

Congratulations! Your Due Date Is:

Your Providers at Women's Health First look forward to this journey with you!





AMITAhealth.org
847.843.2000

More than Healthcare — Wholecare

AMITA Health Women & Children's Hospital Hoffman Estates offers highly specialized, university-level medical care to patients in the northwest suburbs of Chicago.

Here, in our state-of-the-art facility, top physicians on staff and highly trained clinicians are dedicated to delivering specialized, integrated medical care for children and women of all ages. We work to support our patients' needs holistically — body, mind and spirit. We call it **Wholecare**.

ASSOCIATES & PHYSICIANS

- 1,000+ Associates
- 220+ Medical Staff Members (Pediatrics and Obstetrics/Gynecology)
- 15+ Volunteers

CAMPUS LOCATIONS & FACTS

AMITA Health Women & Children's Hospital Hoffman Estates

1555 Barrington Rd.
Hoffman Estates, IL 60169

Annual Stats (approx):

- Admissions: 6,000+
- ER Visits: 18,000+
- Births: 3,500+
- 131 Licensed Beds

ALL Private Patient Rooms:

- 14 Labor & Delivery
- 8 Antepartum
- 32 Postpartum
- 24 Pediatric
- 29 Neonatal Intensive Care
- 8 Pediatric ICU
- 9 Pediatric Emergency Department
- 6 Obstetrics Emergency Department

Units

- Center for the Pediatric Brain
- Labor & Delivery
- Mother/Baby
- Neonatal Intensive Care Unit (NICU)
- Pediatrics
- Same-Day Surgery
- Pediatric Intensive Care Unit (PICU)

CN® EmergiKids® Pediatric Emergency Room

Separate, kid-focused emergency area located inside the Emergency Room (ER) of AMITA Health St. Alexis Medical Center Hoffman Estates.

- Priority attention for children
- Kid-friendly environment
- Pediatric emergency physicians
- Pediatric nurses
- Kid-sized medical emergency equipment
- Access to care from more than 80 pediatricians and 60 pediatric specialists
- Foreign language services available

AWARDS & RECOGNITION

American Diabetes Association

AMITA Health Women & Children's Hospital has received the American Diabetes Association Education Recognition Certificate for its diabetes self-management education program for children and teens.



Recognized as a Baby-Friendly birth facility by Baby-Friendly USA, Inc.

Neonatal Transport Team

TECHNOLOGY & PATIENT SAFETY

- Electronic Medical Record System (EMR)
- Computerized Provider Order Entry (CPOE)
- Medication Positive Patient Identification (mPPID)
- Picture Archiving & Communication System (PACS)
- Dragon Medical Voice Transcription
- PerfectServe® Synchrony

AMITA HEALTH®
WOMEN & CHILDREN'S HOSPITAL
HOFFMAN ESTATES

PEDIATRICS — SUBSPECIALTY CARE

AMITA Health Women & Children's Hospital provides the highest level of care for pediatric conditions ranging from common to complex. Our philosophy is centered on helping children feel safe and comfortable in our care.

We offer access to Child Life Specialists, board-certified pediatric primary and specialty care doctors and trained pediatric nurses — and have more than 60 pediatric specialists on staff.

In addition to the inpatient services listed on the back, outpatient services are available at AMITA Health Women & Children's Hospital and other AMITA Health locations.

AMITA Health Center for the Pediatric Brain

Comprehensive and coordinated approach for the treatment of pediatric brain, nervous system and neuromuscular disorders. Our specialty programs and clinics feature physicians, psychiatrists, psychologists, nurses, navigators and other neuroscience professionals who help diagnose and treat patients in a supportive, family-friendly environment.

