

Welcome To Our Practice

GRAND VIEW HEALTH OB/GYN

Our goal is for you to have a healthy pregnancy and a healthy baby. We have a team of professionals to help you have a positive pregnancy and birth experience:

- **Board Certified Obstetricians** specialize in pregnancy and childbirth. Our physicians will provide care for the duration of your pregnancy with examinations, testing, prescribing and the delivery of your baby.
- **Certified Registered Nurse Practitioners (CRNP) and Physician Assistants (PA)** have many of the same skills as physicians, however, they do not deliver babies. You will be scheduled to meet with a nurse practitioner as part of your routine office care.
- **Registered Nurse Care Coordinators** work with the entire medical staff to coordinate your care and to see that you get the specialized care needed during your pregnancy. They are available to answer your questions and concerns either by phone or at your office visit. They will also provide education to you about caring for yourself and your baby.
- **Social Workers** will assist you in becoming connected with services needed for you and your baby. Services may include information on housing, community resources, counseling services, parenting classes, adoption information and more. A social worker will be available to meet with you at office visits.
- **Dieticians** will help you to learn about good food choices and will provide written information on eating well in pregnancy. A dietitian will be available to meet with you at office visits.
- **The Insurance Coordinator** will help you with any questions you may have regarding insurance coverage and financial responsibility.

We will do everything we can to take the best care of you and your unborn child. There are many physicians in our practice, we encourage you to meet all at least once. Our offices are in Quakertown, Pennsburg, Chalfont, Sellersville, Dublin, Harleysville and Lansdale.

A Registered Nurse Care Coordinator is available Monday-Friday, 8:30am to 4:00pm at 215-804-2660 to answer any questions/concerns you may have. After office hours & weekends, urgent matters can be addressed by an on-call physician. Call 215-536-3200; the answering service will contact the physician on call. Please do not use the patient portal for any obstetrical issues, call the office and speak to a nurse.

Most importantly, enjoy your pregnancy. This is a very special time. We will help you get through the rough spots. Congratulations!

The First Trimester (*Weeks 1-12*)



During the first trimester your body undergoes many changes. Hormonal changes affect almost every organ system in your body. These changes can trigger symptoms even in the very first weeks of pregnancy.

Your period stopping is a clear sign that you are pregnant. Other changes may include:

- Extreme tiredness
- Tender, swollen breasts. Your nipples might also stick out.
- Upset stomach with or without throwing up (morning sickness)
- Cravings or distaste for certain foods
- Mood swings
- Constipation (trouble having bowel movements)
- Need to pass urine more often
- Headache
- Heartburn
- Weight gain or loss

As your body changes, you might need to make changes to your daily routine, such as going to bed earlier or eating frequent, small meals. Fortunately, most of these discomforts will go away as your pregnancy progresses. And some women might not feel any discomfort at all! If you have been pregnant before, you might feel differently this time around. Just as each woman is different, so is each pregnancy.

U.S. Department of Health and Human Services. "Stages of Pregnancy; 1st trimester". 18 April 2019.
www.womenshealth.gov/pregnancy/youre-pregnant-now-what/stages-pregnancy

20 Steps for a Healthy Baby



1 Take a prenatal vitamin with a minimum of 400mcg of folic acid each day. It is best to start before getting pregnant to prevent birth defects. Most women's daily vitamins (even gummy!) have folic acid.



2 Do not drink alcohol. That includes beer, wine, wine coolers, hard ice teas, and hard liquor. **There is no safe amount.**



3 Do not smoke or vape. Either in pregnancy can cause preterm birth, low birth weight, and birth defects. Smoking during and after pregnancy also increases the risk of sudden infant death syndrome (SIDS). For help quitting ask your provider or call 1-800-QUIT-NOW. Second-hand smoke should also be avoided.



4 Do not use any street drugs including marijuana. If needed, please get counseling. For help quitting ask your provider or call Mother's Overcoming Mood-Altering Substances (M.O.M.S) at 1-800-221-6333.



5 Check with your provider before taking any medications or herbs. Natural products are not always safe. A list of approved medications will be given at your first pregnancy visit for home reference.



6 Limit caffeine from coffee, tea, soda, and energy drinks. Make a goal to drink only one cup per day.



7 Be sure to cook your meat until well done. Do not eat raw meat, seafood, or eggs. Hotdogs, lunchmeat, or deli meats need to be heated until steaming hot. Avoid pates or meat spreads.



