



Complete  
Women's Care  
*of Waco*

# Pregnancy Guide

What You Can Expect  
Now That You Are

*Expecting*





9 months spent preparing for  
a love that lasts a lifetime.

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## To the Expecting Mom:

Congratulations!! Welcome to Complete Women's Care - we are so excited to care for you on this incredible journey!

Pregnancy and childbirth are miraculous, life-changing experiences. For both new moms, second timers, and even the pros, this is a time of rapid change in your body and emotions. Add to that the social stress of "getting it all right". So many choices..... Do I change my diet or exercise routines, epidural or unmedicated childbirth, whether to breast or bottle feed? And everyone has an opinion!

I see my role as your obstetrician as an educator as well as a physician. As I take your medical history, watch your vital signs, order the appropriate tests, and monitor the growth of your baby, I strive to provide you with a safe and healthy pregnancy and delivery. But there is so much more to do! My staff and I are also responsible for informing you of possible risks and warning signs to watch for. We want to educate you on the medical information available to make the best decisions for you and your family. These decisions are very individual and personal. Feeling confident as you make them will help you enjoy your pregnancy, labor and delivery that much more.

I look forward to being a positive, empowering part of the next 9 months and I'm honored that you have chosen us to participate in your care!

Sincerely,

*Michelle Manning, MD*

# Office Information

## OFFICE HOURS

If you are unable to keep an appointment, please contact our office as soon as possible.

**Tuesday**

**8:30 a.m. - 5 p.m.**

**Wednesday**

**8:30 a.m. - 5 p.m.**

**Friday**

**8:30 a.m. - 5 p.m.**

*Dr. Manning will be available for deliveries and emergencies on Mondays and Thursdays, but she does not offer regular clinic hours on those days.*

## CALLS

If you need immediate attention, notify the person answering the phone. We will respond as quickly as possible. If you call after office hours, you will connect with the answering service. Leave a message and call back if you do not receive a call within 30 minutes.

## PRESCRIPTION REFILLS

Call your pharmacy for medication refills. Please allow 24 hours for routine refills. Only emergency prescriptions will be filled after office hours.

# Office Visits

## LET'S GET TOGETHER

This is a family affair! Your spouse or family members, including children, are always welcome. However, due to limited space, we ask that you limit the number of people you bring to one or two. For the safety of other expecting moms, if your child has been ill within the last 72 hours please do not bring him or her to the office.

Dr. Manning will perform a pelvic exam to assess your cervix at some of these later visits. This may cause some spotting or light bleeding for a few days, which is normal. However, if your bleeding becomes heavy (such as during a period) notify the office.

FIRST TRIMESTER  
WEEKS 1-12

### First 28 Weeks

You will be seen once a month.

SECOND TRIMESTER  
WEEKS 12-28

### 28-34 Weeks

You will be seen every two weeks. We will check your blood pressure, weight, urine, fetal heart tones and fetal growth.

THIRD TRIMESTER  
WEEKS 28-40

### 36 Weeks - Delivery

You will be seen every week.

I am not telling you it's going  
to be easy. I am telling you  
it's going to be worth it.



# Your Pregnancy Timeline

WHAT YOU CAN EXPECT NOW THAT YOU ARE EXPECTING



## FIRST TRIMESTER

WEEKS 1-12

### 2 WEEKS

Your baby is conceived

### 4 WEEKS

Positive pregnancy test

### 6 WEEKS

Your baby's heart is beating

### 6-8 WEEKS

It's time for your first prenatal visit

### 10 WEEKS

NIPT screening for likeliness of chromosomal abnormalities  
*(Baby's sex will be available with the test results)*

### 10-13 WEEKS

You may hear your baby's heartbeat with a Doppler

## SECOND TRIMESTER

WEEKS 12-28

### 16 WEEKS

Your baby's sex is visible on an ultrasound

### 18 WEEKS

You can begin to feel your baby kick  
*(Feels like a flutter at first)*

### 18-22 WEEKS

Mid-pregnancy ultrasound

### 24-28 WEEKS

Blood glucose screening

### 26 WEEKS

Your baby can hear you talk

### 27 WEEKS

Your baby can blink

## THIRD TRIMESTER

WEEKS 28-40

### 28 WEEKS

Rh antibody screening

### 34 WEEKS

Your baby has fingernails

### 36-37 WEEKS

Group B strep test

### 37 WEEKS

Your baby is early term

### 39 WEEKS

Your baby is full term

### 40 WEEKS

Your baby is due!





