

## **Welcome to our Mount Auburn Hospital OBGYN practice!**

In this letter you will find useful information to review before your first OB visit. You can also refer to the [Mount Auburn Hospital Prenatal page](#) for more detailed information and additional resources.

### Routine Prenatal Care and Ultrasound

During your initial OB visit, your provider will review your medical and pregnancy history, genetic testing options, medication safety, dietary recommendations, etc. A full physical exam, genital cultures, Pap smear (if needed), and routine blood work will be performed.

In some offices, the initial OB visit is broken into a virtual visit followed by an in-person visit about two weeks later. If you choose to do genetic screening, the sample will be obtained at an in-person visit once your pregnancy has reached 10 weeks.

After the initial visit(s), follow-up visits are usually scheduled for 15 minutes. When appropriate, we offer certain follow-up visits via telehealth. You can expect to be seen monthly until 28 weeks, then every 2 weeks until 36 weeks, and then once weekly until delivery.

OB ultrasounds are performed at Mount Auburn Hospital (330 Mount Auburn Street, Cambridge). The nuchal translucency scan ("NT scan") around 13 weeks and the fetal survey/anatomy scan around 19 weeks will be scheduled with our Maternal Fetal Medicine team (MFM) at the hospital's Prenatal Diagnosis Center. Additional ultrasounds may be needed later in pregnancy.

Our patients deliver at Mount Auburn Hospital's [Bain Birthing Center](#) (our Labor and Delivery unit). Please visit our website for the most up to date information regarding tours at Bain Birthing Center Tour.

### Genetic Screening

Genetic screening options will be reviewed during your first appointment. These tests are optional.

- Cell free DNA testing is a noninvasive blood test that estimates the likelihood of extra or missing chromosomes in the fetus by assessing small pieces of placental chromosomes in a person's blood. This includes assessing for trisomy 21, 13, 18 and sex chromosomes.

- Carrier screening refers to blood tests that assess whether a person is a carrier for genetic conditions. Most carriers are healthy but are at risk of passing on the gene to their fetus. If you are a carrier for a genetic condition, we will facilitate testing for your partner to determine whether your fetus could be affected by the disease.
- We encourage you to review the video overview below for further information: [ACOG Prenatal Genetic Testing Video](#)

### General Safety in Pregnancy

- Avoid all alcohol once you find out you are pregnant.
- If you are a smoker, we advise quitting as soon as possible. If you'd like to discuss resources for quitting, please call the office!
- Avoid any recreational drug use.
- Always wear your seat belt, placed low on your lap.
- Please let us know if you are concerned about domestic violence, your safety and/or your mood. We have resources to help.

### Environmental/Occupational Hazards

- If you have questions about exposure to cleaning products, paints, herbal products, hair dye, rodents etc., you can call the Pregnancy Environmental Hotline at 1-800-322-5014 or 781-466-8474.
- If you have outdoor cats, please avoid cleaning the litter box, and if you garden, please wear gloves when digging in the soil due to the risk of exposure to toxoplasmosis.

### Medications

- You should inform your provider of all medications you are currently taking, including over the counter medications, vitamins, herbal supplements, topical products, etc.
- Please call with any specific questions regarding medications. You will find a [Safe Medication List](#) attached (and on our website).
- You should avoid NSAIDs (ibuprofen/naproxen) in pregnancy. In general, you should also avoid aspirin. However, a low-dose of aspirin may be recommended to some individuals in pregnancy.
- Taking Tylenol (acetaminophen) is safe and can be taken as directed on the box

### Nutrition

- The recommended weight gain in pregnancy is based on your pre-pregnancy body mass index. We'll go into specific recommendations for you at your first in person visit.

- During pregnancy, there are some foods that may pose a risk to the health of you and your baby. You should:
- Thoroughly wash all fruits and vegetables before consuming
- Limit caffeine intake to 200 mg (one 12-ounce cup of coffee or 1 can of soda) per day
- Avoid cold cuts, deli meat or hot dogs that have not been heated, reheated or steamed.
- Raw fish and rare/raw meats can contain harmful microorganisms such as bacteria and parasites. Eating raw foods can lead to several illnesses, including toxoplasmosis, salmonella and listeriosis.
- Fish that are high in mercury content should also be avoided. Shark, Swordfish, Tilefish and King Mackerel should not be eaten during pregnancy. Otherwise, eating fish in pregnancy is very healthy! You can refer to the FDA website for safe fish consumption during pregnancy: FDA [Advice about Eating Fish](#) in pregnancy

### Exercise

- Exercise is important for a healthy pregnancy, but the level of exercise should depend on what you are used to doing. For example, if you are a runner, it is okay to keep running. If you are used to more low-impact exercise, you should consider activities such as walking, swimming, or yoga.
- In general, you should:
- Avoid contact sports or activities that come with a high risk of falling and hitting your belly
- Wear good shoes
- Stay hydrated
- Avoid becoming overheated
- Be able to talk while you work out
- Some people find exercise more difficult during the first trimester due to common symptoms of fatigue, nausea, etc.; and are able to be more active as their pregnancy continues and these symptoms start to improve!

### Sexual Activity

Many couples worry that sex will cause a miscarriage. Miscarriages mainly happen due to an abnormally developing pregnancy and not anything that you did. Sex is safe unless you are told otherwise by your medical provider. Your baby is protected by both the uterus and amniotic sac.

### Travel

If you are experiencing a low-risk pregnancy you can fly internationally until 34 weeks of pregnancy and domestically until 36 weeks of pregnancy. You can go through the metal

detector. You should stay hydrated during the flight and try to get up and walk once an hour.

#### How to get in touch:

You can contact your prenatal office 24/7 at the regular office phone number. After the office closes and on weekends/holidays, you will be connected to the answering service for urgent concerns. They will page the on-call clinician who will call you back. If you have a non-urgent question, you may contact us through the online MyChart message system. This is a useful tool for non-urgent communication with the office and providers. If you need an answer right away, please call the office directly!

Again, welcome to our practice! We look forward to seeing you soon.

Sincerely,

The OBGYN Staff and Providers at Mount Auburn Hospital

#### Online Resources

-ACOG: <https://www.acog.org/womens-health/videos/prenatal-genetic-testing>

-Bain Birthing Center: <https://www.mountauburnhospital.org/care-treatment/womens-health/pregnancy-birth/bain-birthing-center>

-Advice about Eating Fish: <https://www.fda.gov/food/consumers/advice-about-eating-fish>

-Safe Medication List: <https://www.mountauburnhospital.org/app/files/public/8b98f2f1-6111-424a-9ab6-33fc1f66d0f7/medications-in-pregnancy-947d>

-Mount Auburn Hospital Prenatal Page: <https://www.mountauburnhospital.org/care-treatment/womens-health/pregnancy-birth/prenatal-care/care/>

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