Specialty Care

- Developmental and Behavioral Pediatrics
- Neurology
- Neurosurgery
- Neuropsychology
- Psychiatry/Behavioral Medicine
- Pediatric Endocrinology
- Pediatric Pulmonology
- Pediatric Surgery
- Pediatric Nephrology

Programs

- Advanced Neuro-Diagnostics
- Autism Spectrum & Developmental Disorders Resource Center
- Concussion Clinic
- Epilepsy Center
- Headache Center
- Neonatal Developmental Follow-Up Clinic
- Sedation

Inpatient Care

A dedicated team of pediatricians serves our child patients in collaboration with primary care physicians. We provide 24/7 pediatric hospitalist coverage. Our safe and secure inpatient rooms provide a medical “home away from home” for both you and your child, with enough space to accommodate overnight stays. Our Child Life Specialists help kids feel at ease as they prepare for surgery or receive treatments such as IV therapy. Amenities include room service, games, toys, books, play rooms and an in-room television with DVD player.

Pediatric Intensive Care Unit (PICU)

We provide critically ill children with the highest level of focused medical and nursing attention. Pediatric intensive care specialists work around the clock to treat patients ranging from infants to teenagers.

WOMEN'S HEALTH — FOR EVERY STAGE OF LIFE

AMITA Health Women & Children's Hospital is dedicated to providing highly personalized, specialized care for every stage of a woman's life. We offer the full range of women's health care including obstetrics, breast, heart, neurology, gynecology and more.

AMITA Health Women & Children's Hospital is also the premier destination for bringing new babies into the world. For high-risk pregnancies and births, we offer exceptional expertise in maternal fetal medicine, providing Level III Perinatal services and a Neonatal Intensive Care Unit (NICU).

We use advanced technologies and provide educational offerings, including specialized support for new moms before, during and after pregnancy; minimally invasive and robotic-assisted surgery options for pelvic health disorders such as organ prolapse and incontinence; uterine bleeding and fibroids; menopausal care; and the latest mammography technologies and breast self-exam training and more.

Birthing/Maternity AMITA Health Women & Children's Hospital's birth center offers a comfortable environment where our caregivers pamper the new family and help deliver an optimal birth experience. We offer nitrous oxide as a pain management option during labor. With specialized care for high-risk pregnancies, expert perinatal services and lactation specialists, our goal is to provide for your every need. We provide 24/7 OB coverage in the ED.

Prenatal Care We offer access to top area OB/GYNs and services for mood and anxiety disorders, pregnancy planning, reproductive issues, infertility and more.

Maternal Fetal Medicine Experts include perinatologists, nurses, ultrasonographers, a genetic counselor, a social worker, neonatologists, pediatric cardiologists and other pediatric specialists, who collaborate with fellow physicians and families to provide an individualized and comprehensive plan of care for both mother and baby.

Level III Perinatal Services with a NICU We provide expertise and resources from in-house neonatologists (24/7 coverage), neonatal nurse practitioners, critical care nurses, subspecialists, as well as advanced technologies and effective therapies to help these babies thrive.

Postpartum Care

- Breast Pump Rental
- Lactation Training and Support
- Mood and Anxiety Disorders Treatment
- Postpartum Depression Treatment

AFFILIATIONS

AMITA Health Women & Children's Hospital Hoffman Estates is part of AMITA Health, the largest health system in Illinois, comprising 19 hospitals and more than 230 sites of care. The health system has 900 providers in its medical groups, more than 26,000 associates and 7,000 physician partners and serves over 4.3 million residents in the greater Chicagoland area.



Schedule of Prenatal Visits

4-8 Weeks

- Ultrasound to help establish due date and confirm pregnancy
- Orientation to practice by Physician or Physician Assistant
- Prenatal Packet given
- Physical exam done with labs, pap smear, cervical cultures
- Early pregnancy labs possible
- Discuss obstetrical care, medical history, nutrition, fitness

12 Weeks

- Ultrasound for Nuchal Translucency-1st trimester screening
- Discuss genetic and carrier screening (see consent form)
- Prenatal lab tests
- Office visit and review of previous labs

16 Weeks

- Office visit with fetal heart tones with Doppler
- Additional genetic testing options
- Alpha fetal protein blood test
- Amniocentesis (optional for mothers over age 35 years old or abnormal genetic screen)

20 Weeks

(Please arrive 10 minutes before your ultrasound appointment)

- Fetal Survey Ultrasound
- Office visit to review ultrasound

24 Weeks

- Office visit with fetal heart tones with Doppler
- Pre-registration at hospital should be done
- Discuss cord blood banking options
- Rhogam order if indicated

