



Pregnancy Summary Sheet

Safe medications in pregnancy: *The Drug Information/Teratogen Hotline is (800) 532-3749*

Pain or Headaches: Tylenol (Acetaminophen)

Cough: Robitussin dm (Guaifenesin)

Nasal Congestion: Afrin nasal spray (max 3-4 days), Sudafed

Constipation: Colace, Fibercon, Metamucil

Sore throat: Ricola cough drops, Halls drops, salt water gargles

Heartburn: Tums, Mylanta, Maalox, Zantac (Ranitidine), Pepcid (Famotidine)

Yeast Infections: Gyne-Iotrimin, Monistat

Seasonal Allergies: Chlor-Trimeton (Chlorpheniramine), Claritin, Zyrtec, Benadryl, nasal steroids

Insomnia: Benadryl, Tylenol PM, Ambien

Nausea: 25 mg Vitamin B6 plus 1/2 of a Unisom tablet, seabands, ginger

Precautions:

- Take your prenatal vitamins with at least 400 micrograms of folic acid (folate) per day.
- Do not smoke or use alcohol and recreational drugs.
- Avoid high temperatures (no hot tubs or Jacuzzis).
- Drink plenty of water when exercising. Keep your heart rate about 140 or less.
- Do not eat raw meat, Eat sushi only if it is very freshly made.
- If you have a cat, do not change the kitty litter (risk for toxoplasmosis).
- Do not eat high mercury containing fish: shark, swordfish, king mackerel, and tile fish.

Time line: (Note: NT testing is now offered to everybody. Amniocentesis is for pt over 35.)

- 6-10 wks In office ultrasound. Blood tests: Prenatal labs. Schedule NT testing. (CVS for some).
- 12-14wks CVS and NT testing performed. Schedule Amnio for 16-18 wks if desired.
- 14-16 wks Schedule your level II ultrasound for 18-20 wks.
- 16-18 wks Quad blood testing is done to complement the NT. Amnio is performed.
- 18-20 wks Level II ultrasound performed.
- 20-22 wks Sign up for prenatal classes (see below). Fetal echocardiograms performed for some patients.
- 24-28 wks Glucola blood test performed (diabetes screen).
- 28-32 wks Some Rh negative patients receive Rhogam. Prenatal classes.
- 35-37 wks Pre-register at the hospital. GBS screen (vaginal swab done in the office).

Prenatal Testing Centers (Genetic Counseling, NT, CVS, Amnio, Level II ultrasound, Fetal Echo, NST)

Stanford Perinatal Diagnostic Center (Level II ultrasound) (650) 725-7030

Stanford Genetics Counseling (NT, CVS, Amniocentesis) (650) 725-5198

Drs McCallum and Liner (NT, Amniocentesis, Level II ultrasound) (650) 964-1505

UCSF Perinatal Unit (NT, CVS, Amniocentesis, Level II ultrasound) (415) 476-4080



Freyja Medical Clinic

570 Price Av., Suite 100, Redwood City, CA

Tel (650) 701.1882 Fax (650) 701.1886

www.Freyjaclinic.com

Stanford Pediatric Cardiology (Fetal Echocardiograms) (650) 497-8422

Childbirth classes

Lucile Packard Children's Hospital (Stanford) www.lpch.org (650) 723-4600 .

Redwood City Special Delivery call Patty (RN) at: **(831) 475-0451**

Sequoia Hospital www.sequoiahospital.org (650) 367-5998

El Camino Hospital www.elcaminohospital.org (650) 940-7302

Mills Peninsula Hospital www.mills-peninsula.org (650) 696 5400

Blossom Birth www.blossombirth.com (650) 964-7380

Birth University (S.F.) www.birthu.com (707) 746-7783