



Paving the way for a healthy pregnancy.

A GUIDE FOR EXPECTING MOTHERS

Obstetrics and
Gynecology

Extraordinary Care, Every Day





Welcome to McFarland Clinic's Obstetrics and Gynecology Department

We would like to extend to you our sincerest gratitude for entrusting us with your healthcare. At McFarland Clinic's OBGYN department, you will find experienced providers and staff committed to your health and well-being. Our providers are committed to continuously educating ourselves and incorporating resources to provide excellent care.

We have prepared this booklet to provide you with some guidelines for your pregnancy. You will find information on our physicians and midwives, what to expect at upcoming appointments, optional prenatal screening tests information, nutrition, medication, pregnancy concerns and FAQs. Keep in mind that these are [guidelines](#) and every pregnancy is unique. Feel free to discuss and ask about any specific concerns that you may have when you come for routine visits.

McFarland Clinic functions as a group practice. There may be times when your provider is out of the office. In this case, one of our other providers will be available for you.

We welcome you to call with questions or concerns during our office hours.



Call

515-239-4414



**First Nurse
After Hours**

515-239-6877 or 1-800-524-6877

Optional Prenatal Screening Tests

TEST	WHAT IS TESTED?
Carrier Screening	A carrier screen blood test to check for cystic fibrosis, SMA muscular dystrophy and Fragile X chromosome.
First Trimester Screen	An Ultrasound and blood test screen for Down Syndrome (Trisomy 21) and Trisomy 18. This is done at MercyOne Perinatal Center in Des Moines.
Iowa Integrated Maternal Screen Test	This is a 2 part screen: A dating ultrasound and blood test in first trimester and second blood test in second trimester. This screens for Down Syndrome (Trisomy 21), Trisomy 18, and open neural tube defects.
Cell Free DNA Tests	This is a blood test for Trisomy 13, Trisomy 18, and Trisomy 21 (Down Syndrome). This can also test for Turner and Klinefelter Syndrome. You may also learn your baby's gender if desired.
Quad Screen	This is a blood test for Down Syndrome (Trisomy 21), Trisomy 18 and open neural tube defects.
AFP Only/NTD Screen	This is a blood test to screen for open neural tube defects. (NTD Screen).

TIMING	COST / CPT CODES	RESULTS
Anytime after 9 weeks	Horizon by Natera. Expected max out of pocket is \$99. Call 515-771-8598 for specific price Inheritest by LabCorp. Expected max out of pocket cost is \$349. Call Integrated Genetics 844-799-3243 for specific price	1 week
11-12 weeks	\$359 with codes 76801, 76813, 36415	1-2 weeks
First trimester test is between 10 weeks 3 days and 13 weeks 6 days. Second trimester test is done after 15 weeks.	Ultrasound is \$340-350 with 76817 (Vaginal) or 76801 (Abdomen). Blood test is \$300 with codes 84702, 86336, 82105, 82677, 84163	You do not get results until after the second trimester blood test. Results take one week.
Anytime after 9 weeks	Panorama by Natera. Expected max out of pocket is \$99. Call 515-771-8598 MaterniT21 by LabCorp. Expected max out of pocket cost \$299. Call Integrated Genetics 844-799-3243 CPT Code for both 81420	One week
15-20 weeks	\$244 with codes 82105, 82677, 84702, 86336	One week
15 weeks 0 days - 20 weeks 6 days	\$75 with code 82105	One week

* Twin pregnancies can do Inheritest screen, First Trimester Screen, Cell Free DNA Tests, and AFP Only (NTD screen).

Appointments

During your pregnancy, you will be seen for many appointments. Each pregnancy is unique, so your schedule may be different from someone else's. Always arrive 10 minutes before your appointment.

You will meet with our financial advisor at one of your 1st in-person visits to review insurance.

Each appointment with your provider will involve checking your blood pressure, weight, listening to the baby's heart tones, checking growth of baby and discussing any questions you may have.