# Common Pregnancy Symptoms

It's important for you to know that your body is amazing and capable - it was built for pregnancy and delivery. But there are many changes happening right now, so some discomfort can be normal. Some of the common problems pregnant women experience are:

## Shortness of Breath

Even early in your pregnancy you could experience shortness of breath. During the third trimester, this symptom can get much worse. Try sleeping while propped up on pillows, and call the office if the problem becomes severe.

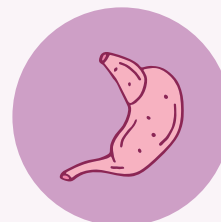


## Constipation

Try to drink lots of fluids, exercise, eat fruit and raw vegetables, bran and whole-grain bread. You can also take mild laxatives or stool softeners such as Surfak® or Colace®. Many prescription prenatal vitamins already contain a low dose of these medicines.

## Hemorrhoids

If hemorrhoids become a problem, treat with Dermoplast® spray, Tucks® pads, or Preparation H®. You can also soak in a warm bath and drink plenty of liquids. Avoid constipation, which will make hemorrhoids worse.



## Fainting & Dizziness

Fainting and dizziness are common during pregnancy, often due to episodes of low blood pressure. The best way to prevent these is to move your legs and feet frequently, avoid sitting or standing in one place for an extended period of time, and stay well hydrated.

## Swelling

Swelling of your feet and ankles is possible. The swelling is not harmful, but you can help control it by avoiding salty foods and drinking more water. If there is sudden swelling of your face and hands, or if headaches or blurred vision occur with the swelling, contact the office immediately.

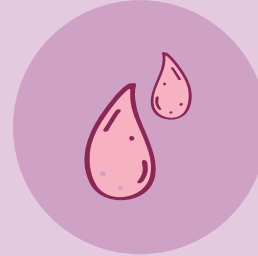


# Common Pregnancy Symptoms



## Round Ligament Pain

As your uterus grows, you may experience sharp pains around your lower abdomen or groin. They are painful, but there is no need to be concerned. They are not a sign that something is wrong with you or your baby. If it happens, relax and be still. Activity will usually make it worse.



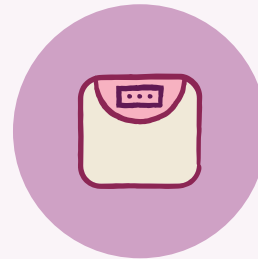
## Nosebleeds & Gum Bleeds

Nosebleeds and gum bleeds are another common occurrence during pregnancy. They are merely another sign of the changes that you will go through during pregnancy, and are not a cause for concern.



## Heartburn & Indigestion

Even water can cause heartburn in pregnancy! Fried, greasy and fatty foods, fizzy drinks, citrus juice, and fruit can make it worse. Try to eat several hours before going to bed. It might also help for you to sleep with your head, or the head of the bed, propped up. Avoid large meals by eating 5-6 small meals each day. Refer to the pregnancy medications list for products that you can take for relief. There are also prescription medicines available, so let me know if you need something more.



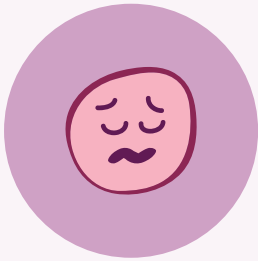
## Weight Gain

You are most likely going to gain weight during pregnancy. The amount of weight gain is typically about 20-30 pounds for women with a normal BMI. Obese or overweight women should gain less, and underweight women should plan to gain more. Most women lose the initial 20-30 pounds during delivery and the postpartum period. Any extra weight gained becomes the “baby weight” that we often struggle to lose. To decrease the possibility of stretch marks, it is best to keep your weight under control.