28 Weeks

- Third Trimester office visit with fetal heart tones with Doppler
- Gestational Diabetes screening/hemoglobin screen-results in office before you leave
- TDAP vaccine
- Obtain Rhogam if indicated
- Depression Screen

32 Weeks

- Office visit with fetal heart tones with Doppler
- Sign VBAC consent form if indicated

34 Weeks

- Office visit with fetal heart tones with Doppler

36 Weeks

- Ultrasound for growth of fetus, fluid assessment and fetal position
- Group B Strep screen and labs for HIV/RPR
- Internal examination for dilation

37-39 Weeks

- Office visit with fetal heart tones with Doppler
- Weekly appointments for internal examination for dilation

40+ Weeks

- Biweekly office visit with internal exam
- Non-stress test and Ultrasound for Biophysical Profile for fetal monitoring of movement, breathing, tone, and fluid assessment

1-2 weeks PostPartum

- Incision check if cesarean section
- Depression screen

4-6 Weeks PostPartum

- Physical exam
- Birth control education on options
- Depression screen
- ***If at anytime during your pregnancy it is determined an at-risk, monitoring with NST and Ultrasound may be added and change the frequency of your visits.**



Genetic Screening

There are various tests available to you to determine genetic abnormalities. The purpose is to inform you if there is an increased risk and if other measures of care need to be performed. Please see the options below that we offer you in the office. Please initial next to the test you would like.

1. Nuchal Translucency + First Trimester Screen

- 82%-87% Detection rate for Trisomy 21 (Down's Syndrome)
- 5% false positivity rate
- Ultrasound for Nuchal should be done with blood work at same time followed by an alpha fetal protein test at 15+weeks
- Done between 11wk6d to 13wk6d
- Nuchal ultrasound alone is 70% for detection rate for Trisomy 21.

2. Quad Screen

- 81% Detection rate for Trisomy 21
- 5% false positivity rate
- Blood work only if missed early detection blood work
- Done at 15+ weeks

3. Cell Free DNA testing

- Most sensitive and specific screening
- Not diagnostic
- 99% Detection rate for Trisomy 21, 98% for Trisomy 18, and 99% for Trisomy 13.
- 2-4% false positivity rate
- Done at 10+ weeks
- Not all insurance cover and may have out of pocket cost
- Can tell you the gender of fetus

4. Amniocentesis

- Diagnostic test
- Invasive test

I _____, consent to have the above test(s) at Women's HealthFirst. I have read the above and understand Insurance may not cover the cost of the test.

X _____ Date _____

Pregnancy Medication List

The following medications are generally believed not to cause harm during pregnancy:

Colds/Stuff Nose: Plain nasal saline spray, Vicks Vapor Rub, Cool Air vaporizer, warm liquids, Claritin, Benadryl (Diphenhydramine), Allegra, Zyrtec

Sore throat: gargle salt water, gargle apple cider vinegar, chloraseptic spray, throat lozenges

Cough: Cough drops, chloraseptic spray, throat lozenges for sore throats

Constipation: Colace, Citracel, Metamucil, Glycerin suppository, Magnesium, Milk of Magnesia, fresh fruit, prunes, liquids, bran/fiber. Avoid bananas, rice, apples and white flour products.

Diarrhea: Keep hydrated with pedialyte, smart water, or gatorade. Notify us if fever greater than 100.4F, blood in stool or diarrhea lasting longer than 48 hours.

Headaches/Minor Pain: Tylenol/ Acetometaphin Limit 2 grams per day

Hemorrhoids: Preparation H, Anusol Cream, Tucks medicated pads, Sitz bath, Witch Hazel

Indigestion/gas/heart burn: Mylanta, Mylicon, Tums, Pepcid, apple cider vinegar

Nausea: Vitamin B6, Ginger, Ginger ale, Doxylamine (unison), Benadryl

DO NOT TAKE DURING PREGNANCY-MOTRIN, ADVIL, ALEVE, LAXATIVES
ASPIRIN (unless directed by your provider), MINERAL OILS, DOUCHES,
TETRACYCLINES, RETINOL.