8 Do not eat shark, swordfish, tilefish, or kingfish. They have higher levels of mercury. For all other fish and seafood, do not eat more than three 4oz servings per week.



9 Do not share eating utensils, cups, or food with children as it can increase your risk of illness.



10 Avoid unpasteurized milk or juices and all foods made from unpasteurized milk or juices. Do not eat soft cheeses such as queso fresco, feta, or brie unless the labels show that they are pasteurized. Avoid blue cheese.



11 Wash all fruits and vegetables prior to eating. Avoid all raw sprouts (alfalfa, clover, radish, and mung bean)—they are safe when cooked.



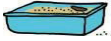
12 Avoid raising your body temperature for more than 10 minutes. Avoid hot tubs or saunas. Check with your provider before doing any strenuous exercise. If you have a fever, talk with your provider.



13 Avoid people that are sick. Avoid those who have infections like rashes, coughs, sore throats, or fevers.



14 Avoid exposure to chemicals and fumes. Use good ventilation and wear protective clothing. Avoid exposure to products that contain lead such as paint, batteries, and imported pottery.



15 Do not change cat litter or do gardening. If you must change cat litter or do gardening, wear gloves. Avoid rodents and their droppings (poop). If you have wild rodents in or around your home, try to get rid of them. If you have a pet rodent like a mouse, hamster, gerbil, or guinea pig, have someone else care for it until the baby is born.



16 Avoid x-rays unless ordered by your healthcare provider or dentist. Be sure to tell your providers that you are pregnant before any testing is performed. For dental x-rays, make sure that your abdomen is fully shielded.



17 Do not douche, use feminine washes, wipes, or sprays. This removes or kills all of the good bacteria/yeast in the vagina and can cause infection. Regular soap and water



18 Wash your hands with soap and water often. Be sure to wash when:

- Leaving the bathroom
- Eating or preparing food
- Changing diapers
- Taking care of children and pets
- Being around sick people.

If soap and water is not available, use an alcohol based hand sanitizer.



19 Don't wait...vaccinate. Flu vaccines and COVID vaccines are safe for you and your baby and are recommended in any trimester per the CDC. Pregnant women are also strongly advised to get vaccinated for Pertussis (whooping cough) in each pregnancy.



20 If you feel unsafe with your partner, get help now. Talk with your provider or social worker if you have concerns. You can also call A Woman's Place at 1-800-773-2424.

Common Discomforts of Pregnancy

Discomfort

What May Help

Call the office ...

Tiredness/Sleep Disturbances

During the 1st trimester, hormonal changes are likely the cause of fatigue. In the 3rd trimester, sleep can become more difficult due to positional discomforts, leg cramps, baby movements, and bathroom visits.

- Get enough sleep at night.
- Rest whenever you can during the day.
- Take a nap for 15-20 minutes, when possible.
- Make sure you are eating well. Poor eating habits can make you tired.
- Use pillows between your legs while lying on your side.
- A warm bath or a cup of hot Sleepytime tea before bed may help you relax.

... if you are unable to function normally.

Nausea (Morning Sickness)

Nausea is the most common complaint during the first 3 months of pregnancy. It is caused by hormonal changes. Early morning is usually the worst time because of low blood sugar and stomach acids that build up while you are sleeping.

- Do not let your stomach get empty. Eat 5-6 smaller meals instead of 3 large ones.
- Try a light snack before going to bed.
- Before you raise your head in the morning, nibble on some crackers and then lie back for 15-20 minutes before getting up.
- Try drinking small sips of liquid 30 minutes before or an hour after meals, not with meals.
- If you do get nauseous, lie down with your head propped up on pillows and open a window for fresh air.
- Sucking on hard candy (lollipops, mints, etc.) can be helpful.
- Try drinking lemonade, ginger ale or sucking on lemons to help calm your stomach.

...if you have severe vomiting several times per day.

Acid Indigestion (Heartburn)

Heartburn is burning felt in your chest, but it has nothing to do with your heart. It is often caused by the fact that food does not move out of your stomach as fast as it did before you became pregnant. That makes stomach acids "back up" into your esophagus (the passageway to your stomach), which can create a sour taste in your mouth..

- Avoid foods that cause heartburn: coffee, chocolate, alcohol, tomato, fatty, spicy and acidic foods.
- Avoid large meals, especially before going to bed.
- Avoid lying down for at least 2 hours after a meal.
- Sleep with your head elevated or "propped up".
- Sip milk.
- Try an OTC antacid listed on the OB medication list

...if your symptoms do not improve after trying the above suggestions.

