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## **First Trimester**

**Definitions:** The first trimester is until 13 weeks and 6 days. The second trimester is 14 weeks until 27 weeks and 6 days. The third trimester is 28 weeks and beyond.

**Course of Prenatal Care:** In an otherwise normal pregnancy, your visits will be roughly every 4 weeks until 28 weeks (third trimester). They will then be every 2 weeks until 36 weeks. At 36 weeks, they will then be weekly.

**Prenatal Tests:** You will be given an order for prenatal labs which include an HIV test. If your body mass index is 30 or more, you will also do a 1 hour glucola. This screens for diabetes early in pregnancy. You will be given information on carrier screening for inherited disorders and non-invasive prenatal testing (see pamphlet). You will have a pap smear, if due for it, and screening for gonorrhea, chlamydia, and trichomonas.

**Nutrition and Weight Gain:** The following are the recommendations for weight gain which are dependent on weight class: Underweight: 28-40 lbs, Normal weight: 25-35lbs, Overweight: 15-25lbs, Obese 10-20lbs

Avoid eating undercooked meats. Lunchmeats, hotdogs, etc, should be heated to steaming. Avoid unpasteurized foods and beverages.

Fish: 8-12 ounces of low-mercury fish per week. Avoid white (albacore) tuna to 6 ounces per week and avoid shark, swordfish, king mackerel, marlin, orange roughy, and tilefish. Cooked sushi is safe.

Drink 8-10 glasses of water per day. Limit caffeine to 200mg per day.

**Sexual Activity:** Sexual intercourse will not hurt your baby and can be continued throughout pregnancy unless told otherwise by your provider.

**Exercise** You should avoid any exercises in which there is a high risk of falling. These include but are not limited to gymnastics, skiing, horseback riding, racquetball or tennis, hockey, basketball, soccer, and bike riding. You should not scuba dive. If you have any concerns while exercising, you should stop and call your doctor or 911 if it is an emergency.

**Environmental/Work Hazards:** Notify us if you or your partner have travelled anywhere in the last six months where there is known Zika Virus. Please let us know of any work hazard concerns. Avoid changing the litter box of a cat.

**Travel:** Travel is safe in pregnancy and generally recommended in the second trimester as most obstetrical emergencies happen in the third trimester. If you travel, please check the CDC website at [www.cdc.gov/zika](http://www.cdc.gov/zika) for areas of active Zika Virus. You and your partner should avoid these areas during your pregnancy. If either of you travel to an area with known Zika Virus, please notify our office. Airline travel is generally restricted by the airlines after 36 weeks but you should check with your airline for their restrictions. Avoid traveling more than

5-6 hours per day. During any travel, you should get up and walk every 2 hours. You should also wiggle your feet up and down periodically.

**Medications:** Please see our safe medication list for over the counter medications that may be used during pregnancy and breastfeeding. Herbal supplements, since not FDA regulated, are generally not advised during pregnancy.

**Tobacco/Alcohol/Illicit Drug Use:** There is no safe amount of alcohol in pregnancy. Alcohol, tobacco, and drugs should not be used. If you would like information on stopping use of these, please let our office know.

**Indications for Ultrasound:** You will have an ultrasound around 20 weeks to check the baby's anatomy. The need for additional ultrasounds is based off of any risk factors identified or concerning findings throughout the pregnancy.

**Domestic Violence:** If you are a victim of domestic violence, please let our office staff know. The Domestic Violence Project is a great resource. The phone number is 330-453-7233.

**Seat Belts:** Please always wear your seat belt. The lap belt should be worn as low on your belly as possible.

**Childbirth classes/Delivery Hospital:** Please let us know your choice for hospital delivery as soon as possible. This allows us to send your records to them.

**Breast or Formula Feeding:** If you are breast feeding, breast pumps are covered by most insurances. Please see our breast pump information sheet for further instructions on this. If you are formula feeding, we do have formula samples available at your request.

**Vaccines:** If you are pregnant during the influenza season, it is strongly recommended you receive the flu vaccine. It has been documented as being safe in pregnancy and can be given in any trimester. The risks to an expecting mother and her baby with an influenza infection can be life-threatening.

**Extras:**

If you are thinking of using a doula or desiring natural child birth classes, please ask us for information at your next appointment!