

NOVAS, DOHR & COLL  
OB/GYN ASSOCIATES, S.C.

*Doctor's Prenatal  
Instructions*

**Novas, Dohr & Coll OB/Gyn Associates, S.C.**

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## Prenatal Instructions

Office Phone (847) 304-0044

This number is routed to the answering service for emergencies after hours.

Office Hours

Mon. thru Thurs. 9:00am-7:00pm

Friday 9:00am-4:00pm

Saturdays 8:00am-12:00pm

## Congratulations on your pregnancy!

We want to help make this experience fun, exciting and safe. There is a doctor on-call twenty-four hours a day in case of an emergency. The doctors are on staff at Good Shepherd Hospital and St. Alexius Hospital. Our experienced labor and delivery nurses are also available during office hours for counseling and questions. Our goal is to serve you and help ensure a safe, happy and healthy birth. Our philosophy is to not intervene with nature unless it is potentially risky to you or your baby. Please let us know how you envision your pregnancy and labor so we may better care for you. The following information will help you learn about our practice and what to expect in the following nine months. Please refer to this for questions that come up. Also, please refer to “Your Pregnancy and Birth,” compliments of Drs. Novas, Dohr, & Coll OB/Gyn Associates.

## *Prenatal Visits*

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- **Patient information:** Classes, books and your doctor's office are the best sources of information. Avoid reacting to friends' and relatives' anecdotal experiences. Internet sources through our website are ACOG approved, other sources may not be as accurate.
- We recommend that you see all the doctors at least once. If you have one particular doctor that you tend to communicate better with, you can keep the majority of your routine visits with that doctor. When you come to the hospital for delivery, any of the physicians may be there for your delivery or emergency calls.
- At each visit we will record the following:
  - Weight check* - A weight gain between 20-35 pounds is recommended depending upon your initial weight.
  - Blood pressure* - An average blood pressure is 120/80. Elevated blood pressures need to be followed very closely by the doctor.
  - Urine dip* - This measures both protein and glucose, both should be negative throughout your pregnancy.
  - Fetal heart* - Your baby's heartbeat is assessed during each visit after 12 weeks. You are welcome to bring the baby's father or your support person to the happy event.

We have two certified Labor & Delivery nurses who are available for phone calls and may see you at your office visit. They are able to provide you with extra counseling on your pregnancy.

Ultrasound is performed at your first prenatal visit between 7-10 weeks for confirming your dates. Blood draws for prenatal panel are done as well as pap testing and vaginal cultures.

A routine 20 week ultrasound is performed. The rate of birth defect detection is 50%. The sex can be determined at this ultrasound. Our office performs 3D/4D ultrasound free of charge at your routine scan, if baby is in a "good" position for scanning. A couple of pictures will be provided to you. We do not allow videos/cameras nor do we make DVD's of your scan.

At 24 weeks, we have a pre-term labor educational tape for you to watch during your visit. A one-hour glucose tolerance test will be performed between 24 and 28 weeks gestation.

At 28 weeks, Rhogam is given if you are blood type Rh negative. This is the standard care which prevents Rh Disease of the newborn.

At 30-32 weeks a third trimester routine ultrasound for growth and position is performed. Any additional scans are for high risk pregnancies.

At 34-37 weeks a group b beta strep vaginal culture is performed. A vaginal exam is performed weekly until delivery.

Genetic testing: Please refer to the enclosed book “Your Pregnancy and Birth” compliments of Drs. Novas, Dohr & Coll for a detailed description. Be sure to discuss options with your physician. Not all tests may be covered by your insurance, even if medically indicated.

## **Our office performs: Genetic Testing**

Nuchal Lucency testing/sequential screening  
AFP for spina bifida screening  
Cystic Fibrosis testing  
Amniocentesis  
CVS (Chorionic Villus Sampling performed off site with a perinatologist.)  
Level II ultrasound or detailed ultrasound-(performed off site by perinatologist)  
Standard 20 week ultrasound  
Quad AFP screening  
Thalassemia screening  
Sickle cell screening  
Tay sacs screening

- Deliveries do happen during office hours! You may be asked to see another doctor if your doctor is attending a delivery or you may be asked to reschedule. You may call the office on the day of your visit to see if appointments are running “on-time.” Our Labor & Delivery nurses in the office can also see you.
- At each visit, we will discuss what is happening at that particular time in your pregnancy. If you have any questions, please write them down prior to your appointment and we will be happy to discuss them with you. If you do call the office, our Labor & Delivery nurses can help you with most OB calls or concerns.