Discomfort

What May Help

Call the office ...

Dizziness/Shortness of Breath

During pregnancy, hormones cause your blood vessels to relax and widen. This causes your blood pressure to be lower than usual, which can reduce the blood flow to your brain, causing dizziness. Dizziness is also caused by low blood sugar levels and, later in the pregnancy, uterine pressure on blood vessels. Uterine pressure can also cause shortness of breath.

- Stand up slowly and avoid standing for extended periods of time.
- Wear loose, comfortable clothing to avoid restricting circulation.
- When sleeping, lie on your side (and not on your back).
- Avoid hot baths or showers.
- Be sure to eat frequent, small meals.

...if you feel faint despite position change, eating, or drinking. ...if you continue to feel faint and also have vaginal bleeding and/or abdominal pain. ...if you have severe shortness of breath.

Constipation

An increase in the hormone, progesterone, during pregnancy causes the relaxation of the body's muscles. The relaxation of the intestinal muscles causes slower digestion that can lead to constipation.

- Eat fresh foods and vegetables, wholegrain breads, high-fiber cereals, and beans.
- Drink plenty of fluids.
- Try to increase your activity (i.e. walking).
- Try an OTC stool softener listed on the OB medication list

...if your constipation continues despite dietary/lifestyle changes or if you are having abdominal pain.

Increased Urination

As the baby grows, more weight is pressing on the bladder and pelvic floor muscles. This leads to more frequent urination as well as leaking with sneezing, coughing, or laughing.

- Drink the majority of your fluids throughout the day so that you can decrease your liquids after dinner.
- Do not try to "hold it in". Urinate whenever you need to.
- This problem should improve after the first trimester, however, can return late in the pregnancy as the baby applies pressure to the bladder.
- Tell your provider if you have and pain or bleeding with urination.

...if you experience pain or burning with urination or constant lower back pain.

Swelling/Edema

The rise in hormones during pregnancy causes the body to hold fluid in, causing swelling. Every pregnant woman has some swelling, especially in the hands and feet.

- Mild, frequent exercise, such as swimming and walking, can be helpful.
- Avoid tight clothing and remove rings if your fingers get puffy.
- Avoid standing in one position for too long and elevate your legs whenever possible.
- Avoid processed foods or fast foods.

...if you experience any severe swelling especially with a sudden onset.

Discomfort

What May Help

Call the office ...

Varicose Veins

Varicose veins may result from increased fluid in your body and increased pressure in your legs from the growing uterus. Varicose veins are also hereditary and should decrease in size after childbirth.

- Wearing support stockings can help.
- Elevate your legs when sitting, and put a pillow under your feet when you are lying down.
- Try not to stand in one place over long periods of time.
- Take breaks at work to elevate your feet.
- Try to be mindful to not cross your legs or ankles

...if your varicose veins become very painful, hard, or are hot to touch.

Leg Cramps

Muscle cramps occur because your blood circulation is slowing down. Shooting pains down your legs can be the result of pressure from the baby's head on certain nerves

- Get enough calcium (milk products) and potassium (avocados, sweet potatoes, spinach, watermelon, coconut water) in your diet.
- Gently stretch your muscles.
- Use a heating pad, hot water bottle, or massage the cramped leg muscle.
- Take Tylenol, as directed

...if cramping is not resolved with heat, stretching, or Tylenol.

Backache/Pelvic Pressure

Backaches are the result of the increased weight you are carrying, as well as the changes in shape your body is undergoing to make room for the growing baby.

- Do not stand in one place or position too long and maintain good posture.
- To bend down, bend at the knees, not at the waist.
- Elevating your feet while sitting can relieve backaches, as well as heating pads on the sore area, back rubs and plenty of rest.
- Sleep with a small pillow under your side at waist level.
- Take Tylenol, as directed.

...if your pain does not resolve or becomes progressively worse.

Hemorrhoids

The increased pressure on the veins in your anus can cause hemorrhoids (similar to varicose veins in your legs).

- Avoid constipation as straining and pushing make hemorrhoids worse.
- Sit only on hard surfaces. Sinking into a soft chair cuts off circulation in your lower intestine.
- A warm bath often helps to relieve pain and swelling. Cold compresses with witch hazel can also be comforting.
- Ask your provider to explain Kegel exercises to you. These exercises stimulate circulation and help to heal hemorrhoids.

...if your pain does not resolve or becomes progressively worse.

Discomfort

What May Help

Call the office ...

