

# Pregnancy Summary Sheet

## Safe Medications in Pregnancy:

The Drug Information/Teratogen Hotline is (800) 532-3749

Pain or Headaches:	Tylenol (Acetaminophen)
Cough:	Robitussin dm (Guaifenesin)
Nasal Congestion:	Afrin nasal spray (max 3-4 days), Sudafed
Constipation:	Colace, Fibercon, Metamucil
Sore throat:	Ricola cough drops, Halls drops, salt water gargles
Heartburn:	Tums, Mylanta, Maalox, Zantac (Ranitidine), Pepcid (Famotidine)
Yeast Infections:	Gyne-lotrimin, Monistat
Seasonal Allergies:	Chlor-Trimeton (Chlorpheniramine), Claritin, zyrtec, Benadryl, nasal steroids
Insomnia:	Benadryl, Tylenol PM, Ambien
Nausea:	25 mg Vitamin B6 plus ½ of a Unisom tablet, seabands, ginger

## Precautions:

- Take your prenatal vitamins with at least 400 micrograms of folic acid (folate) per day.
- Do not smoke or use alcohol and recreational drugs.
- Avoid high temperatures (no hot tubs or Jacuzzis).
- Drink plenty of water when exercising. Keep your heart rate about 140 or less.
- Do not eat raw meat, Eat sushi only if it is very freshly made.
- If you have a cat, do not change the kitty litter (risk for toxoplasmosis).
- Do not eat high mercury containing fish: shark, swordfish, king mackerel, and tile fish.

## Time Line:

Note: NT testing is now offered to everybody. Amniocentesis is for pt over 35.

6-10 wks	In office ultrasound. Blood tests: Prenatal labs. Schedule NT testing. (CVS for some).
12-14wks	CVS and NT testing performed. Schedule Amnio for 16-18 wks if desired.
14-16 wks	Schedule your level II ultrasound for 18-20 wks.
16-18 wks	Quad blood testing is done to complement the NT. Amnio is performed.
18-20 wks	Level II ultrasound performed.
20-22 wks	Sign up for prenatal classes (see below). Fetal echocardiograms performed for some patients.
24-28 wks	Glucola blood test performed (diabetes screen).
28-32 wks	Some Rh negative patients receive Rhogam. Prenatal classes.

## Prenatal Testing Centers:

Genetic Counseling, NT, CVS, Amnio, Level II ultrasound, Fetal Echo, NST

Stanford Perinatal Diagnostic Center (Level II ultrasound)	(650) 725-7030
Stanford Genetics Counseling (NT, CVS, Amniocentesis)	(650) 725-5198
Drs McCallum and Liner (NT, Amniocentesis, Level II ultrasound)	(650) 964-1505
UCSF Perinatal Unit (NT, CVS, Amniocentesis, Level II ultrasound)	(415) 476-4080
Stanford Pediatric Cardiology (Fetal Echocardiograms)	(650) 497-8422

## Childbirth Classes:

Lucile Packard Children's Hospital (Stanford)	www.lpch.org	(650) 723-4600.
Redwood City Special Delivery, call Patty (RN) at:		(831) 475-0451
Sequoia Hospital	www.sequoiahospital.org	(650) 367-5998
El Camino Hospital	www.elcaminohospital.org	(650) 940-7302
Mills Peninsula Hospital	www.mills-peninsula.org	(650) 696 5400
Blossom Birth	www.blossombirth.com	(650) 964-7380
Birth University (S.F.)	www.birthu.com	(707) 746-7783

**Jan T. Rydfors, M.D., F.A.C.O.G.**  
**Rubi Khilnani, M.D., F.A.C.O.G.**

Obstetrics, Gynecology and Infertility,  
 401 Warren street,  
 Suite 300, Redwood City, California 94063  
 Tel 650.701.1882 - Fax 650.701.1882