Nurse Visit (virtual or in-person)	The first visit with the prenatal nurse will involve sharing information regarding your health and past pregnancies. Material involving this pregnancy will be reviewed.
10-12 weeks	Your provider will see you at about 10 to12 weeks gestational age. At this appointment, you will have a physical examination and have blood and urine lab tests done. A dating ultrasound will be done to verify your due date.
20 weeks	An Anatomy Ultrasound will be done.
28-36 weeks	<p>You will have an appointment every 2 weeks. Additional blood tests will be done at approximately 28 weeks.</p> <ol style="list-style-type: none">1. Hemoglobin – iron level2. Indirect coombs – antibody screen3. One hour glucose – gestational diabetic screen4. RhoGAM work-up, if Mom is Rh Negative <p>There is no preparation for any of these tests. You may eat normally, avoiding excess sweets. Check in at the reception desk 10 minutes before your appointment time.</p> <p>You will be given a glucose drink. This is a very sweet beverage that needs to circulate in your body for one hour. When you are done with your appointments in OB/GYN, you will need to go to the lab and when the hour has expired, the lab tech will draw blood from your arm.</p>
36 weeks	You will begin to see your provider every week. At one of these visits, a vaginal/anal culture for the presence of Group B streptococcus organism will be done. Your healthcare provider will begin vaginal exams at some point to evaluate the cervix for dilation/effacement. Usually this begins about two weeks before your expected due date.

Understanding Your OB Ultrasound

Fetal ultrasound images can help your provider evaluate your baby's growth and development.

A dating ultrasound will be done around 10 weeks gestation to verify your due date. There is no preparation for this exam.

In early pregnancy (6-10 weeks), if there is a suspected problem, a transvaginal ultrasound may be performed. A vaginal transducer is placed in your vagina allowing the baby and pelvic anatomy to be seen more clearly. There is no preparation for the exam.

A routine fetal anatomy ultrasound is performed around 20 weeks gestation of pregnancy. This will provide information about:

- Age and size of the baby
- Placenta
- Baby's development and anatomy
 - All anatomy may not be visualized and it may be necessary to have a follow-up exam in 4 weeks.
- Rule out abnormalities
 - If you have a family history of an abnormality or a possible abnormality is suspected on the routine ultrasound, your provider may refer you for a more detailed or Level II ultrasound.

It is necessary to drink 32 oz. of water in preparation for the exam.

Please begin to drink water one hour prior to the exam. This helps to define placental position and to check the length of the cervix. Please eat something about 30 minutes prior to the exam as this encourages the baby to move.

This is an exciting and happy time for you and you deserve the best quality medical sonogram. You can assist us in creating an environment that allows the sonographer to focus on you and your baby by helping in the following ways.

- Please limit the number of visitors in the room, including children. We may need to limit the amount of visitors in the exam room.
 - Children attending the ultrasound must be accompanied by an adult other than the patient.
- Visitors need to be on time and keep voices down during the exam to ensure the sonographer can give you their undivided attention.
- No cell phone use or any personal videotaping or still photography is allowed during the ultrasound.
- You will be given the results of the ultrasound by your provider.
- You will receive pictures with any ultrasound that is performed.
- If you arrive late, your appointment may be rescheduled.

Thanks for assisting us in making this a great experience for you.

Symptoms You Should Report to Your Provider:

1. Vaginal bleeding
2. Swelling of the face or fingers
3. Severe, continuous headaches
4. Visual disturbances
5. Pain in the abdomen, or menstrual-like cramps
6. Persistent vomiting
7. Chills and fever
8. Sudden escape of water from the vagina

Any of the symptoms above could indicate a serious problem requiring immediate attention. Do not wait until your next, regularly-scheduled appointment to inform your provider of any of these symptoms, please call our office immediately. If after hours, call First Nurse.

Guidelines on Exposures During Pregnancy

- **Paint products**- latex-based paints are the safest
- **Pesticides**-Avoid
- **Insect repellents are acceptable**; consider wipes or creams. Avoid aerosols and use lower concentrations of DEET.
- **ZIKA**: www.acog.org/zika

For information on other exposures in pregnancy you can use **MotherToBaby.org** or call them at **866-626-6847**.

The above guidelines are general. You should discuss concerns with your provider.

Nutrition Information

Fish

Avoid shark, swordfish, king mackerel, Big Eye tuna, marlin, orange roughy, or tilefish as they contain high amounts of a form of mercury that may harm an unborn baby's brain or nervous system.

Limit fresh water fish caught by family and friends to one serving each week.

Enjoy up to 12 ounces of other cooked fish each week. Fish contain DHA, an omega-3 fat, that is important in development of the baby's brain, nerves and retina. You can find best choices of fish on our website.