Vaginal Changes

As the cervix and vaginal walls soften, the body produces excess discharge to help prevent infections. Your baby's head may also press against the cervix as you near the end of your pregnancy, which often leads to increased vaginal discharge.

- The most noticeable vaginal change is an increase in discharge.
- Do not douche—it causes infection.
- You may have swelling in the vaginal area. This is due to increased blood supply. A cold compress on the area can help.

...if you have any odor, itch, or irritation.

Breast Changes

The breasts swell during pregnancy due to developing milk glands. They may also tingle, throb or hurt. The veins are easier to see because of the increased blood supply to the breasts. The areola (the dark area around the nipples) may become larger and darken. You may also notice a yellowish, watery fluid leaking from your nipples after the first few months of pregnancy. This is called colostrum. As your due date nears, it will begin to look white and more like milk.

- Wear a bra that gives you good support throughout your pregnancy.

...if you develop a lump.

Common Medications Allowed in Pregnancy

The following medications are permitted in pregnancy when needed for the relief of minor illnesses. They should be taken according to the manufacturer's instructions. If you do not find a specific medication on this list, you may call the office for further advice.

Acne

Safe: Benzoyl Peroxide, Clindamycin, topical Erythromycin, and Salicylic Acid.

Avoid: Accutane, Retin-A, Minocycline, and Tetracycline

Allergies

Chlor-Trimeton (Chlorphenamine), Triaminic Allerchews (Chlorphenamine), Zyrtec (Cetirizine), Delsym (Dextromethorphan), Allegra-plain (Fexofenadine), Alavert (Loratadine), Claritin (Loratadine), Tavist ND (Loratadine), Benadryl (Diphenhydramine)

Antibiotics

Safe: Ceclor, Cephalosporin, Erythromycin, Keflex, Macrobid/Macrodantin, Penicillin, Amoxicillin and Zithromax.

Avoid: Cipro, Tetracycline, Minocycline, Doxycycline and Levaquin.

Back Pain

Bengay or Icy Hot.

Cold and Cough

Guaifenesin for an expectorant: Hytuss, Mucinex, and Robitussin (plain).

Dextromethorphan for cough suppression: Benylin Adult, Robitussin Maximum Strength Cough, Scot-Tussin DM, and Vicks 44 Cough Relief.

Guaifenesin plus Dextromethorphan: Benylin Expectorant, Robitussin DM, or Vicks 44E.

Miscellaneous cold and cough medications: Cough drops, Saline nasal sprays, Chloraseptic spray, Neti Pot or a Sinus Rinser and Vicks Vaporub.

Constipation or Diarrhea

Stool softeners and laxatives: Colace, Fibercon, Metamucil, Milk of Magnesia, Miralax, and Senokot.

Loperamide for diarrhea: Imodium, Kaopectate, Maalox Anti-Diarrheal, and Pepto Diarrhea Control. **If your diarrhea is lasting longer than 48 hours, please call the office.**

Dental Procedures

Lidocaine and other local anesthetics are acceptable. X-rays are also permitted if your abdomen is shielded. Teeth bleaching or whitening is NOT permitted.

Fever and Headaches (or other minor pains)

Acetaminophen for pain: Tylenol 325mg tabs, Extra Strength Tylenol 500mg tabs

Heartburn and Gas

Antacids for heartburn: Aciphex, Gaviscon, Maalox, Mylanta, Pepcid, Prevacid, Rolaids, Tagamet, Pepto-Bismol, and Tums.

Simethicone for gas pains: Gas-X, Maalox, Mylanta Gas, Mylicon, and Phazyme.

Avoid: Zantac and Prilosec, lying down for at least 1 hour after meals.

Hemorrhoids

Anusol, Preparation H, and Tucks. Vaseline lotion can also be applied to toilet tissue with wiping.

Herpes

Acyclovir (Zovirax), Famciclovir (Famvir), and Valacyclovir (Valtrex)

Lice

Safe: RID

Avoid: Kwell

Nausea and Vomiting

Vitamin B-6 (50mg) with Unisom -for nausea 25mg every night-if this works then continue this, if still nauseated add Vit B6 (50mg) and Unisom-for nausea 12.5mg in the am. Can use Vit B⁶ at lunch and dinner as well if needed.

Ginger capsules (500mg) up to 8 times daily, Emetrol twice daily, Dramamine, Sea Bands, Complex carbohydrates at bedtime, and acupressure.

Call if vomiting continues over 24 hours.