If you have any questions about medications and what you can take please contact the office via phone or portal. We recommend only taking meds in pregnancy if necessary. Try to avoid medications until after the 12th week of pregnancy.



Obstetrical Blood work

Throughout your pregnancy blood work maybe ordered. Most of the blood work is routine and recommended by the state health department for pregnant patients. Some blood work (genetic testing) is voluntary and is further explained in our genetic testing hand out. Sometimes more blood work is ordered to monitor medical conditions in pregnancy or if health problems develop during pregnancy. Below is a list of common labs done in pregnancy.

Urine screen- This is done at every visit for the presence of sugar, protein, hydration, blood, and infections of the kidney or bladder.

Pap smear- This is typically done at your first visit if you are not up to date on your pap. This test screens for cervical cancer and precancer. It does NOT detect uterine or ovarian abnormalities.

Gonorrhea/Chlamydia testing- this is a vaginal swab or a urine test which is performed at your first visit to test for STDs this is required for all pregnancies. This maybe repeated in 3rd trimester or if the test is positive after treatment.

TSH- Thyroid testing

Blood Type and Rh status- This is needed to determine your blood type in case you need Rhogam in early pregnancy. Rhogam is given to RH negative blood types in the context of obstetrical bleeding to protect future pregnancies.

Prenatal Panel- The prenatal panel includes a complete blood count, Blood type, Hepatitis B status, Syphilis test, blood antibody test, Rubella antibody status, Hepatitis C status, and HIV testing

Hba1c- Is a test done to look at blood sugar levels over the last 3 months. It does not matter what you eat that day or in the couple days prior to the testing. This test looks at average blood sugars over 90 days. This can be used to

determine diabetic status prior to pregnancy as well as blood sugar control during pregnancy.

Parvovirus Testing- This test is done to determine your antibodies to a common viral infection seen in children and adults that can cause birth defects. Having antibodies to this is protective.

Toxoplasmosis- is a test performed in patients who live with cats. Toxoplasmosis is a virus found in cat litter and soil that can infect humans and fetuses causing birth defects.

Varicella Antibodies- This test is performed to determine your immunity status if you have an exposure to chicken pox during pregnancy.

Vitamin D- Low vitamin D levels is linked to malnutrition and preterm birth. It is also responsible for bone health in women.

Maternal Serum Alpha Fetal Protein- This lab is drawn at your 16 week visit. This is a protein produced by the fetal liver and found in the maternal blood. An abnormal AFP can be a sign of : neural tube defects or spina bifida, Downs syndrome, chromosomal abnormalities, or abdominal wall defects in the baby.

Glucose Tolerance Testing- This is typically performed at your 28 week visit to check for gestational diabetes. A 50g glucose drink is administered at your visit. After one hour a finger stick is performed to monitor your blood glucose levels. We recommend not eating anything very sugary or carbohydrate rich 2 hours prior to your visit.

Pre Eclampsia Blood Work- You maybe asked to perform a pre-eclampsia 24 hour urine protein and blood work. This is typically done in high risk pregnancies or if you show signs of pre-eclampsia (protein in the urine/ increased in swelling/ elevated blood pressure). This includes a 24 hour urine protein which is collected in a jug refrigerated and brought to your visits as well as a complete blood count, a metabolic panel which evaluates kidney, liver and electrolyte status. A Bun/Creatinine which monitor your kidney function.

Obstetrical Ultrasound

Ultrasound uses energy in the form of sound waves to form images. The sound waves are released from a transducer and bounce back off tissues, fluids and bones to the transducer to form images. There is no radiation in ultrasound.

Ultrasounds are used to monitor and diagnose conditions of the neonate, placenta, uterus, and maternal anatomy during the pregnancy.

Ultrasound can be used to assess:

- Fetal position
 - Amniotic fluid
 - Fetal breathing, movement, heart rate
 - Fetal gestational age
 - Placenta
 - Number of fetuses
 - Fetal anatomy and sex
 - Fetal growth
 - Cervical length
 - Nuchal translucency measurements
- Non obstetrical uses in pregnancy
- Pelvic masses
 - Pelvic pain
 - Vaginal bleeding

How many ultrasounds will you have during pregnancy?

