

Antenatal Care Visits



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OBS • IVF • GYN

Antenatal care allows Dr Farag and the team at Coastal Women's Health to monitor your baby's growth and wellbeing throughout your pregnancy. These visits provide a great opportunity to ask questions, but please reach out to us at any time with additional questions or concerns.

A general guide to what you may expect and the schedule of visits is below. Note that this is only a guide and that visit schedules and tests are individualised and adjusted based on patient care needs. More frequent visits may be needed if you have high risk pregnancy.

What can you expect at every appointment? Confirming foetal heartbeat with ultrasound, screening your urine for glucose and/or protein, checking your blood pressure and weight, talking with our team about what's happened since your last visit, and any troublesome symptoms you may be experiencing.

Approximate Gestational Age	What to Expect	Appointment Interval
7-12 weeks	<ul style="list-style-type: none">• Pregnancy confirmation/viability/dating ultrasound• First antenatal visit• Initial blood work and labs• Optional carrier and genetic screening tests• Non-invasive prenatal test (NIPT) / Early pregnancy ultrasound including nuchal translucency	Every 4 weeks
16 weeks	<ul style="list-style-type: none">• MSAFP blood test screening for open neural tube defects such as spina bifida• Optional genetic screening tests if not done in 1st trimester	
20 weeks	<ul style="list-style-type: none">• Detailed anatomy ultrasound of baby	
26 - 28 weeks	<ul style="list-style-type: none">• Screening for gestational diabetes• 28-week blood work• Blood group antibodies for Rhesus Negative• Whooping cough vaccination	
30 - 34 weeks	<ul style="list-style-type: none">• Birth plan: Information about delivery	Every 2 weeks
34 - 36 weeks	<ul style="list-style-type: none">• Screening for Group B Strep• 36-week blood work• Ultrasound for foetal growth and position	
36 - 41 weeks	<ul style="list-style-type: none">• Ultrasounds for foetal wellbeing (if necessary)• Scheduling of induction (if necessary)• Cervical exam to check for dilation (only if necessary)	Weekly

Pregnancy Symptoms & Management



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Symptom	Strategies for relief	Safe medications
Nausea & Vomiting	<ul style="list-style-type: none"> • Eat small, frequent meals • Eat crackers before rising • Decrease greasy and/or spicy foods • Increase vitamin B6 intake in foods • Consume liquids between meals rather than with them • Do not lay down immediately after eating • Sea bands/acupressure • Ginger in all forms (fresh, crystalised, capsules, candies) 	<ul style="list-style-type: none"> • Vitamin B6 (25mg, 4x/ day, or up to 100mg) with or without food • Doxylamine (12.5-25mg at night) • Antiemetics: Discuss prescription options with Dr Farag if severe
Heartburn	<ul style="list-style-type: none"> • Eat small, frequent meals • Eat crackers before rising • Decrease greasy & spicy foods • Drink milk before meals • Take antacids as needed 	<ul style="list-style-type: none"> • TUMS • Gaviscon • Rennie • Quick-Eze • Mylanta <p>Discuss prescription options with Dr Farag</p>
Constipation	<ul style="list-style-type: none"> • KEEP HYDRATED • Increase fluids and dietary fibre, whole grains, fruits, and warm fluids to stimulate the bowels • Exercise <p>If necessary, a mild laxative or stool softener may be used if all above methods have failed. These are safe when used for short- term. treatment.</p>	<ul style="list-style-type: none"> • Osmolax • Metamucil • Movicol • Fibercon • Milk of Magnesia Senokot (talk to your provider first) <p>Discuss prescriptions with Dr Farag</p>
Haemorrhoids	<ul style="list-style-type: none"> • Take your time to have a bowel movement when the urge strikes. DO NOT STRAIN • Increase fluids • If necessary, a mild laxative or stool softener may be used. 	<ul style="list-style-type: none"> • Proctosedyl • AnuSol • Tucks • Witch Hazel • Colace