Rashes

Hydrocortisone for skin conditions: Cortaid and Lanacort. Calamine, Caladryl, and Benadryl Cream.

Topical antibiotic creams: Polysporin and Neosporin.

Sleep Aids

Benadryl, Chamomile Tea, Warm milk (add vanilla or sugar for taste), and Unisom.

Sore Throat

Cepacol, Cepastat, Chloraseptic spray, and warm salt water gargles.

Tooth Pain

Oragel

Yeast Infections

Miconazole for vaginal yeast: Monistat 7. Tioconazole for vaginal yeast: Vagistat 1.

Butoconazole for vaginal yeast: Femstat 3 and Mycelex 3. Gyne-Lotrim/Canesten-Clotrimazole

Miscellaneous

Sunscreens and artificial tanners are permitted. Hair coloring should not be done in the first 3 months of pregnancy but can be done after 13 weeks. Tanning in a bed and teeth bleaching is NOT permitted.

Insect repellent with DEET is okay to use.

Vaccinations-COVID-19 Vaccine (Pfizer and Moderna), Flu Vaccine, TDAP.

Avoid Flu-mist, MMR Varicella Vaccination

Screening for Birth Defects

There are a number of different tests available to assess the health and development of your baby before birth. Below is a summary of the different screening tests, when they can be done, how reliable they are and what information they provide. None of these tests will pose health risk to the baby.

First trimester ultrasound (available for all):

- Is done between 8-12 weeks of pregnancy
- Will confirm how many babies there are and how many weeks the pregnancy has progressed
- Is a safe way of assessing the growth of your baby

First trimester screening test (“Sequential Screening”—high risk only, Not done often):

- Can be done between 11.5—13.5 weeks of pregnancy
- Is a screening test for Down syndrome and other chromosome conditions
- It involves a special ultrasound with or without a blood test (See Figure 1)
- This is given to you as an estimate of the chance of your baby having a chromosome condition
- The ultrasound may provide further information on the development of your baby

Non-invasive prenatal testing (NIPT-available if insurance covers):

- Is done from 10 weeks of pregnancy onwards
- Is a screening test for Down syndrome and some other chromosome conditions
- It involves the mother having a blood test
- It provides a highly accurate estimate (although not 100%) of fetal chromosome conditions
- Does not provide information about the physical growth of your baby

Second trimester screening test (“Quad Screening”—available for all):

- Can be done between 15-18 weeks of pregnancy
- Is a screening test for Down syndrome and neural tube defects
- It involves the mother having a blood test
- Given as an estimate of chance your baby having a chromosome condition
- Does not pose any health risk to you or your baby

Second trimester ultrasound (available for all):

- Is done between 18-20 weeks of pregnancy
- Is a safe way of checking your baby’s growth and development
- May identify that your baby has a genetic condition or developmental problem

Dental Care During Pregnancy

When you are pregnant, there will be many different health care professionals to visit. You will be seeing your gynecologist, general practitioner, and others. However, it is important that you remember to visit the dentist. While oral health is always important, it is more so during pregnancy. Being pregnant puts you at greater risk for dental problems. Also, your oral health and diet can affect your baby. Gum disease has been linked to pre-term birth. Untreated cavities have been linked to infantile dental cavities.

What are some tips for seeing the dentist?

Visiting the dentist can prevent and/or treat dental problems. Be sure to tell the dentist how far along in the pregnancy you are. Let them know what medicines you are taking. There is no risk in getting a routine cleaning and dental exam while you are pregnant. It is a good idea to do this, as well as to visit the dentist every six months. If you need to have additional dental work done, the second trimester is the best time. Talk to your dentist about pain medication, local anesthesia, and/or x-rays, if needed. It is best to delay elective treatments, such as cosmetic procedures, until after the baby is delivered.

What oral health issues can arise during pregnancy?

Your hormones are changing during pregnancy causing an increase blood flow to your gums, this may cause swelling, tenderness and even bleeding of your gums. If gums become swollen, food can get trapped. When this occurs, the gums can become prone to infection or gum disease, including gingivitis. In extreme cases, gingivitis can result in tooth loss. Also, morning sickness can be hard on a pregnant woman's teeth. Acid from the stomach can eat away at tooth enamel. To help protect teeth, add a teaspoon of baking soda to a glass of water and rinse your mouth with the mixture. If morning sickness makes it hard to brush your teeth, ask your dentist about a bland-tasting toothpaste.

How can I get and keep healthy teeth and gums?

