



women's care specialists

West County Office

St. Luke's Hospital
226 S. Woods Mill Road
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Chesterfield, MO 63017

St. Peters Office

209 First Executive Avenue
St. Peters, MO 63376

Main #: (636) 936-8777

Fax #: (636) 939-4257

Emergency Exchange: (314) 868-7700

Physicians

Dr. Janet Matuszek

Dr. Kelly Ott

Nurse Practitioners

Julie Schweitzer

Angie Warner

Office Coordinator

Denise Martin

Congratulations!

We are happy you have chosen us to help you with this special part of your lives. As part of your pregnancy, we want to help you through these next nine months and we believe knowledge of what to expect is the best way.

Your appointments are scheduled approximately every 4 weeks until 28 weeks, every 2 weeks from 28 to 36 weeks, and weekly appointments after 36 weeks until that special delivery day. These weekly appointments will involve internal examinations to see if you are starting to have any cervical dilation. If you have other risks factors for the pregnancy, appointments may need to be more frequent.

During your first visit, the American College of Ob/Gyn (ACOG) recommends certain tests which include (with every pregnancy) your blood type, blood count, cystic fibrosis, German measles immune status, HIV status, syphilis infection, urine culture for asymptomatic infections (infection without symptoms), and cultures for cervical and vaginal infections. In addition, your cystic fibrosis genetic carrier test is recommended but this is only required with the first pregnancy OR if you have never had it tested in the past. If you are 35 years old or greater at the time of your expected delivery OR if you have had a baby in the past with a genetic abnormality OR if you have a history of a genetic abnormality in your family, then you will be offered the option for genetic testing to determine if your baby could possibly carry an abnormal amount of chromosomes (ie-extra or missing chromosomes).

You will also be given a list of over-the-counter medications which you can take for minor discomforts or colds during the next nine months. Please put this list somewhere you will remember (i.e.-refrigerator door, etc). You do not need to call us for permission to take these medicines. If, however, the over-the-counter medications are not improving your symptoms within 72 hours OR if any symptoms continue to worsen, please call the office.

After your first visit, our office coordinator (Denise Martin) will also contact your insurance company for you and get an explanation of benefits in regard to your maternity coverage. We understand insurance company benefits can be very hard to understand and she will be happy to give you a courtesy call to explain your coverage to you after your 1st appointment. If your insurance changes during the pregnancy, please call Denise so she can update your explanation of benefits.

Your next blood test is optional and will be offered between 15-21 weeks. This test is called a Tetra test (formerly Quad test/alpha feto protein (AFP). This looks for proteins/chemicals in the blood that are present during a pregnancy. Based on your history, the test calculates whether your baby could be at risk of having open spina bifida,

Down's syndrome, or Trisomy 18. We understand this is a hard subject to think about but feel this is an important test to consider.

Your ultrasound will be scheduled for 20 weeks pending no other risk factors for your pregnancy. This ultrasound is an anatomy scan which helps us determine if there could be a structural problem with the baby and also to determine the sex of the baby for those of you who would like to know. We try to make every effort to determine sex of baby for you but sometimes position of the baby can make that difficult. Unfortunately, not all abnormalities can be picked up on ultrasound (some heart defects or small holes in the heart, cleft palate, extra or missing fingers or toes, etc) including some serious abnormalities. Again, all effort is made to identify abnormalities which can be identified. Further ultrasounds are determined on a risk basis.

For those of you wishing to obtain 3-D/4-D ultrasounds, these are not covered under insurances unless a birth defect is identified in which this type of specialized ultrasound would help in the identification or treatment. If you desire an entertainment 3-D/4-D ultrasound, this can be scheduled at the front desk for an additional charge. Our ultrasonographers feel the best time to obtain this type of picture is between 28-32 weeks. The total time allotted is 15 minutes and a CD with the downloaded images will be given to you. Please remember, the baby's position determines what pictures can be obtained but we try our best to obtain the best views.

At 24-28 weeks, the ACOG recommends all women undergo screening for gestational diabetes. Please schedule this appointment in the morning if possible so you do not have to make an additional trip into the office. Instructions will be given to you between 20-24 weeks along with your testing material.