## Prenatal Education

A brochure outlining the classes offered by Good Shepherd Hospital or St. Alexius Medical Center is provided in your packet. Register now for any classes that may interest you. They are usually taught after your 28th week.

## Pediatricians

You need to select a pediatrician or a family practice doctor to care for your infant after delivery. Please ask us for recommendations and also check with your insurance plan to choose a pediatrician closest to home and work. Please inform us whom you choose so we can include the information in your chart. At the time of delivery, the hospital will inform your pediatrician or family doctor of your baby's delivery. If you choose a doctor that is not on staff at Good Shepherd or St. Alexius, an on-call physician will see your baby while in the hospital. See enclosed list on page 20.

## Hospitals

Good Shepherd Hospital and St. Alexius Medical Center are excellent facilities to deliver your baby. The nurses on staff are knowledgeable and caring. Labor, delivery and recovery rooms are private for each patient. There are many amenities that make your stay a positive and memorable experience. Anesthesiologists are on staff 24 hours a day. We also have neonatologists (high risk baby doctors) present should your baby need extra medical attention after delivery. Tours of the Labor and Delivery unit are offered at different times of the month.

An advanced registration form will be given to you at 28 weeks. This should be completed and mailed or taken to Good Shepherd or St. Alexius Medical Center before the end of 32 weeks.

## Fetal Movements

Around 18-25 weeks you may first notice a fluttering several times per day. The baby will move less when the mother is active.

After 28 weeks, fetal movement should be monitored daily. If you have any perception of decreased movement, stop what you are doing to eat and drink something and then focus on fetal movements for the next hour. Six movements from the baby in an hour are reassuring. If fewer than 6 movements are felt within 2 hours, call the office.

## Commonly Asked Questions

### **TRAVEL**

Always wear a seatbelt correctly positioned under your abdomen. Please call us immediately if you are involved in an accident. Avoid areas where changes in climate, food or altitude could cause problems. If you travel for longer than 1 hour at a time, stop at least every 2 hours to empty your bladder and stretch your legs. Travel after 34 weeks is not recommended. If you are a high-risk pregnancy, travel is not recommended at all. If you have a complication while traveling, you are at higher risk due to poor coordination of care. Always stay well hydrated, do ankle circles, do not cross legs and move around every hour.

### **ARTIFICIAL SWEETENERS**

Artificial sweeteners have now been approved as safe during pregnancy. However, we recommend that you limit your intake of artificial sweeteners as well as limit caffeine intake.

### **HAIR CARE**

Getting your hair permed or colored is ok. However, because of the changes in your body related to pregnancy, they may not take. All nail care is safe in pregnancy.

### **DENTIST**

It is ok to go to the dentist while you are pregnant. In fact, we recommend that you continue with your preventative dental cleanings. You can have Novocaine as long as you are not allergic to it. X-rays are also permissible if you wear a shield over your abdomen. We do not recommend tooth-whitening procedures in pregnancy, as your gums are more sensitive due to hormonal changes. It is not uncommon to have some gum bleeding.

## **CHICKEN POX**

If you have had chicken pox, there is no increased risk if you are exposed during your pregnancy. If you have not had chicken pox and are exposed, please call the office.

## **FIFTH DISEASE**

Parvovirus B19 is an airborne infection that causes a rash. It has the appearance as if your cheeks have been slapped. Most of us have been exposed and are immune. If you have a concern that you have been exposed, you can be tested in the office with a blood test.

## **TOXOPLASMOSIS PROTOZOA**

Can be caused by eating infected raw meat or eggs and is also found in cat feces. Do not change litter boxes while pregnant or allow a cat to walk on your kitchen counters. Another household member needs to change the litter daily. Always wash hands after any contact with a cat. Do not eat raw meats, fish or raw eggs.