# Common Pregnancy Symptoms

## Nausea

Nausea is certainly one of the most familiar symptoms of pregnancy. It will usually last through the first three months. Below are some ways you can deal with nausea.



- Two natural substances work almost as well as prescription medication in clinical trials:
  - Vitamin B6 - 75mg per day
  - Ground ginger capsules - 250mg every 6 hours
- You should also try:
  - Unisom (1/2 tablet) plus Vitamin B6 - 25mg every 8 hours
  - Wear acupressure wristbands 24 hours a day (available in drug stores)
- Avoid milk and water. Drink Gatorade, 7-Up, ginger ale or Sprite.
- Try chips, french fries, lemonade, sour candy and other salty or sour foods.
- Avoid cream-based foods.
- Eat smaller meals several times each day and avoid large meals.
- Prescription prenatal vitamins instead of over the counter.

*Call the office if the above methods fail to give you relief, or if you are unable to keep any liquids down for 24 hours.*

## Backaches

Backaches are the result of gaining weight, a rapidly changing center of gravity, and the body producing a hormone called relaxin, which causes the pelvic ligaments and cervix to relax during pregnancy and delivery. You can get some relief with exercise (especially yoga), good posture, shoes with adequate arch and heel support, and a heating pad on the low or medium setting. The nurse can also provide you with the names of massage therapists who specialize in back massage for pregnant women. Maternity support belts can also be extremely helpful for both back pain and pubic bone discomfort. They are available online - Amazon sells several for \$15-\$20.



## Headaches

Headaches can be common during early pregnancy. Migraine headaches could be worse during pregnancy, but do not take your migraine medication. You can take Extra Strength Tylenol®. If that fails to offer relief, contact the office for a prescription. During your second or third trimester, if you experience a severe headache accompanied by sudden swelling, contact the office.



# Do's and Don'ts While Pregnant

## **Sex**

Many couples are concerned about having sex during pregnancy. However, sex will not cause any harm to you or your baby, so you can continue to have sex throughout your pregnancy. Later in pregnancy you will feel contractions after sex, but they usually last only a few hours. You may notice some light bleeding or spotting after intercourse. Tell the nurse if it happens often.

## **Cord Blood**

Blood that remains in the cord and placenta after birth contains stem cells that can be used for bone marrow transplants and other procedures. Private banking is available through companies such as ViaCord and CBR.

## **Flu Shots**

Recommended in any trimester of pregnancy during flu season, but never take flu mist.

## **Pain Management & Labor**

The pain associated with labor and delivery is manageable with several natural or medical options. If you prefer natural pain management, breathing, movement, massage and hypnotherapy can work very well. A doula is a professional labor assistant who provides physical and emotional support to patients and their partners during pregnancy, childbirth, and the postpartum period. There are several in the Waco area. Medical options include IV pain medication and epidural anesthesia

## **Work**

You can keep working as long as you feel like it, unless instructed otherwise.

## **Mucus Plug**

During pregnancy a mucus plug will block the cervix opening. The plug is yellow, white, brown or blood-tinged, and losing it just means things are progressing. It does not mean that you will go into labor, and you do not have to contact our office.

# Do's and Don'ts While Pregnant

## **Alcohol**

There is no way to know how much alcohol will be harmful to your baby. It's best not to make assumptions and take chances. Avoid drinking alcohol during pregnancy.

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## **Illegal Drugs**

Illegal drugs can seriously harm your baby. Fetal brain damage, preterm delivery, stillbirth, developmental delays, placental abruption, and long-term behavioral and learning problems are just some of the risks.

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## **Toxoplasmosis**

A parasitic infection called toxoplasmosis can be transmitted to the fetus. Avoid raw and undercooked meat. Also, don't make contact with cat feces, which is possible when cleaning a cat's litter box.

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## **Domestic Violence**

Unfortunately, partner abuse is more common with pregnant women than with women who are not pregnant. Let our staff know if you are in an abusive relationship. There are resources that can help. And please understand that this is why we ask screening questions when you visit our office.

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## **Douching**

Avoid douching during pregnancy. (And, really, all the time)

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## **Saunas & Hot Tubs**

Avoid very hot water and steam during your pregnancy and do not sit for long in a hot tub over 99 degrees.

