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Welcome to Pregnancy!

We, the physicians and Staff of Sekine, Rasner & Brock want to make your pregnancy as pleasant as possible. Most importantly is for all of us to work together for a healthy mother and baby. The following information may help you plan the next months until the baby arrives.

Pregnancy Appointments

During your pregnancy, you will see each of our physicians on a rotating basis, so that you will have the opportunity to meet and get to know all of your obstetricians. Each pregnancy and prenatal course is unique and individual, and may vary depending on your individual health history. In most cases you will be seen monthly until 32 weeks, then every two weeks until thirty-six weeks, then weekly until you deliver. You will be advised at each visit when you should return for your next appointment. If you are unable to keep an appointment, please contact the office to inform us and to reschedule your appointment. Regular prenatal visits, and a healthy lifestyle are important to help insure that you are doing all you can to have a healthy baby. We have two office locations for your convenience, 11945 San Jose Blvd. Bldg. 400, and 14540 Old St. Augustine Road, Building Two, Suite 2591. All of our deliveries are done at Baptist Medical Center South, 14550 Old St. Augustine Blvd.

Tests and Screenings

First Trimester Screening is a test which provides information early in your pregnancy about your risk for having a baby with Down Syndrome or Trisomy 18, it is offered between 11 and 13 weeks of pregnancy, it involves both an ultrasound and a blood test. There is a brochure in this packet for you to read more about this screening, your obstetrician can also provide you with more information, or answer any questions you may have.

Ob Lab Work is a panel of blood tests done between 16-18 weeks that includes your Blood Type, Cystic Fibrosis Screening, Maternal Serum Screening, along with a few other screening

tests, this will be ordered by our office, but done at the lab designated by your insurance company, be sure to let us know which lab you need to go to. Our office can provide you with a service center directory for all local labs.

Screening for Gestational Diabetes, is done between 24 and 28 weeks of pregnancy, in our office. When you arrive for your test you will be asked to drink a glucose solution that tastes like extra-sweet soda, after one hour, we will stick your finger to determine your blood sugar level, and how efficiently your body processes sugar.

Group B Strep screening is done between 35 and 37 weeks of pregnancy, this is to test for a type of bacteria, the test involves a swab of both the vagina and the rectum, the sample is sent to the lab for analysis.

Medications and Pregnancy, if possible, you should try and avoid any medication during pregnancy. However, occasionally you may need to take something. The following is a list of over the counter medications that are appropriate to use in pregnancy:

Fever/Headache	Tylenol (acetaminophen), Tylenol Extra Strength
Cold/Congestion	Actifed, Sudafed, Claritin, Mucinex, Robitussin Expectorant
Gas	Mylicon, Gas-X, Phazyme
Heartburn	Maalox, Mylanta, Tums, Gaviscon, Zantac, Tagamet, Pepcid AC
Nausea	Emetrol (if not diabetic), Ginger Tea or Ale, Dramamine, Sea Bands
Sore Throat	Cepacol lozenges, or spray, Warm salt water gargles, Sucrets
Skin Irritation	Hydrocortisone cream/ointment, Benadryl cream/ointment
Hemorrhoids	Preparation H, Anusol HC, Witch Hazel and Tucks,
Constipation	Metamucil, Fibercon, Milk of Magnesia, Senekot, Doxidan
Diarrhea	Kaopectate, Imodium (for 24 hours only)
Insomnia	Benadryl

Pregnancy Guidelines

Prenatal Vitamins-You should be taking prenatal vitamins throughout your pregnancy and postpartum period. If you experience nausea, you may try taking your prenatal vitamin at night to reduce associated nausea.

Nausea-Nausea is common in early pregnancy. If possible, try frequent small meals, and the use of bland foods. Avoid dehydration by drinking plenty of fluids. If you are unable to tolerate liquids, please call the office

Exercise-The recommendation is to maintain a heart rate of no greater than 120 beats per minute. Use moderation and don't exercise to the point of fatigue, Most exercises are fine to continue in pregnancy. You should not begin a new exercise program, or diet in pregnancy.

Intercourse-Intercourse is acceptable anytime during pregnancy, unless otherwise indicated by your physician.

Pregnancy Discomforts- Many of the common aches and pains of pregnancy can be relieved or even prevented. Below are some comfort measures we recommend:

Backache-Try, massage, ice, maternity support belt

Constipation-Drink plenty of water, and eat meals high in fiber, such as fruits, whole grains and vegetables

Headaches-Cool compress, Rest, Massage, Drink More Fluids

Heartburn-Avoid Large meals do not lie down after a meal, avoid fried or spicy foods

Hemorrhoids-Ice Packs, Tucks Pads, Avoid Constipation

Swelling-Avoid Long periods of standing or sitting, increase water intake, elevate feet and legs

If you have an urgent concern after regular office hours, call the office number 262-5333, you will be connected to the on call personnel by selecting option 2. General information and prescription refills are not considered urgent, please call during regular office hours for these concerns.