## *Warning Signs*

***Call if you experience any of the following warning signs:***

1. Vaginal bleeding
2. Severe swelling of face or fingers
3. Severe abdominal or back pain that comes in a pattern every 15 minutes or more often prior to your 37th week. Be sure to watch our preterm labor tape at your 24 week visit.
4. Loss of fluid from the vagina
5. Decreased fetal movement.
6. High fever, chills - temperature greater than 104 degrees F, any fever should be treated with Tylenol
7. Severe, persistent vomiting that lasts longer than 4 hours
8. Painful urination
9. A headache that doesn't respond to Tylenol
10. Any injury that hurts you or causes concern about the baby, such as a fall or auto accident.



## Do's and Don'ts

### **DO...**

1. Stay hydrated, 8-10 glasses of water per day
2. Eat regular and healthy meals
3. Take your vitamins daily
4. Refer to this packet frequently
5. Call with questions-please keep nonemergency questions to normal business hours
6. Enjoy this miracle

### **DO NOT...**

1. Eat raw unpasteurized foods like cold cuts, raw or rare meats, sushi or soft cheeses or hot dogs & sausages unless steaming hot. (consult listeria section-page 77 of "Your Pregnancy and Birth" book.)
2. Smoke. If you need help quitting talk to your physician.
3. Use essential oils/herbs (call office for clarification)
4. Drink alcohol
5. Consume large amounts of caffeine, limit to 1 serving per day.
6. Perform strenuous activity.

## Common Symptoms

### **SPOTTING**

Spotting in early pregnancy, which is common, is alarming but not always a sign of eminent danger to your pregnancy. You should always let us know about spotting and or bleeding as soon as possible. Spotting in the 3rd trimester can sometimes be a serious complication - please call us immediately. Sometimes scant spotting can occur due to a pelvic exam or intercourse.

### **DIZZINESS**

Dizziness and light-headedness is also common during pregnancy. If you lose consciousness, this is potentially dangerous and should be reported immediately. Remember to move slowly, avoid getting out of bed or changing positions too quickly. If you are feeling faint, sit down or lie down. Do not shower while alone. Eat frequently and stay well hydrated.

## **HEADACHES**

Pregnancy and the increase in hormones may cause headaches. Tylenol is safe in pregnancy, use as directed. Try to get enough rest, eat regularly, stay well hydrated, apply cold compresses to forehead and use relaxation techniques. Call if they persist.

## **ROUND LIGAMENT PAIN**

When the uterus grows, the round ligament stretches and can be quite painful. It can feel like a sharp stabbing pain usually on either side of the uterus. It can sometimes also be felt in the vagina and it can cause you to “stop in your tracks.” Taking Tylenol as directed and a warm heating pad can help. Remember, it is a good sign that the uterus is growing.

## *1st Trimester*

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### **NUTRITION:**

Don't try to lose weight during pregnancy. What you eat nourishes your baby as well as yourself. Eat a healthy, well-balanced diet that includes adequate protein, vegetables and fruit, grains and dairy products. Discuss prenatal vitamins and mineral supplements with your doctor. In pregnancy, most women need about 2000 calories per day. All patients may benefit from nutrition counseling in pregnancy. We have classes and private sessions available at our office.

### **WEIGHT GAIN**

Weight gain can be approximately 5 pounds in the first trimester. You will gain most of your weight in the later stages of your pregnancy.

### **EXERCISE AND ACTIVITIES**

Moderate and safe exercise during pregnancy can make you feel good, tone your muscles and increase endurance. Aerobic exercises, such as swimming, walking and low impact aerobics help strengthen your heart. Ask your doctor about an exercise program that is safe and appropriate for you. Maintain your heart rate below 140-150 bpm

### **DAILY TIPS**

You will probably feel very tired during this time so get all the rest you need, taking short naps when you can. Many women feel queasy or nauseated during the 1st trimester. Try eating small meals throughout the day and eat dry crackers when you feel sick.