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## **Smoking**

Do not smoke during pregnancy. If you smoke, the tar, nicotine and carbon monoxide will put your baby at risk for numerous problems including low birth weight, miscarriage, premature delivery, stillbirth, respiratory problems and sudden infant death syndrome.

# When to Call Our Office

Many of the issues we've covered are natural and no cause for alarm. However, there are some signs that should prompt you to call us.

Heavy vaginal bleeding (as much or more than a period, with or without pain)

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Sudden or slow leak of amniotic fluid from the vagina before 37 weeks

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Severe constant abdominal pain

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A temperature over 100.4 for more than 24 hours

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Persistent vomiting

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Painful or burning urination

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Absence or drastic decrease in fetal movement

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Severe headache in second or third trimester that is not relieved by 2 Extra Strength Tylenol®.


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Severe headache in second or third trimester accompanied by swelling of face, hands and feet

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Persistent blurred vision or seeing "spots"

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**Taking care of yourself  
doesn't mean me first,  
it means me too.**



## Pregnancy & Nutrition

Healthy eating is important during pregnancy. Good nutrition is needed to meet the added demands on your body as well as those of your growing baby.

### Prenatal Vitamins

During pregnancy, you need more folic acid and iron than a woman who is not pregnant. Taking a prenatal vitamin supplement in addition to eating a well-rounded diet can ensure that you are getting enough.

### Folic Acid

You need at least 400mcg of folic acid daily to help prevent major birth defects of the baby's brain and spine called neural tube defects. Many foods contain folic acid such as dark green leafy vegetables, beans, orange juice and fortified cereals.

### Iron

You need about double the amount of iron during pregnancy to help your body make more blood to supply oxygen to your baby. Good sources of iron include lean red meat, poultry, fish, dried beans and peas, iron-fortified cereals and prune juice.

### Caffeine

Most experts state that consuming less than 200mg of caffeine (one 12-ounce cup of coffee) a day during pregnancy is safe.



# Pregnancy & Nutrition

## **Fish**

Omega-3 fatty acids are important for your baby's healthy brain development. Women should eat at least two servings of fish or shellfish per week while pregnant. Choose shrimp, salmon or catfish instead of shark, swordfish and king mackerel to limit mercury exposure. Limit white (albacore) tuna to 6 ounces a week. If you are allergic or don't like seafood, there are DHA supplements available. Many prenatal vitamins contain omega-3 or DHA.

## **Special Diets**

If you are vegetarian, make sure you get enough protein from foods such as soy milk, tofu and beans, and that your intake of iron, vitamin B12 and vitamin D is sufficient.

## **Preventing Listeriosis**

Avoid unpasteurized milk and soft cheeses, including feta, queso blanco, brie and blue cheese. Heat hot dogs, lunch meats and cold cuts until steaming hot, just before serving. Wash food before eating. Avoid raw or undercooked seafood, eggs and meat.