You will receive a dating ultrasound in early pregnancy to determine your due date. A nuchal translucency ultrasound is offered at the 12 week visit. This is a measurement of the clear space of tissue in the fetal neck. This is used in conjunction with your genetic testing to determine your risk for Down's Syndrome. An anatomy ultrasound is performed at 20 weeks to assess baby's anatomy. A 36 week ultrasound is recommended to check for baby's growth and position prior to term. Some women may have more ultrasounds due to higher risk pregnancies or medical/obstetrical conditions needing monitoring. You may be referral to a Maternal Fetal Medicine specialist for a specialized ultrasound if you are considered a high risk pregnancy or if there are findings on ultrasound that warrant further examination.

Disclaimer: Please note ultrasound imaging is not 100%, it is limited by what it can detect and we can not guarantee that all abnormalities are seen with the imaging. Please understand it is also more difficult to see imaging if a patient has a higher body fat percentage that may impede the sound waves of the transducer.

EXERCISE

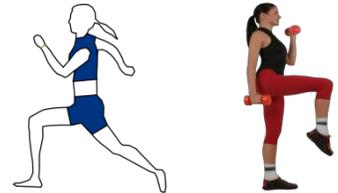
If you have been exercising—that's great, Continue! If you haven't been exercising, start SLOWLY, try walking for 10 minutes five times per week. Gradually increase to 40 minutes per day.

GUIDELINES:

- Exercise is **important and recommended**, unless your health care provider has advised against it.
- If you find yourself out of breath, decrease the intensity.
- You sweat more during pregnancy, so be sure to drink plenty of fluids
- Work longer, not harder. Forty minutes of walking at a moderate pace is better than 10 minutes of fast walking if you're out of breath
- After your 5th month, avoid exercising on your back as it decreases blood flow to you and your baby.
- Avoid any exercise that could cause you to fall. As your baby grows, your center of gravity changes.

RECOMMENDED:

- Walking, Cycling, Yoga, Hiking, Swimming, Low-impact aerobics



NOT RECOMMENDED:

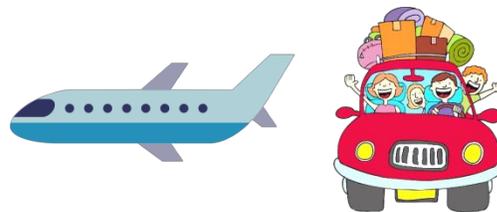
- Horseback riding, Rock climbing, Downhill Skiing, Scuba diving

TRAVEL

Travel by car, bus, or airplane is generally safe for healthy pregnant women. Always consult your provider before any extended travel.

GUIDELINES

- Wear your seat belt
- Bring a pillow for long journeys
- Drink lots of fluids, avoid caffeine
- Pack nutritious snacks and water
- Request an aisle seat
- Bring a pair of loose fitting shoes in case your feet swell
- Plan to get up, use the bathroom, and walk around every 2 hours
- Each airline has different rules about how late in pregnancy a woman can fly but usually limiting to around 32-34 weeks



SEX

Sex is safe in pregnancy and does not harm the baby. It's normal to have:

More Interest in sex – More blood flow to the Pelvic area and larger, firmer breasts may enhance your interest and enjoyment.

Less interest in sex – Tender breasts, nausea, fear, and fatigue may make sex out of the question for a while.

Mixed feelings and thoughts about sex – It is normal to think and feel differently about sex now. Open communication is important for your relationship.

DO NOT HAVE SEX IF YOU HAVE:

- Vaginal or abdominal pain
- Blood or fluid leaking from your vagina
- Are being observed for threats of pre-term labor
- Been advised against it by your provider



NAUSEA

Some women feel a bit queasy in early pregnancy. The rapid increase in hormones causes nausea (morning sickness). It may occur any time, day or night, mornings or evenings, lasting minutes, hours or all day. This is draining, yet usually improves by the second trimester.