At 34-36 weeks, the ACOG recommends screening for group B streptococcus (GBS) carrier status. This will involve a swab of the vaginal area.

Hospital choices:

St. Luke's Hospital
St. John's Mercy Medical Center
Missouri Baptist Medical Center

If you are under 20 weeks and are having any problems that require you to go to the ER, please go to one of the above three hospitals which we are affiliated. Unfortunately, we are unable to go to all hospitals and if you go to the ER of a hospital we are not on staff, you will be considered a walk-in and assigned to whoever is on call at that hospital. Even if you do not think it is pregnancy related, we advise you to still go to one of the above hospitals in case it could involve your pregnancy. After 20 weeks, if you are having a problem and need to go to the hospital, you should go to labor and delivery to be evaluated!

Things you need to do:

- 1) Preregister by 24 weeks at the hospital you are scheduled to deliver.
This can be done online.
- 2) Pick a pediatrician by 24 weeks. If you need help with a referral, please let us know.
- 3) Attend birthing classes at the hospital you are to deliver (for 1st time moms)
- 4) If you have had a c-section and are wanting to try a vaginal delivery (VBAC), it is encouraged for you to attend a VBAC class.

LABOR:

If you are term (37 weeks or greater) go directly to the hospital you have chosen for delivery if:

- 1) you think you are in labor (regular contractions which are uncomfortable and occurring every 5 minutes, each contraction lasting one minute AND have been occurring for at least 1-2 hours)
- 2) you think your water has broken or are trickling,
- 3) vaginal bleeding (although it is common to have some form of spotting or light bleeding if you have been examined vaginally in the office)
- 4) you noticed a decrease in fetal movement

If you are preterm, go directly to the hospital you have chosen for delivery if:

- 1) you think you are in labor
- 2) you think your water could have broken or are trickling
- 3) If you are having 6 or more contractions in an hour which do not go away with lying down and drinking 20 oz water.
- 4) Vaginal bleeding
- 5) You noticed a decrease in fetal movement
- 6) If you are experiencing pain which you can not explain

How to contact us:

OFFICE: 636-936-8777
EMERGENCY: 314-868-7700

For all non-emergent situations (example: refill of prescriptions, lab results, chronic problems that have not changed, etc), please call the office during normal business hours. On Friday, the offices turn off the phones at 1:30pm.

You do not need to call the exchange during after hours if you think you are in labor since the hospital will contact us directly.

For urgent calls, please use the exchange/emergency phone number.

For a true emergency, please call 911 and ask to be taken to your delivery hospital if at all possible.

Thank you again for choosing us to take care of you during this precious time. If you have any questions, please feel free to bring them to your next office appointment.

With warmest regards,

Women's Care Specialists, LLC

Dr. Janet Matuszek

Dr. Kelly Ott

Julie Schweitzer, N.P.

Angie Warner, N.P.

MEDICATIONS SAFE DURING PREGNANCY

Problem:

Over-the-counter treatments

Morning sickness:	Vitamin B6: 50mg/day, may increase by 50mg/day 2-4 times/day until you reach a max of 200mg/day. Ginger : ginger snaps/ginger ale Lollipops are available at specialty pharmacy. Diet: smaller and more frequent meals Avoid spicy and fatty foods
Mild Headaches:	Tylenol per package directions
Migraine Headaches:	Tylenol, caffeinated beverage at start of headache Cold compresses on head/lie down in dark room If not resolved, may need prescription
Nasal Congestion/colds:	Ocean mist nasal spray Sudafed, Afrin Tylenol cold/sinus preparation Guaifenesin, Hytuss Mucinex Benedryl Dayquil
Sinus Problems:	Alavert/Claritin Benedryl Sudafed Tavist D Traminic Allerchews Vicks VaporRub
Sore Throats:	Throat lozengers (ie-chloroseptic, cepacol, sucrets,) Warm salt water gargles
Yeast Infections:	Monistat Gyne-lotrimin
Diarrhea:	Pepto-Bismol Kaopectate Imodium If watery stools occur more than 8-12 times a day and last for more than 2 days OR are associated with fever (Temp> or = 101) OR have blood contained in the stool OR you are unable to urinate, you need to go to the ER if under 20 weeks pregnant or labor and delivery if 20 weeks or greater.