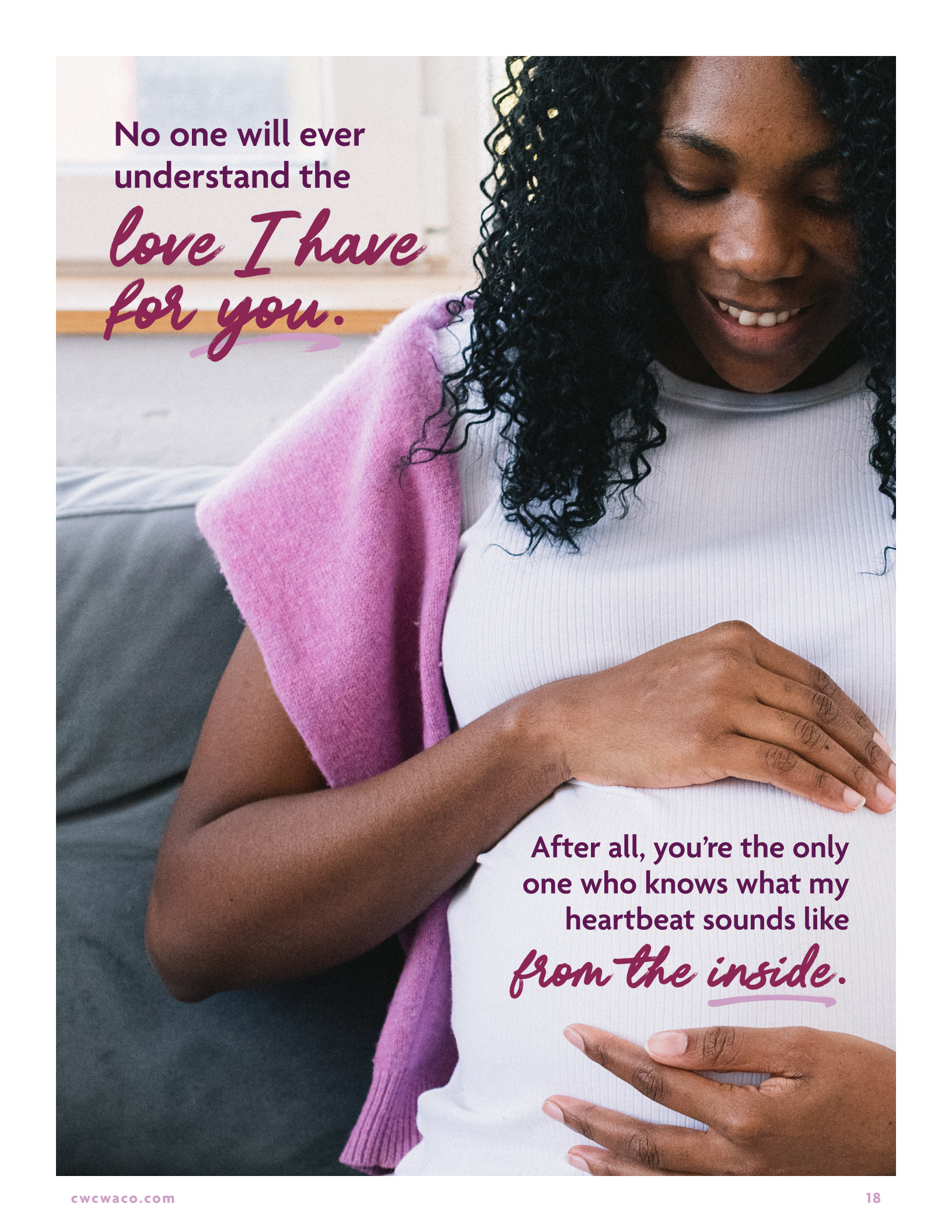
## **How much weight should you gain during pregnancy?**

During pregnancy you should consume about 300 extra calories per day - we are NOT "eating for 2"!

Overweight and obese women are at increased risk of gestational diabetes, high blood pressure, preeclampsia, preterm birth, and Cesarean delivery. We will closely monitor your weight gain and the baby's growth through the pregnancy.

## **Exercise**

It is important to exercise during pregnancy to maintain the health of both you and your baby. Regular exercising also helps with recovery after delivery. Many forms of exercise are good, but limit weight lifting to 35 lbs. after 20 weeks. Also try to keep your heart rate below 150 at all times. Prenatal yoga and Pilates are excellent for strengthening core and pelvic floor muscles. These are easy to do at home without equipment, and it is simple to find videos online.



No one will ever  
understand the

*love I have  
for you.*

After all, you're the only  
one who knows what my  
heartbeat sounds like

*from the inside.*

# Pregnancy Procedures

There are numerous ways to monitor your health, and that of your baby throughout your pregnancy.

## Ultrasounds

Dr. Manning will often perform a sonogram on your first visit to confirm your due date. This is an exciting opportunity to see the heartbeat for the first time! A fetal anatomy survey scan will be done at about 20 weeks. This scan is done to look for defects of the heart, brain and other organs. We can also tell gender at this time.

## Lab Work

Lab work is done by outside labs, which will bill you separately. These are not included in your global OB fee. Complete Women's Care is not responsible for what your insurance covers regarding lab work. Please verify coverage options for lab work prior to your visit.

