

SECOND TRIMESTER EDUCATION



ULTRASOUND

- The gender check ultrasound can be done at 16-17 weeks. This is a non required ultrasound and is \$80 in our office.
- The anatomical ultrasound is at 20 weeks
 - o Sometimes irregularities are seen on ultrasound and require a follow up ultrasound either here at our clinic or with maternal fetal medicine
 - o If additional ultrasound are needed we will help you get them scheduled

SIGNS OF PRETERM LABOR

- Leaking of fluid
- Vaginal bleeding
- More than 6 Braxton-hicks contractions in an hour

TOBACCO PRODUCTS AND SMOKING

- Tobacco products are harmful to you and your

baby. It is best that you avoid using these products first hand, or being around secondhand smoke

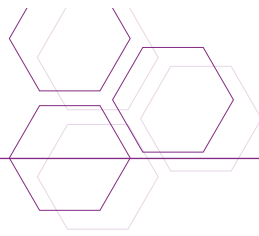
- If you need help quitting tobacco, please know that we are here to help you

VACCINES

- We recommend getting a flu shot during pregnancy
- We recommend getting a Tdap vaccine at 32 weeks, this helps protect baby from whooping cough
- COVID-19 vaccine is safe and recommended in pregnancy.

DEPRESSION

- If you are feeling overwhelmed, have lost interest in things you used to enjoy, or have a history of depression or postpartum depression, it is important to let your health provider know so that we can help you make a plan to feel better before and after baby arrive



SAFETY

- If you are a victim of domestic violence, please confide in us, we want to help keep you and your baby safe.

LAB TESTING

- At 28 weeks we will test you for anemia and recommend you undergo gestational diabetes screening
- If you have a negative blood type, that is also when you will need a shot called RhoGAM to protect future pregnancies.

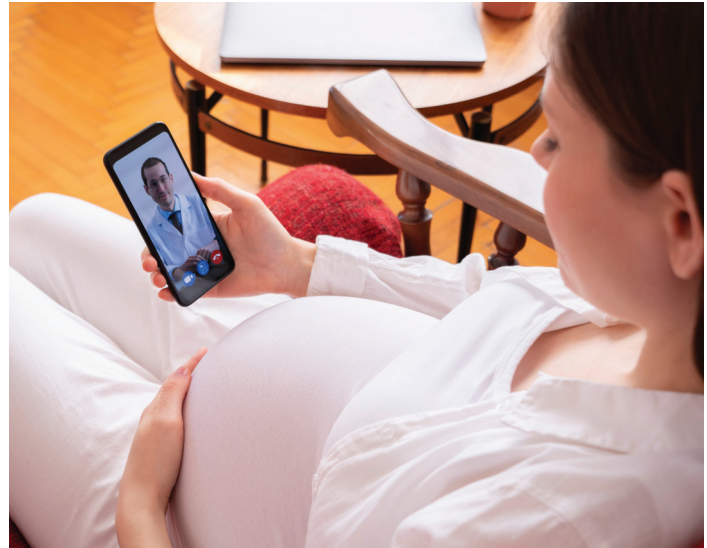


CHOOSING A NEWBORN CARE PROVIDER

- Check with your insurance
- Look at reviews online
- Ask your friends and family who live in the area who they use.
- Be sure that the pediatrician's office has hours that will work with your schedule
 - Do they have someone on call in case you have a question in the middle of the night or during the weekend?

STEM CELL DONATION OR BANKING

- Stem cells are procured by an outside company at birth and kept frozen until needed by the baby
- Stem cells can be used in the future to help treat illness



- If you are interested in more information please let your provider know
- There is a procurement fee and a monthly storage fee associated with stem cell harvesting

POSTPARTUM FAMILY PLANNING

- How soon do you think you would like to have your next child?
- Most birth control is prescribed during your 6 week postpartum visit
- What has worked well for you in the past?
- However, if you feel that you would like a permanent form of contraceptive you may need to sign paperwork prior to your delivery.
- Do you prefer something with or without hormones?

