



Thank you so much for choosing LifeChoices Family Medical for your Prenatal Care. How exciting it is to be pregnant! We are so glad that we will be part of your journey.

We look forward to providing you with the necessary medical care you need during your pregnancy. Whether you are a first-time parent or growing your family, having a baby is one of the most exciting times in your life. During this anticipation filled time, you will undoubtedly experience many uncertainties and new sensations. Our goal is to be by your side, providing you with the best quality medical care throughout your entire pregnancy. We welcome you to bring your baby's daddy to your appointments.

During your pregnancy if you have a medical emergency, call 911 or go to the Emergency Room.

If you are experiencing medical issues **after hours** that can't wait until the next business day you can reach the on-call medical provider at **(813) 948-7734**. Leave a detailed message if they don't answer right away.

If your question can wait until we are open, we highly encourage you to write a message to our provider through your patient portal. The portal can be accessed through our website: **www.LifeChoicesMedical.com**.

We are so excited to be here for you and your baby, and are looking forward to serve you through this pregnancy and for years to come.

Blessings,



Dr. Mariana Girón, MD



Rosie Muniz, APRN



Abby Wiggins, Sonographer

What to Expect During Your Prenatal Care

Prenatal care can help keep you and your baby healthy. Regular prenatal exams are a priority during your pregnancy. Here's the visit schedule for a low-risk, full-term pregnancy.

<p>Weeks 6-8</p> <ul style="list-style-type: none">First visit with your providerConfirm pregnancyDiscuss genetic testing optionsBirth delivery optionsEducational & diet informationSchedule first ultrasound at 8 weeks	<p>Week 28</p> <ul style="list-style-type: none">Bloodwork: anemia, STDRhoGAM shot, if RH negativeTdap vaccinationHospital registration/birthing class
<p>Weeks 8-10</p> <ul style="list-style-type: none">First ultrasound at our office	<p>Week 30</p> <ul style="list-style-type: none">Discuss birth plan
<p>Weeks 10-12</p> <ul style="list-style-type: none">Fetal heart tones (every visit from here on out)Confirm genetic testing decisionBloodwork: blood type, anemia, STDPAP, if neededIntroduce Healthy Start programDate Due Confirmation	<p>Week 32</p> <ul style="list-style-type: none">Discuss breast feedingLast chance for optional 3D/4D ultrasound
<p>Weeks 15-18</p> <ul style="list-style-type: none">Discuss genetic results, if applicableSchedule anatomy ultrasound scan at imaging center for 19-22 wksOptional self-pay 16 wk gender reveal ultrasound	<p>Week 34</p> <ul style="list-style-type: none">Discuss signs & symptoms of laborDiscuss Group B strep testingDiscuss Vitamin K, Hep B & Erythromycin ointment
<p>Week 20-22</p> <ul style="list-style-type: none">Discuss anatomy scan resultsMeasure the fundal height (every visit from here on out)Discuss glucose testing – gestational diabetes	<p>Week 36</p> <ul style="list-style-type: none">Group B strep testConfirm baby's positionDiscuss signs & symptoms of labor & preeclampsia
<p>Week 24</p> <ul style="list-style-type: none">Glucose testingOptional self-pay 3D/4D ultrasound in our office	<p>Week 37, 38 and 39</p> <ul style="list-style-type: none">Discuss readiness for labor & deliveryCheck cervical dilation at 39 wks (every visit from here on out)
	<p>Weeks 40-41</p> <ul style="list-style-type: none">Discuss postdate planSchedule postpartum visitFMLA paperwork, if applicable
	<p>Birth</p> <ul style="list-style-type: none">Congrats Mommy! Call the office to let us know when you delivered 813-948-7734
	<p>After Delivery: 4-6 weeks</p> <ul style="list-style-type: none">Postpartum Physical examDiscuss feeding, depression, fertility options, return to workSchedule annual gynecological visit

Foods to Avoid During Pregnancy

Avoid seafood high in mercury

Some fish and shellfish contain potentially dangerous levels of mercury. Too much mercury could harm your baby's developing nervous system. The FDA encourages pregnant women to avoid: Swordfish, Shark, King mackerel, Tilefish. Limit white (albacore) tuna to 6 ounces (170 grams) a week.

So, what's safe? Recommended — two or three servings — of 8 to 12 ounces of seafood a week for pregnant women. Consider: Shrimp, Salmon, Pollock, Catfish, Anchovies, Trout, Cod and Tilapia.

Avoid raw, undercooked, or contaminated seafood

To avoid harmful bacteria or viruses in seafood:

- **Avoid raw fish and shellfish.** Examples include sushi, raw oysters, scallops, or clams.
- **Avoid refrigerated, uncooked seafood.** Examples include seafood labeled nova style, lox, kippered, smoked or jerky. It's OK to eat smoked seafood if it's an ingredient in a casserole or other cooked dish. Canned and shelf-stable versions are also safe.
- **Understand local fish advisories.** If you eat fish from local waters, pay attention to local fish advisories — especially if water pollution is a concern.

Avoid undercooked meat, poultry and eggs

During pregnancy, you're at increased risk of bacterial food poisoning. Your reaction might be more severe than if you weren't pregnant, but rarely will food poisoning affect the baby. To prevent foodborne illness:

- **Fully cook all meat and poultry before eating.** Use a meat thermometer to make sure.
- **Cook luncheon meats and hot dogs until steaming hot or avoid them completely.** They can be sources of a rare but potentially serious foodborne illness known as listeriosis.
- **Avoid refrigerated pates and meat spreads.** Canned versions, however, are OK.
- **Cook eggs until yolks and whites are firm.** Avoid foods made with raw/partially cooked eggs, such as eggnog, raw batter, freshly made hollandaise sauce & Caesar salad dressing.