## Vaccines

A Tdap vaccine is recommended for you at 27 to 36 weeks. It vaccinates against tetanus, diphtheria and pertussis (whooping cough), so that you can pass the antibodies to the newborn. We encourage close contacts and care providers to be vaccinated also. We recommend a flu vaccine if you are pregnant during flu season.

### First Visit

We usually order several standard lab tests, including blood type, HIV, hepatitis, rubella, varicella, complete blood count, a urinalysis, a Pap smear if indicated, and screening for STDs.

### After 10 Weeks

You will be offered cell-free DNA or NIPT testing, to screen for chromosomal abnormalities. This is an optional test. It is also the earliest way to find out the sex of the baby. Please check with your insurance if you are concerned about coverage. I use Panorama by Natera, but there are several other companies. Some insurers contract with a specific one.

### 16-20 Weeks

High risk patients will have early testing for gestational diabetes.

### 24-28 Week

A test for gestational diabetes and a complete blood count for anemia.

### 35-36 Weeks

A vaginal culture will test for Group B strep and a repeat blood screen will test for HIV and syphilis.

*These are tests that will give you and your doctor important information about any possible issues with your pregnancy. The nurse will contact you if any of your lab work shows a cause for concern. "Normal" results will be discussed at your next visit or posted to your patient portal, so we ask that you resist calling our office for lab results.*

# Labor & Delivery

Any one of the conditions listed below is a sign that you need to go to labor and delivery.

## Contractions

When your contractions are 3-5 minutes apart and last 45-60 seconds and have been that way 1-1 1/2 hours. True labor contractions gradually get stronger, are closer together and last longer. They will not go away with activities like walking, warm baths, or a change of position.

## Rupture of Membranes

Often referred to as “your water breaking”, this can be either a slow leak or a sudden gush of liquid that may be clear, yellow, brown or blood-tinged. Your contractions may start or get stronger after this happens. Please do not wait more than a few hours after your water breaks to go to the hospital, as the risk of infection increases with the passage of time.

## Decreased Fetal Movement

## Heavy Vaginal Bleeding

*With or Without Pain*

# Breastfeeding Your Baby

The American College of OB/GYNs recommends breastfeeding for the health of both you and your baby. Lactation nurses are available at Ascension Providence Hospital and will be happy to help you. Call 254-751-4570 and ask for a lactation specialist.

For additional guidance and support, contact the local LaLeche League or the H.O.T. Breastfeeding Coalition. Ascension Providence Healthcare Network also offers classes.

## MAGIC MILK

Breast Milk changes to meet your baby's needs as he or she grows

## A SPECIAL BOND

Releases a hormone that creates a strong connection between moms and babies

## GOOD FOR MOM

Helps moms heal after delivery by reducing bleeding and shrinking the uterus & burns about 600 calories a day

## YOUR BABY'S BRAIN

Breastfeeding helps your baby's brain develop

## REDUCE BABY'S RISK

Reduces your baby's risk of sudden infant death syndrome (SIDS) or developing allergies, asthma, diabetes and certain cancers

## REDUCE MOM'S RISK

Lowers mom's chance of developing breast and ovarian cancer, diabetes and cardiovascular disease

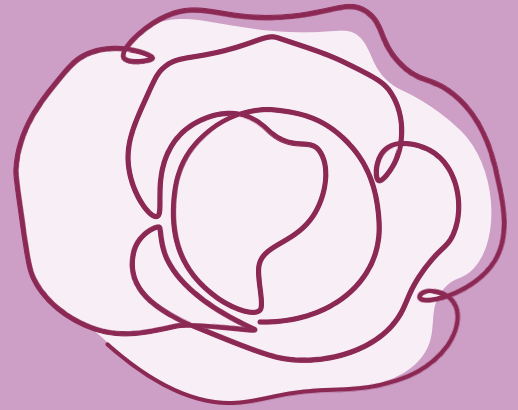
*Breastfeeding*  
is best for  
babies and mothers

## KEEP YOUR BABY SAFE

Breast Milk has natural protective ingredients not found in formula, which protect your baby from getting sick

