



Congratulations on your pregnancy!

Thank you for choosing us to provide you with prenatal care. We look forward to caring for you during your pregnancy. Please take some time as soon as possible to read through the following checklist. Attached is some very important information for your pregnancy and pre-natal care. Please call if you have any questions or we can discuss at your subsequent visits.

- If you have not already done so, please watch the videos on our website www.williamgrovesmd.com
- Go to the FullScript button located on our home page and set up an account. This will allow us to email instructions as needed and give you access to high quality, safe supplements such as prenatal vitamins and iron.
- Make sure you are taking a pre-natal vitamin DAILY throughout your pregnancy unless instructed otherwise. If you are unable to tolerate pre-natal vitamins, you should take 400-800mg folic acid (folate) over the counter. This may be more easily tolerated. A good prenatal vitamin or folic acid supplement can be found to easily order and auto-ship on the FullScript site accessed through our home page.
- Review OB Medication List - notice some medications are trimester specific
- Review Prenatal Care Schedule for typical schedule of appointments and general precautions
- Recommended weight gain for pregnancy is 25-35 pounds. If you are overweight, less than 25 pounds of weight gain is recommended. If you are unsure, ask for an update at your subsequent visit. Moderate exercise and walking can be very helpful and are encouraged during pregnancy unless you have been instructed otherwise
- You should NOT smoke at all during pregnancy as even a minimal number of cigarettes increase your chance of adverse pregnancy outcomes such as miscarriage, pre-term birth, low birth weight, stillbirth, and sudden infant death syndrome after delivery. Stopping "cold turkey" is recommended and is much safer than continuing to smoke.
- There is no identified safe level of alcohol consumption during pregnancy. Alcohol use should be completely avoided.
- The Prequel cell-free DNA non-invasive prenatal screening test is offered to all patients regardless of high or low risk status. This can be done as early as 10 weeks. This tests for Trisomy 21 (Down Syndrome) along with Trisomy 18, 13 and sex chromosome number. Please text "NIPS" to 99150 and watch the useful short video describing this test prior to your next appointment. It is very important to be educated on the limitations of this testing prior to doing the test.
- The Foresight Carrier Screen is offered to all patients regardless of ethnicity or other risk status. Please text "CARRIER" to 99150 and watch the useful short video describing this test prior to your next appointment. Let us know at your next appointment if you desire this test. It is again important to be educated on this test prior to doing it.
- The seasonal Influenza vaccine injection is recommended for all pregnant patients during each flu season and is safe to take during any trimester.
- The Covid vaccine is recommended for all pregnant patients. Please talk with Dr. Groves on timing of vaccine.
- The Tdap vaccine (Tetanus, Diphtheria, Pertussis/Whooping Cough) is recommended for all pregnant patients and should be given between 28-36 weeks each pregnancy. If not received during pregnancy, it is recommended to receive it postpartum. It is also recommended for all of those in close contact with newborn, including the father.
- Notify us if you own or are regularly around cats- there are a few precautions to take.
- Notify us if you or your partner has traveled internationally within the last 12 months.