If you do not eat seafood, talk with your provider about a DHA supplement (at least 200mg/per day) that is safe to take during pregnancy.

Listeriosis

Listeriosis is an illness caused by bacteria found in certain foods. Symptoms can include fever, chills, muscle aches and backpain. The disease can cause serious problems for the fetus, including miscarriage or stillbirth.

To prevent listeriosis, wash all fresh fruits and vegetables before using them. Avoid the following foods:

- Unpasteurized milk, soft cheeses, ciders.
- Raw or undercooked meat or poultry, runny eggs.
- Prepared meats, such as hot dogs or deli meats, unless they are heated until steaming hot.

Foodsafety.gov has a complete list of foods to avoid in pregnancy and updates on food recalls.

Vitamins: Please take a prenatal vitamin with folic acid 800mcg per day and DHA 200mg per day.

Don't Forget Water! Water is an essential nutrient that is commonly overlooked. It assists in digestion and transport of food. Water is the main substance in cells, blood, and other vital body fluids. It also aids in maintaining body temperature. You should drink six to eight 8-ounce glasses of water and non-caffeine liquids every day. Please limit caffeine to 200mg/day.

Snacks: Snacks should be nutrient-rich. Good choices include fresh fruit and vegetables, yogurt, low-fat cheese, cereal, and low-fat crackers.

Remember, a healthy lifestyle and wise food choices during pregnancy can help your baby get a healthy start in life.

Commonly Used Drugs that are Safe to Use in Pregnancy

Please follow package direction for use unless stated otherwise below.

General Aches/ Pains	<ul style="list-style-type: none">• Tylenol (acetaminophen) regular or extra-strength
Colds/ Allergies	<ul style="list-style-type: none">• Saline nasal mist, humidifier• Decongestants containing phenylephrine, Sudafed (pseudoephedrine) may be used after the 12th week of pregnancy• Robitussin, Robitussin-DM or Dextromethorphan for cough• Cough drops, throat lozenges, Vicks, vapor rub• Benadryl• Claritin, Zyrtec• Allergy shots
Heartburn, Stomach Upset	<ul style="list-style-type: none">• Pepcid, or Prilosec OTC, Prevacid• Tums or Rolaids• Maalox or Mylanta
Constipation	<ul style="list-style-type: none">• Metamucil, Milk of Magnesia, Colace, Miralax, Senokot
Diarrhea	<ul style="list-style-type: none">• Imodium, clear, liquid diet with Gatorade or Pedilyte
Hemorrhoids	<ul style="list-style-type: none">• Preparation H, Tucks, or Anusol
Nausea	<ul style="list-style-type: none">• Benadryl, Dramamine• Ginger and Ginger products (high concentrated sugar drinks like Ginger Ale)• Seabands for your wrists• Over-the-counter Unisom half tablet in the evening• Vitamin B6 (25 mg) up to 3 times daily• Take a prenatal vitamin in the evening after a meal.

Other Recommendations

- **Tdap, Covid, and Flu vaccines** are highly recommended during pregnancy.
- Use local anesthetics for **dental work**. **Ask your provider about:** medicated facial products or prescribed topical medication.
- Avoid products with Saccharin.
- Nutrasweet (aspartane) or Splenda in minimal amounts.

Prescribed antibiotics by a healthcare provider: Amoxicillin, Ampicillin, Azithromycin, other penicillin type antibiotics, Clindamycin, Flagyl (metronidazole), Bactrim, Keflex and other Cephalosporins.

For any other prescribed medications, please contact McFarland Clinic OB/GYN.

