

# McCrary - Rost Stewart Memorial Community Hospital

## Prenatal Guide

- **One hour Glucose tolerance test** - This test checks for sign of gestational diabetes. It is recommended you do not eat or drink anything high in sugar, carbohydrates, (cereals, grains, breads, pasta, peanut butter, or high fat content) that morning. After drinking a sweetened solution, you must wait in the clinic one hour. A blood test will be performed to test the blood sugar level. If this test is elevated, your physician will schedule additional testing with a three hour Glucose test.
- **Group B strep** - This test checks for Group B Strep from the vaginal area. If positive, moms will receive an IV antibiotic while in labor.
- **Non-stress Test** - A monitor is placed on mom's abdomen and will track the baby's heart rate and possible contractions over a 20 minute period. This is performed as an outpatient at the hospital, in the third trimester, if your physician feels it is necessary.



*We welcome the opportunity to serve you during your pregnancy, delivery and care of your baby. We hope this guide is informative, but please feel free to ask questions.*



**Stewart Memorial  
Community Hospital**  
1301 West Main St.  
Lake City, IA 51449  
(712) 464-3171  
800-262-2614



**McCrary Rost Clinic**  
1351 West Main Street  
Lake City, IA 51449  
(712)-464-7907  
800-560-7500

**Small Miracles**



**Caring Hands**



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

## **Before Pregnancy:**

- **Stop Smoking** - Smoking increases risk for low birth weight babies, miscarriage, premature birth, still birth, cleft palate, asthma, preterm labor, and sudden infant death syndrome.
- **Alcohol use** - When you drink, the alcohol rapidly reaches your baby through the placenta. Alcohol can lead to life long mental retardation, behavior problems, learning disabilities, facial and heart defects. Drinking my also effect your ability to get pregnant.
- **What to eat** - It's best to be your ideal weight before pregnancy. Reduce intake of empty calories, caffeine and artificial sweeteners. Diets of protein, fruit, dairy, vegetables and grain will make you healthy for pregnancy.
- **Vitamins with Folic Acid** - Most physicians recommend a multivitamin with 400 mcg of Folic acid to reduce baby's risk for birth defects of the spine. Ideally, you should start 2 months before pregnancy.
- **Fathers** - Need to be healthy also. Stop smoking, avoid alcohol and eat a healthy diet.
- **Ongoing medical condition** - Visit with your physician before you conceive.

## **Signs and symptoms of pregnancy:**

- Swollen breast, frequent urination, fatigue, missed period, nausea.
- You may perform a home pregnancy test or contact your physician to schedule an exam and lab test.

## **The next 9 months:**

- Get regular prenatal check-ups. It is helpful for your partner to come to some prenatal visits.
- Monitor baby's movement (kick counts).
- Sign up for prenatal and early bird classes at Stewart Memorial Community Hospital. See website for details and classes.
- Register for Caring Hands Close to earn points for shopping. You do not need to be registered to attend the educational classes conducted by the Caring Hands Closet.
- Tour the OB Department.
- At about 36 weeks, pre-register at the Stewart Memorial Business office, if you have not registered during Prenatal classes.

## **What to expect during prenatal visits:**

- A detailed health history and questionnaire will be performed at your first prenatal visit.
- Vital signs, weight, and urine testing will be performed at each visit.
- Visits will be monthly for a non-high risk mother. At 30-36 weeks, visits will be every 2 weeks. At about 36 weeks, your visits will probably be weekly. High risk mother's frequency of visits will be determined by your physician.
- Initial prenatal laboratory profile will include CBC, urinalysis, HIV, blood typing with Rh screen, cystic fibrosis, Rubella titer and about 15-19 weeks, a Maternal Quad screen. You will be informed about each test and sign consents for selected tests.
- Ultrasounds - you will be given written instructions prior to testing.
- Glucose Tolerance Test - you will be given written instructions prior to testing.
- Group B strep
- Non-stress testing - this is performed at the hospital.

## **Brief Description of Tests:**

- **Maternal Quad Screen** - May also be referred to as AFP. This test measures the levels of hormones in your blood. Abnormal levels may indicate an increased risk for neural tube defects or down syndrome. If your test is abnormal, your provider may suggest additional tests such as an ultrasound or amniocentesis.
- **Amniocentesis** - Procedure to rule out neural tube defects or downs syndrome. Guided by ultrasound, a physician inserts a needle through the abdomen into the amniotic sac. The fluid is sent to a lab for testing.
- **Ultrasound** - High frequency waves create a picture of your developing baby. The picture helps pinpoint the baby's age, multiple babies, and some other conditions. This may be performed in the clinic or hospital. In a darkened room, jelly is applied to the abdomen and transducer is moved over your abdomen.
- **Rh Screen** - You will be tested for blood type. If your blood type is negative, you will be retested at 26-29 weeks. You will then receive an injection of Rhogam at 26-29 weeks to prevent your baby from developing antibodies in the blood. These antibodies could harm the baby's red blood cells. At birth, if your baby's blood type is positive, you will receive another injection of Rhogam.

(Continued on back)