As soon as you find out you are pregnant, make an appointment with your dentist for a routine check-up and cleaning. Brushing twice a day using a soft bristle brush, with fluoridated toothpaste and flossing daily will help keep your mouth healthy. Rinse out your mouth with a fluoridated, nonalcoholic mouth rinse. Remember to get plenty of vitamins and minerals in your diet, especially vitamins A, C, and D, protein, calcium, and phosphorous. Eat a healthy, balanced diet. Your baby's first teeth begin to develop about three months into your pregnancy. Healthy diets containing dairy products, cheese, and yogurt are good sources of these essential minerals and are good for your baby's developing teeth, gums, and bones. Eat less sweets like soda, candy, cookies and other sweets that can cause gum disease and tooth decay.

Call your dentist right away if:

- Your gums bleed
- Your gums are painful
- You have bad breath that does not go away
- You lose a tooth
- You have a lump or growth in your mouth
- You have a toothache

Travel in Pregnancy

Everyday life doesn't stop once you are pregnant. Most healthy pregnant women can continue with their usual routine and activity level; going to work, running errands, even some traveling away from home.

When Planning a Trip

- Talk to your provider and ask if you have any health issues that might make travel unsafe for yourself or the baby.
- Think about when to travel; after 28 weeks, it might be uncomfortable to sit for a long time, or is harder to move around. If complications are going to happen, they are more likely to happen at the beginning or the end of your pregnancy. Some women prefer to stay closer to home during those times.
- Consider your destination. Is the food and water safe? Do you need immunizations before visiting this location? Is there good medical care available in case you have an emergency? Will your health insurance cover medical care away from home?
- Bring a copy of your medical records with you.
- Know where the hospitals are that provide OB care during your travel and at your destination.
- Pack your prenatal vitamins and any other medications you need.

On Your Way

- Can I fly? Probably. Most healthy moms can fly within the United States up to 35 weeks. International air travel is usually recommended only until 34 weeks. Be sure to check with the airline **BEFORE YOU BUY A TICKET**. Different airlines have different policies. When booking your ticket, try to book an aisle seat so stretching and getting up is easier.
- Stay safe on your trip (air, auto, or train): You are at risk for blood clots in your legs and sitting for too long increases that risk. Try to limit seated travel to 5-6 hours each day, taking a break every 1-2 hours to stretch your legs. Stand up and move your legs often, about once an hour, while traveling by air. Wear loose-fitting clothing and drink plenty of fluids to stay hydrated. Wear your seatbelt the whole time you're in any moving vehicle. Buckle it low on your hips, below your belly. They do have a pregnancy seat belt adjuster that you can purchase.

While You're Away

- If you think something is wrong during your trip, do not wait until you come home to see a healthcare provider. Seek medical care right away.
- If you receive care while on vacation, please get a copy of your record, and bring it back to our office.

Exercise in Pregnancy

There are many benefits to exercise in pregnancy. Generally, 20-30 minutes of moderate intensity exercise is permissible. Any exercise must be tailored to your specific capabilities and natural changes occurring within your body as the pregnancy progresses. It is recommended to consult with your OB regarding the start and continuation of any exercise program.

General recommendations

- Exercise for 20-30 minutes of moderate intensity per day. You should still be able to talk clearly with a slight rise in heart rate and some sweating.
- For those who do not currently exercise, initiating a routine with low impact aerobic activity like walking, swimming or pregnancy-tailored yoga or Pilates would be advisable.
- Stay hydrated. It is also advisable to avoid or limit high heat and high humidity environments.
- Listen to your body. If an activity does not feel good, comfortable or “right”, STOP.

Benefits of exercise during pregnancy

- Improvement/maintenance of physical fitness.
- Decreases risk of gestational diabetes.
- Can lower glucose level in women with gestational diabetes.
- Possible decreased risk of cesarean and operative vaginal delivery.
- Decreases post-partum recovery time.
- Reduces back pain and eases constipation.

Changes that occur in the body during pregnancy that can affect exercise

- Joints – Hormones in pregnancy cause the ligaments supporting joints to relax, making the joints more mobile and at risk of injury. Avoid jerky, bouncy or high-impact motions that can increase your risk of being hurt.
- Balance – Extra weight in the front of your body shifts your center of gravity, placing stress on joints and muscles, especially those in your pelvis and lower back. Being less stable and more likely to lose your balance, you are at greater risk of falling.
- Breathing – While you are pregnant, your need for oxygen increases, affecting your ability to do strenuous exercise, especially if you are overweight or obese.