### **HEALTH RISK**

Smoking increases the risk of low birth weight, still birth, and health problems in infancy. Do not drink alcoholic beverages during pregnancy. Excess consumption of alcohol may cause low birth weight, birth defects and mental retardation in the fetus (fetal alcohol syndrome). Reduce your consumption of caffeinated beverages. Tell your doctor about any medications you are taking.

## 2nd Trimester

### **NUTRITION**

Eating well-balanced meals and drinking plenty of water remains essential for your health and the health of the growing fetus. Your appetite may increase but limit sweets and junk food. These foods increase your calories but do not provide good nutritional value.

### **WEIGHT GAIN**

Your weight may increase significantly toward the end of the 2nd trimester.

### **EXERCISE AND ACTIVITIES**

You can continue to exercise carefully. Your joints are looser and more likely to be injured by jerking movements and because your center of gravity is changing you can more easily lose your balance. Swimming and prenatal yoga are some of the best exercises during pregnancy.

### **DAILY TIPS**

To help prevent backache, relieve strain on the back by wearing low-heeled shoes, using proper lifting techniques, getting enough rest and practicing good posture. You can use a pregnancy belt from a maternity store to ease low back pain. To help prevent sore, swollen feet and varicose veins, try not to stand in one place for long periods of time and wear support stockings. To help prevent sleeplessness, sleep on your side and place extra pillows to support your back and abdomen. Rest is very important but as the fetus grows and becomes active, you may have trouble sleeping.

### **PRENATAL VITAMINS**

Prenatal vitamins are recommended six weeks prior, during and six weeks after pregnancy and while breastfeeding.

Over the counter prenatal vitamins are good. Check for 1mg of folic acid. We have a website source for good prenatal vitamins that are very well priced. [www.prenataldirect.com](http://www.prenataldirect.com)

## *3rd Trimester*

### **NUTRITION**

Continue to eat well balanced meals and nutritious food. Watch your salt intake and drink plenty of water to help reduce swelling in the legs and feet. Try sitting down and elevating your feet to reduce swelling in the legs.

### **WEIGHT GAIN**

Your baby gains the most weight in the last 13 weeks of pregnancy, so you will probably gain the most weight at the end of the 2nd trimester and throughout the 3rd trimester. Average weight gain for the pregnancy is 24 to 32 pounds.

### **EXERCISE AND ACTIVITIES**

You may have to adjust your activities and exercises to accommodate your increasing size and fatigue. You should take short naps when you can. Avoid becoming exhausted and make sure you are drinking plenty of fluids. Ask your doctor for advice on the most appropriate activities, swimming and walking are often recommended.

### **DAILY TIPS**

As in the 1st trimester, you will probably feel very tired and will need a lot of rest. You may also have to urinate more frequently as your enlarging uterus presses on your bladder. To help prevent hemorrhoids, avoid constipation by drinking plenty of water and eating fruits, vegetables and grains regularly.

### **HEALTH HINT**

Many women experience emotional ups and downs due to the hormonal change, fatigue and worry. If you have any concerns about your pregnancy and your baby, talk to your doctor.

### **TERM LABOR SIGNS**

Signs of labor can be different for each patient. You will be counseled at your 36 week visit.

## *Approximate Fetal Growth & Development*

<b>Weeks</b>	<b>Weight</b>	<b>Length</b>
Cr (Crown To Rump) Ch (Crown To Heel)		
8	<1/2 Oz	1 1/4 In. Cr
13-16	7 Oz	5 1/2 In. Cr
21-25	1-2 Lbs	11-15 In. Ch
30-34	3-6 1/2 Lbs	16-19 In. Ch
35-38	6-9 Lbs	18-21 In. Ch

# Novas, Dohr & Coll OB/Gyn Associates, S.C. *OB Medication List*

**Medications Should Only Be Used When Necessary  
Or Prescribed. The Following Medications Are Safe  
For You To Take During Your Pregnancy.**

## Colds & Stuffy Nose

- Rest, increase fluids, use Tylenol if temperature is greater than 99.8
- Afrin Nasal Spray. **Do not use more than 3 days**
- Sudafed (after 12 weeks). **Do not take if any elevation in blood pressure**
- Tavist D
- Chlortrimetron
- Cool air vaporizer at your bedside. **(Clean unit frequently.)**
- Plain saline nasal sprays
- Vicks Vaporub