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Diarrhea	<ul style="list-style-type: none"> • Stay hydrated: consider electrolytes like Gatorade • BRAT diet • Call if having cramping/dehydration 	<ul style="list-style-type: none"> • Imodium • Gastro-stop <p>For 24 hours, only after 12 weeks of pregnancy</p>
Gas & Bloating	<ul style="list-style-type: none"> • Avoid gas-forming foods: parsnips, beans, cabbage, corn, fried foods, pastry, sweet desserts, etc • Increase fluid intake • Increase bulk forming/high fibre foods 	<ul style="list-style-type: none"> • De-Gas / Gas-x
Headaches	<ul style="list-style-type: none"> • Rest. • Eat well-balanced meals & drink plenty of fluids • CALL your care provider for headaches that are severe and/or persistent 	<ul style="list-style-type: none"> • Panadol
Backaches	<ul style="list-style-type: none"> • Practice good posture. • Consider a pregnancy support belt/girdle. • Try pelvic rocking exercises, especially on all fours. • A heating pad, firm mattress & massage can also help 	<ul style="list-style-type: none"> • Panadol
Insomnia	<ul style="list-style-type: none"> • Sleep as you are able to, day AND night • Decrease fluids after 6pm to decrease urination • Discontinue caffeine (coffee, tea, chocolate, soda) • Take a warm (not hot!) bath before bed • Try relaxation exercises • Limit screen time before sleeping 	<ul style="list-style-type: none"> • Doxylamine • Benadryl
Allergies	<ul style="list-style-type: none"> • Saline nasal sprays • Reduce exposure to allergens 	<ul style="list-style-type: none"> • Benadryl • Claritin, Zyrtec, Allegra, Xyzal <p>*NOT the "D" form of these medications, kept behind the counter</p>

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Cold & Flu Congestion	<ul style="list-style-type: none"> • Use saline nasal sprays • Salt water gargles • Use a humidifier or steam from a hot shower or bath • Sleep propped up with your head elevated 	<ul style="list-style-type: none"> • Panadol • Robitussin DM (dextromethorphan/ guaifenesin) • Cough drops <p>*NOT pseudoephedrine/ phenylephrine or afrin decongestants</p>
Vaginal Itching/Yeast	<ul style="list-style-type: none"> • Wear cotton underwear • Reduce use of leggings, spandex, and restrictive clothing • Notify care provider 	<ul style="list-style-type: none"> • 7 Day OTC Cream Treatment (Miconazole, Clotrimazole)
Itchy Skin/ Rashes	<ul style="list-style-type: none"> • Drink plenty of water • Take oatmeal baths • Keep your skin hydrated with lotions/ creams • Call care provider if persistent itching of hands/feet, or if a new rash develops 	<ul style="list-style-type: none"> • Benadryl • Hydrocortisone cream • Calamine lotion
Leg Cramps	<ul style="list-style-type: none"> • Consume adequate electrolytes • Try Gatorade or coconut water. • Stretch the cramped muscle gently and constantly (not jerkily) to improve circulation. • Note that massaging cramped muscles may cause long-lasting tenderness 	<ul style="list-style-type: none"> • Electrolyte supplements (calcium, potassium, magnesium)
Varicose Veins	<ul style="list-style-type: none"> • Wear queen size or pregnancy support hose (be sure to put on properly: lying down with legs elevated) • Use compression socks • Increase exercise, especially walking • Do not stand or sit for long periods 	
Carpal Tunnel	<ul style="list-style-type: none"> • Rest on the left side periodically • Sit with arm elevated on pillows or arm rest • Use wrist splints at night • Symptoms should resolve within 6 weeks postpartum 	

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Dizziness & Fainting	<ul style="list-style-type: none"> • Do not stand or sit for extended periods. Get up and walk around every so often. • Normalise sodium intake • Increase fluid intake • Don't wear constricting pantyhose • When rising, slowly progress from lying to sitting, and then sitting to standing • When dizzy, sit or lie down immediately 	
Bleeding Gums	<ul style="list-style-type: none"> • Use a soft toothbrush. • Brush, floss, and get regular dental exams. • Get the recommended amount of Vitamin C (85 mg) per day) 	
Eye Changes	<ul style="list-style-type: none"> • For dry eyes, try lubricating eye drops • If contact lenses become uncomfortable, try cleaning the lenses more often using an enzymatic cleaner • Wait to get prescription lenses changed until 6 weeks postpartum when eye pressure has returned to normal • Report sudden changes in vision, especially when associated with headache, to your doctor 	
Urinating Frequently	<ul style="list-style-type: none"> • Limit fluid intake after 6pm • Limit caffeine products (coffee, tea, chocolate, soda) • If you are having pain with urination, notify your provider 	
Urine Leakage	<ul style="list-style-type: none"> • Perform Kegel muscle exercises daily 	