



WELCOME!

Welcome to NYU Trinity Centre Maternal-Fetal Medicine. This information will help answer some of your most common pregnancy concerns. If you have additional questions, please call the office or your obstetrician.

Due Date: Will be determined by your last menstrual period, ovulation information and early ultrasound.

EATING FOR TWO

In most cases, weight gain during pregnancy is 3-5 pounds in the first 12 weeks, 1 pound per week after (25 to 35 pounds altogether).

In order to attain the target weight gain, an average daily increase of 300 calories is required; this amounts to about 2 slices of bread, a cup of yogurt or 3 to 4 slices of cheese daily.



NYU Trinity Centre Maternal-Fetal Medicine

111 Broadway, 2nd Floor
New York, NY 10006
Phone: (212) 263-9700
Fax: (212) 263-9701
www.NYUTrinityCentre.org

COMMON QUESTIONS & CONCERNS

Amnio: If done, amniocentesis (under ultrasound guidance) is performed as close to 16 weeks as possible.

Caffeine: You may have up to 3 cups of caffeinated coffee/tea/soda per day.

Cats: If you have a cat, it is probably safest to avoid contact with the litter for the pregnancy.

Circumcision: Our obstetricians can perform this elective surgery. Please let us know at the time of delivery if you plan to have your baby circumcised.

Colds/ Flu: Tylenol is safe (2 extra strength-1000mg) every four hours up to four times daily; Robitussin is also safe for coughing. Claritin and Benadryl are also allowed.

Computers: Safe throughout pregnancy.

Constipation: Can be safely relieved by prunes, prune juice, Colace, Metamucil, Surfak, Milk of Magnesia, Pericolace, etc. Remember to increase your fluid intake!

Cord Blood Banking: While our practice neither endorses nor discourages cord blood banking, you can learn more about it at: www.nationalcordbloodprogram.org

Dental Cleaning: Safe throughout pregnancy.

Epidurals: 75 to 90% of our patients opt for and receive epidural analgesia; we will discuss this in the third trimester (the last three months of the pregnancy); we welcome any version of pain control as long as we feel it's safe for you and the baby.

Weeks vs. Months: Obstetricians use 'weeks from your last menstrual period' as an accurate way of tracking your pregnancy; please feel free to ask for an interpretation at your visit.

Exercise: You may continue the same routine you did prior to the pregnancy (unless instructed otherwise); stay cool and well-hydrated! Swimming is also safe during pregnancy.

Hair Treatments: No limit (includes perms).

Hot Tubs, Jacuzzis, Saunas: Not recommended, as they can pose a danger to the fetus.

Ice Skating, Skiing, Rollerblading: Not allowed because of increased risk of injury.

Intercourse: Safe throughout pregnancy unless instructed otherwise.

Painting: All water based and most oil based paints are safe to use; make sure the area is well ventilated.

Seat Belts: Lap & shoulder belts should be worn all the times (the lap belt goes under the belly!)

Sonogram: We encourage you to check with your insurance regarding coverage. Generally, sonograms are performed at the initial visit (11 – 13 weeks), 16 weeks, and 21 weeks to determine fetal position, assess fetal growth and well-being.

Travel: Long car trips should be avoided, but if you must go, take frequent (every 1-2 hours) stops to stretch your legs. If you plan on flying, please give us a call so that we can determine if it is a safe option for you. Airlines generally do not allow women to fly after 36 weeks of gestation.

Vitamins: In addition to prenatal vitamins, extra calcium (eg. Tums) is recommended.