Common Concerns During Pregnancy

Nausea	<ul style="list-style-type: none">• Eat dry crackers, toast, or cereal before getting up or when feeling sick• Eat five or six small meals a day• Try bland foods, the BRATT diet (bananas, rice applesauce, toast and tea) is low in fat, and easy to digest• Avoid strong food smells• Avoid greasy or spicy foods• Take over-the-counter Unisom half tablet in the evening• Vitamin B6 (25mg) up to three times daily
Tender Breasts	<ul style="list-style-type: none">• Wear a support bra• It may help to wear a bra 24 hours a day
Leaking Breasts	<ul style="list-style-type: none">• Wear nursing pads or tissues in your bra
Frequent Urination	<ul style="list-style-type: none">• Limit fluids before bedtime
Fatigue	<ul style="list-style-type: none">• Fatigue is common early and late in pregnancy• If advised, try to exercise each day to keep from getting so tired• Nap and go to bed earlier
Constipation	<ul style="list-style-type: none">• Eat raw fruits and vegetables, prunes, and whole grain or bran cereals• Exercise helps; walking is very good• Never hold back a bowel movement• Drink at least 64 ounces of fluid each day• A cup of hot water three times a day may help• May use Metamucil, Colace, Fibercon, Miralax, Citrucil, Milk of Magnesia, or Benefiber if necessary
Hemorrhoids	<ul style="list-style-type: none">• Try to keep bowel movements regular• Take short rests with hips lifted on a pillow• Sit on firm chairs or sit with legs crossed• Practice the Kegel exercises• May use Preparation H or Tucks
Low Backache	<ul style="list-style-type: none">• Rest often• Use good posture• Move around; do not stand in one place too long• Use a footstool for your feet• Place a pillow between your knees while sleeping• Keep your knees higher than your hips• Wear low-heeled shoes• Use the pelvic rock exercise• Call for information about prenatal cradle (maternity support garment)
Vaginal Discharge	<ul style="list-style-type: none">• Bathe the outer vaginal area often with warm water only• Use non-perfumed soap only occasionally• Do not use vaginal sprays, powders, or feminine hygiene products• Never douche during pregnancy• Do not use colored or perfumed toilet paper• Wear cotton panties• Avoid pantyhose, girdles, and tight pants• If these hints do not help, talk with your health care provider about the problem

Common Concerns During Pregnancy

Heartburn	<ul style="list-style-type: none">• Stay away from greasy and spicy food• Eat smaller meals, but eat more often• Do not lie down just after eating• Elevate the head of the bed (with pillows) while sleeping• May use Tums, Maalox, Mylanta, Pepcid AC
Dizziness	<ul style="list-style-type: none">• Change your position slowly• Get up slowly after you have been lying down• Eat regular meals/drink plenty of liquids• Do not stay in the sun• Report to your health care provider if dizziness is persistent
Varicose Veins	<ul style="list-style-type: none">• Avoid stockings or girdles with elastic bands• You may use support hose• Put support hose on while lying down• Take short rests with legs raised• Raise your legs when you sit down; do not cross your legs
Shooting Pain Down Legs	<ul style="list-style-type: none">• Change positions: If you are sitting, stand up; if you are standing, sit down
Lower Leg Cramp	<ul style="list-style-type: none">• Elevate legs often during the day• Point toes upward and press down on kneecap• Apply a heating pad or hot water bottle for relief• Avoid heavy meals at bedtime
Trouble Sleeping	<ul style="list-style-type: none">• Do not eat just before sleep• To help you relax, try drinking milk• Take a warm bath before you go to bed or practice relaxation exercises
Feel Faint When Lying On Back	<ul style="list-style-type: none">• Lie on your left side
Feet and Hands Swelling	<ul style="list-style-type: none">• Lie on your left side for 30 minutes, three to four times a day• Exercise often• Drink more fluid• Eat three servings of protein each day• If you wake up in the morning with swelling, tell your health care provider
Bleeding Gums	<ul style="list-style-type: none">• Use a soft toothbrush and brush gently• Drink more orange juice and eat more foods high in vitamin C
False Labor	<ul style="list-style-type: none">• Change your position and your activity. If it is true labor, it will not stop• True labor contractions will become more regular and closer together• You usually feel true contractions more in your back or lower front

Frequently Asked Questions

Is spotting normal?

A little intermittent spotting can be normal, especially during the first trimester of pregnancy. A small amount of blood may appear as the placenta is attaching to the uterine wall. Another cause might be the breakdown of a small vessel on the cervix following intercourse. It is best to document any bleeding and call our office.

What about the occasional sharp pain I have in the pelvic or groin area?

This may be due to “round ligament” pain. These ligaments support the uterus. They will sometimes spasm or cramp, causing discomfort. Usually, modification of your activity and avoiding sudden movement will decrease the pain. This problem is very common between 12 and 20 weeks of pregnancy. However, if any pain becomes persistent or increases in frequency or severity, you should call your doctor.

Why do I seem to have more headaches and what can I do to relieve them?

Headaches early in pregnancy may result from hormonal variation, nasal congestion, fatigue, eye strain, anxiety or tension. In the vast majority of cases, however, no cause can be demonstrated.