## Cough

- Rest and increase fluids
- Robitussin DM
- Cough drops
- Throat lozenges (Cepacol and Sucrets)
- Chloraseptic Throat Spray

## Constipation

- Increases due to hormones, avoid hard stools by increasing liquids and activity (if not restricted by MD). Add fresh fruits, prunes, bran cereals and vegetables to your diet.
- Colace (stool softener) for occasional use only.
- Dilose, Citracal, Metamucil or Fiber-Con.
- If severe, okay to use Milk of Magnesium, Fleets Enema or Magnesium Citrate for 1 day/dose.

## **Headaches Or Minor Pains**

- Treat any fever
- Tylenol/Acetaminophen, no more than 4000 mg in 24 hrs. If extra strength 500 mg, take 2 every 4-6 hrs, no more than 8 in 24 hrs.
- Do not use ibuprofen or aspirin during pregnancy.

## **Hemorrhoids**

- Keep tissue moist, avoid constipation.
- Preparation H, Anusol or Tucks.
- Warm sitz baths (helps keep tissue moist-soak in tub 2-3 times per day for 10-15 minutes).
- Pre-moistened flushable wipes help soothe area.

## **Heartburn Or Gas**

- Avoid Prilosec.
- Tums, Rolaids, Gas X, Prevacid, Pepcid AC , Tagamet, Mylanta, Mylicon, Maalox or Zantac are fine to use.

## **Nausea**

- Nausea usually decreases in the 2nd trimester.
- Unisom (Doxylamine) combined with vitamin B6 – take 1/2 tablet of Unisom with 25mg of Vitamin B6 twice daily.
- There are many medications that are safe. Call if you are unable to keep anything down for 24 hrs or are losing weight.

*The following are some suggestions to help alleviate nausea:*

- Ginger –available in tea & lozenges.
- Crackers before rising
- Wristbands with pressure points can be purchased at health food stores or pharmacies.
- Watch your diet, eat small amounts, bland food every 2 hours may help.
- Avoid perfume and strong odors.
- If vomiting, try sips of Gatorade or Pedialyte every 30-60 minutes.
- Emetrol (over the counter) is safe in pregnancy

## **Allergies**

- Benadryl - After 1st trimester
- Claritin/Claritin D
- Zyrtec

## **Medications You Cannot Take While You Are Pregnant**

- Kaopectate & Pepto-Bismol. (Cannot be used during pregnancy or lactation because these products contain aspirin which should not be given to children.)

## **Do Not Take**

- Aspirin, Advil, Motrin, ibuprofen, mineral oils, castor oil, douches, tetracycline, herbs or essential oils without checking with MD.
- Avoid Vitamin A Greater than 10,000 units.
- If you have any questions regarding any medications or you would like to take a medications not listed, please telephone our office at (847) 304-0044.

## **Herbs**

- Many herbs are contraindicated in pregnancy, refer to your complimentary copy of “Your Pregnancy & Birth.”

## **Massage Therapy**

Massage during pregnancy can decrease anxiety, promote better sleep and reduce stress during labor. It is best done by a massage therapist experienced in pregnancy massage and in a side lying position.

Our office has an experienced medical massage therapist. Please make an appointment with the front desk.

A few precautions: Certain acupressure points should be avoided as they can lead to uterine stimulation. Vigorous abdominal massage is dangerous to the fetus. There have been reports of it causing bleeding in the fetal brain.

Perineal massage four to six weeks prior to delivery may help decrease the amount of tearing at the time of delivery and decrease the need for an episiotomy. Consult with your physician.

## Exercise And Activities

There are exercise programs for pregnant women available at various fitness centers. Yoga & swimming is recommended. If any discomfort occurs, stop activity, rest and hydrate.

As long as you are feeling well and your doctor allows it, you may continue working out and participating in sports activity. Vigorous activity could result in muscular-skeletal injury due to joint changes in pregnancy. Also, do not get overheated. No hot tubs and tanning beds. Keep your heart rate less than 140 during exercise.