What You Can Do?:

- Eat dry crackers before getting out of bed, wait 5-10 minutes, then get up slowly
- Eat small amounts of food frequently throughout the day. Try a bite or two every half-hour.
- DO NOT eat large meals on an empty stomach.
- Try taking your prenatal vitamin before bed.

Try these to settle your stomach:

- Ginger cookies, ginger ale, or ginger tablets or lollipops
- Cut-up fruit, such as watermelon or cantaloupe
- Flavored popsicles
- Mix equal parts of water and juice: Try 1 tsp every 5 minutes until you can take larger sips.
- Melba toast, dry bagel, dry toast
- Sea bands may help



THINGS TO AVOID IN PREGNANCY:

WHAT TO STOP?:

SMOKING, ALCOHOL, RECREATIONAL DRUGS: All of these increase the risk of miscarriage, bleeding, smaller babies, premature babies, developmental delays, and other serious complications. Once you know that you're pregnant, it is best to stop them COMPLETELY. Talk to your health care provider if you need help.



WHAT TO AVOID?:

Fish that may contain mercury or other contaminants—Shark, swordfish, king mackerel, and tilefish are all high in mercury. Other fish such as striped bass, bluefish, salmon, and fish from local rivers and lakes may contain high levels of PCB's and other industrial pollutants. Limit all fish, including canned tuna, to less than 12oz each week. Shellfish, if cooked properly, is not considered harmful.

Non-aspirin pain medications: (Motrin, Ibuprofen, Aleve, Advil)—These may cause bleeding or complications for the baby. [Tylenol \(Acetaminophen\) is generally considered safe.](#)

Cat Litter and Soil—These may contain toxoplasmosis, a harmful parasite. Your cat is safe, but the poop may not be. Do not change cat litter while pregnant. When gardening, wear rubber or leather gloves and wash fruits and vegetables well.

Hot tubs and saunas – If you are sweating, it's too hot for the baby. Otherwise warm baths are very soothing.

Herbs—Many can be harmful to the baby or start labor. This is a partial list: black/blue cohosh, buckthorn, cascara, ephedra, feverfew, mandrake, mugwort, senna, tansy, and yarrow. If you have any questions, please contact your provider.

Foods that may contain bacteria or parasites—For example, E-coli, listeria, salmonella, and toxoplasmosis may be found in the following list of foods. All of these may cause serious food poisoning or illness in pregnant women and children under 5.

- [Unpasteurized juice](#)
- [Raw meat, raw fish, and raw shellfish](#)—Sashimi, ceviche, raw oysters, and carpaccio.
- [Soft cheeses](#)—Brie, feta, blue, goat, camembert, gorgonzola, and Mexican soft cheeses.
- [Some deli meats](#)—Salami, liverwurst, and hot dogs maybe contaminated. Hot dogs should be well cooked.

WHAT TO LIMIT?:

Caffeine—It's best to limit to 2 servings or less each day.

Artificial sweeteners—Not enough is known about their effects. Occasional use is considered safe.

Why Breastfeed Your Baby?

Baby has decreased risk of:

- Infection
- Diabetes
- Obesity
- SIDS
- childhood cancer
- asthma and allergies
- stomach upset/colic
- ear infections

Mother has decreased risk of:

- breast cancer
- ovarian cancer
- obesity
- type 2 diabetes
- osteoporosis

What can I do during my pregnancy to prepare for breastfeeding?

- Talk to friends and family members who have breastfed regarding their experiences
- Follow La Leche League on social media, visit their website at www.llli.org, or attend a La Leche meeting in your local community
- Read books or listen to podcasts about breastfeeding
(book recommendation: *The Womanly Art of Breastfeeding* by La Leche League)
- Take an online course in breastfeeding

What is Women's Health First doing to help women prepare for breastfeeding?

- Our doctors and PAs are here to support you in your plans to breastfeed and we are happy to answer any questions you have.
- We have an international board certified lactation consultant (IBCLC) available for consults during and after pregnancy. Call for an appointment at 847-808-8884.

Did you know?

- The American Academy of Pediatrics recommends exclusively breastfeeding your baby for the first 6 months of life and continuing breastfeeding for at least one year.
- The World Health Organization recommends breastfeeding for at least two years.