By mid-pregnancy, most of these headaches decrease in severity or disappear. Treatment is largely symptomatic. You might try the following:

- Relaxation and rest in a darkened room
- Cool compress to forehead
- Tylenol
- If your headaches persist or are severe, you should call our office.

Is it ok to get a perm or hair color?

Yes, however, your perm may not respond the same during your pregnancy. Don't blame your stylist if you don't get as much curl with the perm. Instead, blame your hormones. We do suggest waiting until after the first trimester. Hair color may vary too.

At what point should I notify the doctor if I have a fever?

Please call us if your oral temperature is above 100.4 degrees.

Are there any restrictions on lifting?

We recommend limiting any lifting to less than 50 pounds. Please check with your provider as each person's fitness level is different. Also, do remember to use good body mechanics to prevent unnecessary straining of the lower back muscles; bend at your knees rather than the waist when picking something up.

May I paint or refinish wood?

If you feel it necessary to do some painting or refinishing, be certain you do it in a well-ventilated room. Latex-based paints are the safest to use during pregnancy. Do not use oil-based paints.

Are Prenatal Classes Offered?

There are several prenatal classes available for you and your family. Visit www.mgmc.org for classes and events.

Frequently Asked Questions

Why do I sometimes have a nosebleed or bleeding gums?

Nosebleeds are a common occurrence with pregnancy. They occur because of increased blood flow to the mucous membranes. This problem happens more in winter months when heating systems in homes make the air dry. Using a humidifier may help overcome this dryness. If the bleeding is frequent and heavy, please call us. The gums tend to bleed easily because of pregnancy hormones causing some swelling and tenderness. We recommend seeing your dentist during pregnancy and practicing good oral hygiene. If you suspect a dental problem, contact your dentist.

Is an increase in vaginal discharge normal?

Yes. This can be common throughout your pregnancy. Increased blood supply and hormones cause your vagina to increase its normal secretions. The normal acidic environment also changes, which causes yeast infections to be more common. Wear cotton underwear. Call our office if your discharge smells foul or causes burning or itching.

Can I douche?

No, you should not douche during pregnancy.

May my partner and I continue to have intercourse during my pregnancy?

Yes, unless there is a specific problem with your pregnancy such as placenta previa, history of premature labor, etc. You may find sexual activity becomes more awkward or difficult as time goes on. Different positions for intercourse may be more comfortable. During the last month of pregnancy, you should consult your doctor regarding whether or not you should continue.

Is it ok to use saunas or hot tubs?

No, we recommend that you do not use these during pregnancy. The high temperatures can cause damage to your developing baby.

Can I prevent stretch marks?

No, but controlling the amount and rate of weight gain does help. Each individual's skin has the ability to stretch, but nobody knows how much. For that reason, you cannot avoid stretch marks, which are most common on the abdomen and may occur on the thighs and breasts. It may help with the itching that frequently accompanies these marks to massage the skin daily with lotion. It may be of comfort to know that these will usually fade somewhat after delivery.

What are Braxton-Hicks contractions?

These contractions may be felt as early as week 20 of your pregnancy. They are more intense in women who have had a previous pregnancy. The uterus is flexing its muscles, getting ready for the real contractions of labor. Braxton-Hicks contractions are sometimes uncomfortable. They last anywhere from 30 seconds to 2 minutes. If you have discomfort with these contractions, try lying down and relaxing, or getting up and walking around. Most often changing your position will stop the contractions. If you have questions or concerns about any contractions you are experiencing, please call.

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McFarland Clinic

Obstetrics & Gynecology



Schedule Appointment

515-239-4414



Location

Medical Arts Building
1015 Duff Avenue
Ames, IA 50010



Location

Marshalltown Office
421 East Merle Hibbs Boulevard
Marshalltown, IA 50158



Hours

Ames: Monday - Friday 8am - 5pm

Marshalltown: Monday, Wednesday, Thursday 8am - 4:30pm



First Nurse

Mary Greeley Medical Center Nurse Triage, is available 24 hours a day, 7 days a week to answer questions and can be called upon after our office hours. 515-239-6877 or 1-800-524-6877



MyChart

A secure online portal to access your medical information, view test results, and see upcoming appointments.

[MyChartlowa.com](https://mychartlowa.com)