Constipation:	Metamucil Citrucel Colace Dulcolax (oral or suppositories) Fleets enema
Heartburn:	Maalox Mylanta Tums Zantac/Pepcid/Tagamet If unresolved with the above, Prilosec OTC
Gas:	Maalox Gas-X Mylicon
Hemorrhoids:	Chilled witch hazel packs (Tucks) Sitz baths Anusol HC Preparation H
Insomnia (difficulty sleeping):	Benedryl Tylenol PM Unisom Nytol
Leg cramps:	Calcium supplement 1000mg/day Magainex (magnesium supplement etc) Call if one leg is hot, swollen or significant calf pain unrelated to a leg cramp.
Nose Bleeds:	Ocean mist nasal spray Ayr gel
Fever (Temp > or = 101): (If fever lasts for more than 24-48 hours, please call the office for further instructions)	Tylenol per package direction

FREQUENTLY ASKED QUESTIONS

Vaccines during Pregnancy:

Safe during pregnancy: Anthrax
Cholera
Diphtheria
Hepatitis A and B
Influenza (Encouraged for all pregnant women)
Meningitis
Pertussis (“whooping cough”)
Plague
Pneumonia (pneumococcus)
Injectable polio (“Salk”)
Tetanus
Typhoid
Thyphus
Varicella
Tb skin test (tuberculosis)

Unsafe during pregnancy: Measles
Mumps
Oral polio
Rabies
Rubella (“German measles”)

Exposures: 5ths disease (aka-parvovirus): If you are exposed directly to someone with 5ths disease, please call the office during normal business hours (Monday 9am to Friday 1:30pm) to arrange blood tests

Chickenpox: If you have never had chickenpox or are unsure, please let your doctor know so we can check your status through a simple blood test at your next office visit.
If you are exposed to someone with chickenpox AND you have had chickenpox in the past, there is no need to do anything.

Shingles: This is the same virus as the chickenpox virus, please see the above.

Flu Vaccine: It is recommended by the American College of OB/GYN that ALL women be vaccinated for the flu virus. This starts in October and ends in April.

- Travel: It is safe to travel up to 34 weeks pregnant as long as there is no significant risk factors to your pregnancy. If you are high risk, please ask the doctors for individual restrictions. If you are flying long distance or driving long distance, please wear support hose or perform calf exercises to avoid blood clots. There is NO travel allowed if you have a previa (placenta over your cervix) at your 20 week ultrasound.
- Hair: You may color or highlight your hair after the first trimester (12 weeks) You may also perm your hair after the first trimester, but pregnancy may alter your outcome of the perm.
- Tanning: Not recommended during pregnancy
- Hot Tubs: Outdoor hot tubs - Not recommended during pregnancy
Bathroom Jacuzzi – May use during pregnancy at bath temperature
- Mosquito: Please use mosquito repellent if you are outside
- Ticks: Please use tick repellent if you are outside
- Foods: Avoid undercooked meats and raw seafood
Limit all cooked seafood to 2 servings/week (1 serving = 6oz)
Yes...canned tuna is cooked
Avoid gourmet soft cheeses
Avoid all unpasteurized products
Limit caffeine consumption (no more than 2 servings/day)
Yes... you may eat sandwiches with deli meat but look for the meats that turn over more frequently
You need 1000mg of calcium/day (with vitamin D). If you are drinking 2-3 glasses of skim milk/day, you are covered
- Dentist: Yes...you may visit the dentist for all routine exams.
X-rays are allowed with abdominal shielding
All cavities and root canals are allowed to be repaired
If pain medicine is required, any narcotic must be prescribed by the dentist. We do not prescribe for the dentist.
Pregnancy increases risk for gingivitis and poor dentition can lead to preterm labor....so continue dental care.
- Sleeping: You may sleep in any position that is comfortable for you (this includes sleeping on either side or your back/tummy. If you begin to feel nauseated, then you have to change positions to your side. Otherwise...enjoy your nights sleep now for soon it will all change (for the good, of course)