# Breast Engorgement

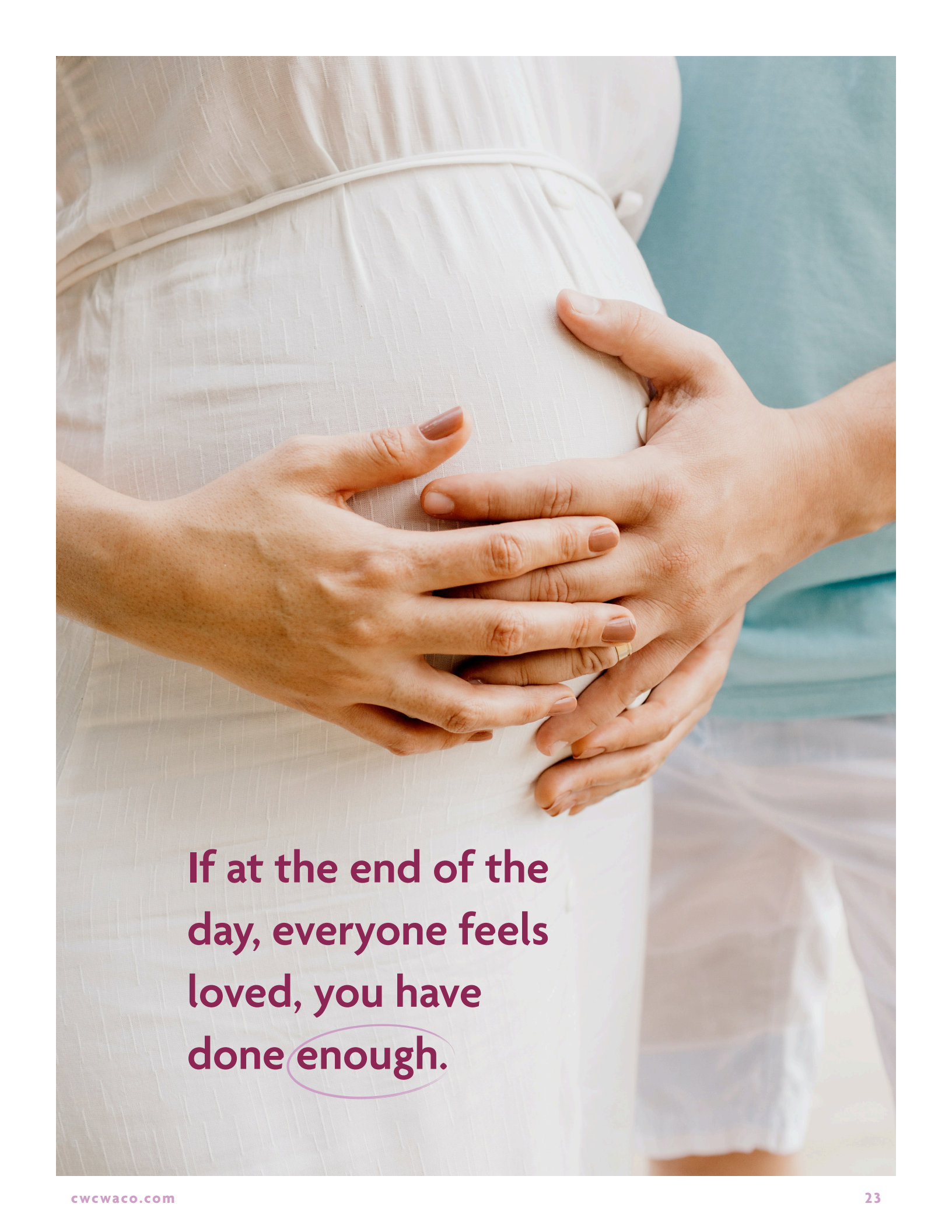
Green cabbage is a natural way to reduce the swelling in your breasts. Follow the directions below carefully and don't overdo it. Using this method too much could cause you to make less milk.