We discourage new vigorous exercise routines. We also discourage potentially dangerous sports activities while pregnant. (For example-snow-skiing or water skiing.)

## Fetal Effects Of Exercise

- Oxygen delivery to the fetus is unchanged
- Temperature within the uterus increases slightly during exercise. It is wise to refrain from strenuous exercise in a hot environment.
- Avoid dehydration that exacerbates heat stress.
- Mild to moderate exercise has not been shown to have any adverse effects on the fetus.
- Strenuous exercise may slightly increase the rate of spontaneous miscarriage, congenital malformation and growth restriction.

## Contra-Indications To Exercise In Pregnancy

- Incompetent cervix
- Placenta previa
- Multiple gestations
- History of recurrent miscarriage
- Threatened premature delivery
- Vaginal bleeding
- Palpitations/shortness of breath
- Hypertension-Anemia



## *Exercise Recommendations*

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- Regular exercise (three times per week) is preferable to intermittent exercise.
- Avoid exercise in the supine position (laying flat on your back) after the first trimester. Also avoid standing motionless for long periods. This is associated with decrease in the heart's ability to pump blood to the uterus.
- Do not exercise to exhaustion.
- Women should be aware of the decreased oxygen available for aerobic exercise during pregnancy and should modify intensity according to symptoms.
- When you are feeling tired or short of breath STOP!
- Any type of exercise involving the potential for even mild trauma to the belly should be avoided. Any exercise requiring excellent balance should be avoided.
- Pregnancy requires an additional 300 calories a day to maintain the pregnancy. Therefore, when exercising, be careful to ensure an adequate diet.
- To avoid overheating (especially in the first trimester), ensure adequate hydration, appropriate clothing and optimal environmental surroundings during exercise.
- Do not exceed a heart rate of 140 beats per minute. (150 if active before pregnancy.)
- Avoid trying to vigorously increase flexibility (joints are weaker during pregnancy).
- Many changes of pregnancy persist for 4-6 weeks postpartum. Therefore, pre-pregnancy exercise routines should be resumed gradually.

## *Benefits Of Exercise During Pregnancy*

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- Pregnant women who are fit have a better capacity to carry out the workload of labor and delivery.
- Ability to resume regular activity is hastened after delivery.
- Less weight gain.
- Pelvic floor muscles remain stronger and there is less pelvic pressure/pain at the end of the pregnancy.

## *Improve Your Pregnancy Outcome With Omega-3 Fatty Acids*

### **What are Omega fatty acids?**

Fatty acids are important for muscle and nerve function. Most are made in your body. However, your body cannot produce omega fatty acids. Therefore, they have to come from your diet. The essential two are Omega-3 and Omega-6 fatty acids.

- Omega-6 fatty acids: Linoleic acid (LA)
  - Arachidonic acid (AA)
  - Docosapentaenoic acid (DPA)
- Omega-3 fatty acids: AlphaLinoleic acid (LnA)
  - Docosahexaenoic acid (DHA)
  - Eicosapentanoic acid (EPA)

### **Which is more important?**

Both fatty acids are important, however, the American diet has changed so that there is an excessive amount of Omega-6 fatty acids and a deficiency of Omega-3 fatty acids.

### **The big problem...**

Humans consume much greater amounts of Omega-6 fatty acids. These are found in animal fat laden meat, dairy products, “fast” and fried foods. This is not healthy for you or your baby. Omega-3 fatty acids are as important if not more important. However, these are not found in animal meat. They are found in fish and in nuts.

### **Why are Omega-3 fatty acids so important?**

Omega-3 fatty acid supplementation can improve fetal growth and brain development. It can also decrease the risk of pre-eclampsia (Toxemia) and pre-term labor. Omega-3 supplementation in the later half of pregnancy increases breast milk production of DHA and EPA. This helps your baby develop if you breast feed.

### **How much Omega-3 fatty acid is enough?**

The daily recommended value for pregnant and lactating women is at least 300 mg per day.