Stop exercise for any of the following reasons

- Muscle weakness or difficulty with balance
- Feeling dizzy or lightheaded
- Headache
- Pain or swelling in the calf(s)
- Pain in the chest
- Difficulty breathing
- Bleeding or leaking fluid from the vagina

Exercises to avoid

- Activities where there is risk of getting hit, kicked or any contact by another person
- Activities with high risk of falling
- Heavy lifting
- Hot yoga/Pilates

Women with the following conditions or pregnancy complications should not exercise during pregnancy

- Certain types of heart and lung diseases
- Cerclage
- Pregnant with twins, triplets or more with risk factors for preterm labor
- Placenta previa after 26 weeks of pregnancy
- Preterm labor during this pregnancy or ruptured membranes (your water has broken)
- Preeclampsia or pregnancy-induced high blood pressure
- Severe anemia

Resources for exercise or stretching

- A Trimester-by-Trimester Guide to Safe Exercise During Pregnancy – Luminis Health
 - living.aahs.org
- Pregnancy Stretches – Mayo Clinic
 - www.mayoclinic.org
- Pregnancy Yoga Stretches for Back, Hips and Legs – Healthline
 - www.healthline.com
- The Best Stretches to Do During Pregnancy – What to Expect
 - www.whattoexpect.com

The Second Trimester (Weeks 13 - 28)



Most women find the second trimester of pregnancy easier than the first. But it is just as important to stay informed about your pregnancy during these months.

You might notice that symptoms like nausea and fatigue are going away. But other new, more noticeable changes to your body are now happening. Your abdomen will expand as the baby continues to grow. And before this trimester is over, you will feel your baby beginning to move!

As your body changes to make room for your growing baby, you may have:

- Body aches, such as back, abdomen, groin, or thigh pain
- Stretch marks on your abdomen, breasts, thighs, or buttocks
- Darkening of the skin around your nipples
- A line on the skin running from belly button to pubic hairline
- Patches of darker skin, usually over the cheeks, forehead, nose, or upper lip. Patches often match on both sides of the face. This is sometimes called the mask of pregnancy.
- Numb or tingling hands, called carpal tunnel syndrome
- Itching on the abdomen, palms, and soles of the feet. *(Call your doctor if you have nausea, loss of appetite, vomiting, jaundice or fatigue combined with itching. These can be signs of a serious liver problem.)*
- Swelling of the ankles, fingers, and face. *(If you notice any sudden or extreme swelling or if you gain a lot of weight really quickly, call your doctor right away. This could be a sign of preeclampsia.)*

U.S. Department of Health and Human Services. "Stages of Pregnancy; 2nd trimester". 18 April 2019.
www.womenshealth.gov/pregnancy/youre-pregnant-now-what/stages-pregnancy

Pelvic Health Physical Therapy

How it helps you relieve pain during your pregnancy.

Your body will undergo many changes during your pregnancy, including physical pain. Often, women will experience lower or mid-back pain, difficulty walking or hip pain. Grand View Health's Pelvic Health Physical Therapy team can help you relieve pain so you're more comfortable as your pregnancy advances.

How it works

At an initial evaluation, a specially trained pelvic health physical therapist will talk with you about the causes of your pain. She will then create a personalized treatment plan that may include home exercises, hands-on treatment or recommendations for maternity support belts.

Women most often undergo pelvic health physical therapy sessions once or twice a week during their pregnancy. We also encourage women to follow up with their physical therapist two-to-three weeks after delivery.

How to access Pelvic Health Physical Therapy

If you experience any physical discomfort during your pregnancy, ask your obstetrician for a prescription to Pelvic Health Physical Therapy. We offer sessions in Sellersville and Harleysville, and we accept most insurances.

To Schedule an Appointment

Harleysville Outpatient Center

270 Main Street (Rt. 63)
Harleysville, PA 19438
215-513-3950

Sellersville Outpatient Center

915 Lawn Ave.
Sellersville, PA 18960
215-453-3220

Providers



Janet Drake Whalen, PT, DPT
Pelvic Health
Physical Therapist



Marcia McCarter, PT
Pelvic Health
Physical Therapist

Dietitian Recommended Prenatal Vitamins

All prenatal vitamins listed below supply the full recommended amount of folic acid daily in pregnancy

Please consult with your healthcare provider and/or a registered dietitian for help in choosing the best prenatal vitamin for you taking into account your past medical history and individual dietary needs/preferences.

