

## THE EINHAUS GROUP FOR WOMEN'S HEALTH

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### Congratulations

Your initial OB visit will consist of a patient health history, a physical exam, and a pelvic exam. We will discuss Prenatal Vitamins, Folic Acid and the use of Calcium supplements. You will also be given information about the Quad Screen. The Quad Screen is optional; it is important that you make a decision about this test. We will also check your weight, blood pressure, a urine sample, and calculate the gestational age of your baby at every visit. We encourage you to sign up for prenatal classes at an area hospital -- Lutheran Hospital (435-7070), Dupont Hospital (416-3000), or Parkview North (672-4000). Initially you will be seen every four weeks for a visit. During the last month of your pregnancy you will be seen weekly. After 34 weeks, we recommend that you stay within one hour of your hospital.

**Initial OB visit:** Bloodwork consisting of Blood type, glucose, HIV, RPR (for syphilis), Antibody Screen, Rubella, Herpes Type 1&2, and Hemoglobin and Hematocrit to check for anemia.

**12 weeks gestation:** A pap smear is done if needed, and vaginal cultures for Chlamydia and Gonorrhea.

**16 weeks gestation:** Optional blood work for Quad Screen.

**26-28 weeks gestation:** Blood work consisting of another hemoglobin and hematocrit, antibody screen, RPR and a one-hour glucose tolerance test.

**35 weeks gestation:** Vaginal culture for Group B Strep. This is a bacteria that is normally present in the vaginal flora in 1 out of every 3-4 women. The bacteria causes no risks to you, and no symptoms, but is one of the leading causes of severe illness in newborns. We identify carriers and treat them in labor. If it is determined that you are positive for Group B Strep, you will receive antibiotics through your IV while in labor or when your water breaks.

**36 weeks gestation:** A quick ultrasound is done to determine fetal position. You will have your cervix checked weekly until delivery.

**Prenatal vitamins** should be taken daily.

**Folic Acid** 1 mg should be taken daily in addition to the folic acid found in your vitamins. Folic Acid may prevent birth defects and neural tube defects. The only contraindication to taking folic acid is if you have any suspicion of having B12 deficiency anemia.

**Calcium supplements** of 1000-1200 mg should be taken daily. This is in addition to the 500 mg you should be receiving in your diet. At 28 weeks you need to increase your calcium to 1200-1500 mg. Calcium supplements come as calcium carbonate, calcium gluconate, or calcium citrate. You may even take your calcium in the form of Tums. An 8 oz. Glass of milk has 300 mg of calcium, a cup of yogurt supplies between 350-400 mg, an ounce of cheese has approximately 200 mg. A cup of broccoli has about 100 mg of calcium.

**Vitamin D supplement** is not necessary beyond what you already will get from your prenatal vitamins.