



## 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](http://www.williamgrovesmd.com)
- 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.
- Read through the sections of the book *My Pregnancy Guide* regarding FOOD and SAFETY.
- We recommend you utilize the “Memorial Mommy” app available in the app store or via the link on our website. It is full of information that is useful during pregnancy as well as after delivery.
- Recommended weight gain for pregnancy is 25-35 pounds. If you are overweight, less than 25 pound 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.
- Please notify me if you desire counseling or pre-natal testing regarding Down Syndrome. This testing is generally done between 15-20 weeks, but may be done earlier in some cases. This testing will **NOT** be done unless requested, so please let me know early on if you want to discuss.
- Please notify me if you desire counseling regarding other genetic diseases such as Cystic Fibrosis, Sickle Cell Disease, Tay Sach’s Disease, or any other genetic disorder. These will not be tested for unless requested.
- The Influenza Vaccine (flu shot including H1N1) is recommended for all pregnant patients during each flu season and is safe to take during any trimester.
- 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 to an area of active Zika transmission within the last 12 months. Generally these are countries with tropical climates but the list is constantly being updated and currently includes parts of Florida and South Texas. Please check the CDC website [www.cdc.gov](http://www.cdc.gov) for complete information. Please discuss any travel plans during pregnancy with Dr. Groves at your next visit.**