Avoid unpasteurized foods

Avoid unpasteurized juice and soft cheeses: such as Brie, feta, and blue cheese.

Avoid unwashed fruits and vegetables

To eliminate any harmful bacteria, thoroughly wash all raw fruits and vegetables.

Avoid excess caffeine

It is recommended that you limit the amount of caffeine in your diet to less than 200 mg a day during pregnancy: two 8-ounce cups of brewed coffee OR four 8-ounce cups of brewed tea.

Avoid alcohol

No level of alcohol has been proved safe during pregnancy. The safest bet is to avoid alcohol entirely.

Mothers who drink alcohol have a higher risk of miscarriage and stillbirth. Too much alcohol during pregnancy can result in fetal alcohol syndrome, which can cause facial deformities and intellectual disability. If you're concerned about alcohol, you drank before you knew you were pregnant or you think you need help to stop drinking, consult your healthcare provider.

Avoid Herbal Tea

Unless your Healthcare provider says it is OK.

Citation: 021720 www.mayoclinic.org

Safe Medications During Pregnancy

During pregnancy, women can be more susceptible to ailments like cold, flu and other conditions. Only certain medications are safe during pregnancy. The following are considered relatively safe, but you should use these very sparingly, especially decongestants of any kind. Prescription medications should be taken exactly as directed and you should check with us before starting any new prescription. Follow the labels for dosage and directions.

Dietary Supplements Prenatal Vitamins Ferrous Sulfate (Iron) Folic Acid Tablets Calcium Tablets	Stool Softeners Docusate Sodium (Generic Name) Colace (Brand) Correctol (Brand)	Nausea Medications Dramamine Unisom Tablets (not Geltabs) B-Natal Pops Vitamin B-6; 25 mg.
Cold/Flu Medications Sudafed (after 12 weeks) Saline Nasal Spray Benadryl/Benadryl Sinus Headache Robitussin – plain Chloraseptic Spray/Lozenges Sucrets/Ricola Lozenges Tylenol Cold Coricidin HBP Mucinex	Antibiotics – Prescription Ampicillin Amoxicillin Augmentin Azythromycin Dicloxacillin Flagyl Keflex Macrobid/Macrodantin Penicillin Zithromax	Antacids – Over the Counter TUMS Mylanta Maalox Zantac Prilosec Tagamet Pepcid
Vaginal Anti-Fungal (Yeast) Monistat-7 Monistat Suppositories Mycostain Vaginal Tablets Mycelex Tablets or Cream Vagisil Topical Cream	Diarrhea Imodium - AD	Allergy – Over the Counter Benadryl Claritin Zyrtec
Hemorrhoidal – Over the Counter Tucks Pads Preparation H	Topical Anti-Itch Benadryl Cream/Lotion Calamine Lotion Caladryl Lotion	Pain – Prescription Only as prescribed by medical provider
Laxatives for Constipation MiraLAX Benefiber Milk of Magnesia	Anti-Fungal – Over the Counter Monistat Dual Pack	Pain – Over the Counter Tylenol - Acetaminophen
Gas/Bloating/Pain GasX (Brand) Simethicone (Generic)	Anti-Fungal – Prescription Terazol 3 Terazol 7 Metrogel Cleocin/Clindamycin	Pain:Topical – Over the Counter Icy Hot Patches Bengay Mineral Ice Aspercreme

Labor & Delivery: Getting Ready for the Big Day

Pre-Register with the Hospital

To expedite your admission to the hospital, you must register for each pregnancy. We have an excellent relationship with the Tampa OB Hospitalists at St. Joseph's Women's Hospital and the hospitalists at Tampa General Hospital. They will receive your medical records electronically prior to delivery.

St. Joseph's Women's Hospital
3030 W. Dr. Martin Luther King, Jr Blvd.
Tampa, FL 33607
(813) 879-4730
www.baycare.org

Tampa General Hospital
1 Tampa General Circle
Tampa, FL 33606
(813) 844-7000
www.tgh.org

Attend Educational Classes

Periodically, we hold a birthing class right here at LifeChoices Family Medical. Register at the check-out window. The hospitals also hold classes that you may choose. Use the hospital website links to access their classes.

Choose a Doctor for Pediatric Care

We would love for you to come right back here to LifeChoices Family Medical for pediatric care. Depending on your insurance, you may choose Dr. Mariana Girón or Dr. Jonathan Keenan for your child's pediatric care. At this time our family medicine panel for Sunshine Health is closed.

Although at LifeChoices Family Medical, we routinely follow the guidelines set by the CDC, we respect the parents' decision to follow an alternative schedule or not to give certain vaccines. We are respectful of a family's risk factors, health history, and concerns regarding childhood immunizations.

Obtain & Install a Car Seat

You must have a car seat installed in your car before taking your baby home. By law, children must be in a federally approved, properly installed, crash-tested car seat for every trip in the car beginning with the trip home from the hospital/birthing center.

Learn more about Breastfeeding

We highly recommend breastfeeding. Babies who are breastfed get fewer infections and are hospitalized less. Mothers that breastfeed burn 500 calories a day which can help lose extra weight and reduce a woman's risk of developing breast cancer. We have many lactation resources for you.