## **Foods that contain Omega-3 fatty acids**

- Deep ocean, oily-fleshed fish. (examples are salmon, sardines and Mackerel)  
You should consume this at least twice weekly.
- Oils derived from marine life.
- Dairy foods that have Omega-3 acids incorporated into them (“functional food”)
- Walnuts and Flax seeds (Uncle Sam’s cereal-found in Health Food Dept.)
- Vegetable oils: Flax seed oil, walnut oil

## **Bottom line**

Incorporate these foods into your daily meals to improve the development of your baby. Discuss this with your doctor.

**People should not avoid fish because it’s a good source of protein and other nutritional benefits. It is a good source of Omega-3 fatty acids. It is the mercury in some fish that may cause toxicity.** A guide of fish that are safe to eat: Salmon, Sardines, Sole, Freshwater Catfish, Tilapia, Farm-raised Trout, Shrimp, Clams, Scallops and Oysters. Raw fish is NOT recommended

## **One Meal A Week**

Mahi Mahi, Orange Roughy, Sea Bass, Red Snapper, Flounder, Freshwater Bass, Halibut, Grouper, Trout, Canned Tuna and Crab.

## **Avoid**

Swordfish, Shark, Tilefish, Marlin, Raw fish (Sushi), Fresh Tuna, Tuna Steaks, and King Mackerel

We recommend you obtain your Omega Fatty Acids from your diet. If you would like a supplement, we recommend over the counter Omega-3 fatty acids - available in children’s chewable gummy bears or regular capsules.

# Novas, Dohr & Coll OB/Gyn Associates, S.C.

## One-Hour Glucose Tolerance Test

All patients must have a one (1) hour glucose tolerance test after 24 weeks of gestation. We will provide an order for lab work to all HMO patients, so they can schedule their blood tests at the appropriate facility. Appointments are necessary for ACL Labs.

### Instructions

- Do not eat or drink anything, except water one (1) hour prior to the test. This includes gum, candy, or mints.
- No smoking one (1) day prior to the test.
- There are no restrictions on quantity or type of food that you may consume on the day prior to the test.
- You may not eat or drink during the test.
- Water is the only exception and will be available and is encouraged.
- Please inform the receptionist that you are having the glucose test done

### Procedure

You will be given a glucose drink that must be consumed in five (5) minutes. You will see an obstetrician and then come back to have a blood draw one (1) hour later.

You will be notified of the results in 1-3 days (keep instructions until notified in case you need to take the Three-Hour Glucose Test).

### Three-Hour Glucose Tolerance Test

If you are called with a high one (1) hour result, you will need to schedule a three (3) hour glucose tolerance test. This time you are not allowed to have anything by mouth from midnight *except for water*. Your appointment will be at 8:45 a.m. Blood will be drawn for fasting blood sugar and then you will drink a double dose (one small bottle) of the glucose drink.

Every hour for three (3) hours your blood will be drawn for a total of four (4) vials.

Remember to bring something to do during the wait (laptops, dvd player, books etc.).

Bring a lunch to eat after the test is complete.

You may not feel your normal self until the following day due to the fluctuations in the blood sugar.

## *Cord Blood Information*

For a fee, you may store it for your family's unexpected future medical needs.

### **Family Banking**

ViaCord

[www.ViaCord.com](http://www.ViaCord.com)

1-866-835-0968

### **Cord Blood Registry**

[www.cordblood.com](http://www.cordblood.com)

1-888-704-1925

### **Public Banking**

(Within Chicagoland)

ItxM Clinical Services

[www.givcord.org](http://www.givcord.org)

1-847-298-9660

Outside Chicagoland

### **National Marrow Donation Program**

[www.marrow.org](http://www.marrow.org)

1-800-MARROW-2

### **Cord Blood Donation**

Save stem cells for future research is also available.

## *GHS Pediatricians Physician Referral Line*

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**Health Advisor**

**800-323-8622**

*Call to receive information on pediatric physicians  
and to verify they accept your insurance.*

### **LAKE SHORE PEDIATRICS**

Diane Fondriest, M.D.

Melanie Goodell, M.D.

Deborah Gulson, M.D.

David Saltzman, M.D.

Sherri Ross, M.D.

Susan Sheinkop, M.D.

Riley Minster, M.D.

Elizabeth Michaels, M.D.

Rilina Ghosh, M.D.

### **OFFICES**

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