MESSAGING**

- YOU NEED HAVE ACCESS/BE REGISTERED TO PATIENT GATEWAY

- **DURING OFFICE HOURS 8:30A-5:00P**

- 617-731-3400 option 2 (to speak with a nurse)

- **EMERGENCIES-(BLEEDING OR PERSISTENT ABDOMINAL PAIN)**

- **DURING OFFICE HOURS 8:30A-5:00P**

- 617-731-3400 option 1 (EMERGENCY)

- **AFTER HOURS or ON THE WEEKENDS**

- 617-731-3400 (SPEAK WITH THE NURSE ON CALL)