- 1 Wash your hands and cut a large head of green cabbage in half.
- 2 Remove the outer leaves and discard them.
- 3 Remove the rest by layers and wash them with water.
- 4 Drain the water, cover the cabbage with a towel, and store in the refrigerator.
- 1 Lightly crumple the leaves you will use.
- 2 Cover your entire breast with one layer of cabbage and under your arm if it is also swollen.
- 3 Lay a towel over the cabbage and your breast for 20-30 minutes.
- 4 Remove the cabbage leaves and discard them.
- 5 Massage your breast in small circles all over – be firm but not rough.

## Call Our Office If:

- Engorgement lasts longer than a few days
- Your breasts develop lumps or become painful
- Your baby won't accept the breast
- You have fever or flu-like symptoms



**If at the end of the  
day, everyone feels  
loved, you have  
done enough.**

# Postpartum Depression

Postpartum depression occurs in about 2 out of 10 new mothers. It can be a complication of giving birth and should not be considered a weakness in the mother. Treatment is available, including counseling and/or medication. Prompt treatment will allow a mother to enjoy her new baby.

Symptoms include strong feelings of sadness, anger, doubt, guilt or helplessness; intense concern or worry about the baby or a lack of interest in the baby; anxiety, panic attacks, or trouble doing tasks at home or on the job.

If you think you might be suffering from postpartum depression, seek professional help at one of the resources listed below or contact your doctor. After hours, contact the Ascension Providence Emergency Room.

## RESOURCES

### Mental Health & Mental Retardation (MHMR)

- 📍 110 South 12th Street  
Waco, TX 76701
- 📞 254-752-3451

### Ascension Providence DePaul Center

- 📍 301 Londonderry  
Waco, TX 76712
- 📞 254-776-5970

### Virtual Postpartum Support Group

- 🌐 Register online at: [ascn.io/perinatalsupport](https://ascn.io/perinatalsupport)  
For questions, contact [cmholland@ascension.org](mailto:cmholland@ascension.org)  
*\*Help and support are available at no cost.*

## AFTER HOURS

### Ascension Providence Emergency Room

- 📍 6901 Medical Parkway  
Waco, TX 76712
- 📞 254-751-4000



# Pregnancy Medications

It is very important that you notify any other doctor that you are pregnant. You should avoid Pepto-Bismol®, Advil®, Aleve®, Motrin® or any other ibuprofen or aspirin product. You can take regular or Tylenol® Extra Strength for headaches, fever and muscle and joint pain.

## Approved Medications During Pregnancy

### UPPER RESPIRATORY

- Actifed®
- Allegra®
- Benadryl®
- Chloraseptic® Throat Spray
- Chlor-Trimeton®
- Claritin®
- Claritin® D
- Delsym®
- Dimetapp®
- Emergen-C®
- Mucinexv
- Mucinexv DM
- Robitussin®
- Robitussin® DM
- Saline Nasal Spray
- Sudafed®
- Tavist®
- Throat Lozenges
- Tylenol® PM
- Vicks
- Zicam®(Not Nasal)
- Zyrtec®
- Zyrtec® D

### PAIN

- Acetaminophen
- Extra Strength Acetaminophen

### ANTIEMETICS – NAUSEA

- Doxylamine (Unisom®)
- Dramamine®
- Emetrol®
- Vitamin B6

### SLEEP

- Benadryl®
- Unisom®

### GAS & INDIGESTION

- Gas-X®
- Maalox®
- Mylanta®
- Mylicon®
- Pepcid®
- Phazyme®
- Prilosec®
- Riopan®
- Roloids®
- Tagamet®
- Titalac®
- Tums®

### CONSTIPATION

- Chronulac®
- Citrucel®
- Correctol®
- Dulcolax®
- Magnesium Citrate
- Metamucil®
- Miralax®
- Stool softener
  - Docusate Sodium
  - Colace®
  - Surfak®

### DIARRHEA

- Diasorb
- Donnagel
- Imodium® AD
- Kaopectate®

### HEMORRHOIDS

- Anusol®
- Preparation H®

*Empowering* Women To Wellness



Complete  
Women's Care  
*of Waco*

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[www.cwcwaco.com](http://www.cwcwaco.com)

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THE  
STARVING  
ARTIST