Name of Prenatal	Pros	Cons	Price	May Be A Good Choice For...	Halal	Vegetarian/ Vegan Friendly
Nature Made Prenatal Multivitamin with 200 mg DHA Softgels	<ul style="list-style-type: none"> Supplies full recommended amount of: folic acid, iron, DHA, Vitamin D, iodine 	<ul style="list-style-type: none"> Pill is large and therefore may be difficult to swallow for some 	\$24.99 for 3 month supply	<ul style="list-style-type: none"> Those who do not regularly consume fish Those with darker skin tones due to sufficient Vitamin D content 	No (contains gelatin)	No (contains gelatin)
One A Day Prenatal Advanced Complete Multivitamin with Brain Support	<ul style="list-style-type: none"> Supplies full recommended amount of: folic acid, iron, DHA, iodine Contains choline which is necessary for healthy brain & spinal cord development 	<ul style="list-style-type: none"> Vitamin D may be too low for vegetarians/vegans or those with darker skin tones Contains magnesium oxide which may cause stomach upset in some individuals 	\$14 for one month supply	<ul style="list-style-type: none"> Those who do not regularly consume fish Those who do not regularly consume eggs 	No	No (contains gelatin)
SmartyPants Prenatal Multi Capsules	<ul style="list-style-type: none"> Supplies full recommended amount of: folic acid, Vitamin D, iodine Vegetarian/vegan/halal 	<ul style="list-style-type: none"> Low in iron; may need additional iron supplement and or increased intake of iron rich foods Individuals who do not regularly consume fish may need to take additional DHA supplement 	\$15.86 for 1 month supply	<ul style="list-style-type: none"> Those with darker skin tones due to sufficient Vitamin D content Vegetarians/Vegan/Halal 	Yes	Yes
SmartyPants Prenatal Formula Gummies	<ul style="list-style-type: none"> Supplies full recommended amount of: folic acid, Vitamin D, iodine Contains some DHA Gentle on stomach 	<ul style="list-style-type: none"> A bit expensive Does not contain iron; may not be suitable for those with iron deficiency anemia Lower in DHA; those who do not regularly consume fish should consult with their healthcare provider or dietitian about taking additional DHA supplement 	\$27.36 for 1 month supply	<ul style="list-style-type: none"> Those experiencing severe morning sickness who are unable to tolerate other prenatal vitamins Those with darker skin tones due to sufficient vitamin D content 	No (contains gelatin)	No (contains gelatin)

Name of Prenatal	Pros	Cons	Price	May Be A Good Choice For....	Halal	Vegetarian/Vegan Friendly
Spring Valley Prenatal Adult Gummies with DHA and Choline	<ul style="list-style-type: none"> Supplies full recommended amount of folic acid Gentle on stomach 	<ul style="list-style-type: none"> Affordable Vitamin D is BELOW the recommended amount needed in pregnancy; consult with your healthcare provider about whether or not you need to take additional Vitamin D Does not contain iron; may not be suitable for those with iron deficiency anemia Does not contain DHA; those who do not regularly consume fish should consult with their healthcare provider or dietitian about taking additional DHA supplement 	\$8.88 for 45 day supply	<ul style="list-style-type: none"> Those experiencing severe morning sickness who are unable to tolerate other prenatal vitamins 	No (contains gelatin)	No (contains gelatin)
Pink Stork Total Prenatal + DHA	<ul style="list-style-type: none"> Supplies full recommended amount of: folic acid, iron, iodine, DHA Vegetarian/Halal 	<ul style="list-style-type: none"> Does not contain iron; may not be suitable for those with iron deficiency anemia Vitamin D may be too low for vegetarians/vegans or those with darker skin tones 	\$22.18 for 1 month supply	<ul style="list-style-type: none"> Vegetarians or those who do not regularly consume meat or fish 	Yes	Yes
Oilly Prenatal Softgels	<ul style="list-style-type: none"> Supplies full recommended amount of: folic acid, Vitamin D, DHA, iodine 	<ul style="list-style-type: none"> Low in iron; may not be suitable for those with iron deficiency anemia Contains magnesium oxide which may cause stomach upset in some individuals 	\$20 for 1 month supply	<ul style="list-style-type: none"> Those who do not regularly consume fish Those with darker skin tones due to sufficient Vitamin D content 	No (contains gelatin)	No (contains gelatin)

For more information on choosing a prenatal vitamin, please visit:

American College of Obstetrics and Gynecology: www.acog.org/womens-health/faqs/nutrition-during-pregnancy

Mayo Clinic: www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/prenatal-vitamins/art-20046945