



# Prenatal Education

September 2024





# Horizon Carrier Screening

*Natera Test*

## How is it done?

A simple blood draw on the mother, anytime before or during pregnancy.

## What does it test?

Horizon genetic carrier screening helps couples determine the risk of passing on serious genetic conditions to their child. It can be performed either preconception (ideally) or during pregnancy.

## What does it cost?

- **Medicaid in Arizona or Utah**  
Covered by insurance - \$0 charged to patient
- **Self Pay Cash**  
Full Fee - \$349
- **Self Pay Sliding Fee**  
\$0, \$99, or \$149 based on family income and size.

**You should never pay more than \$349 for this test.**

*If, for some reason, you get a large bill for this test, please bring it to the front desk receptionist.*





# Panorama Natura

*Non Invasive Prenatal Test (NIPT)*

## How is it done?

A simple blood draw on the mother, anytime after 9 weeks gestation.

## What does it test?

- Sex of the baby
- Genetic conditions such as Down Syndrome, Edwards Syndrome, & Patau Syndrome
- Microdeletions
- Triploidy

## What does it cost?

- **Medicaid in Arizona or Utah**  
Covered by insurance - \$0 charged to patient
- **Self Pay Cash**  
Full Fee - \$249
- **Self Pay Sliding Fee**  
\$0, \$99, or \$149 based on family income and size.

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# Prenatal Instructions

## Nutrition

*Eat small portions every 2 hours.*

- Drink 8-10 glasses of water in addition to other fluids
- Drink 1 quart of milk (at least 2% fat) per day
- Eat 2-3 proteins per day
- Eat 6-11 carbohydrates (60% of your calories) per day
- Eat 4 fruits (some can be juice) and 4 vegetables per day
- Avoid raw fish, soft cheeses, and lunch meat (ask your provider)

### Serving Size Examples:

- 1 fruit = 10 grapes or 1 apple or 1 orange
- 1 vegetable = 1/2 cup cooked or 1 cup raw
- 1 protein = 6 oz portion
- 1 carbohydrate = 1 slice of bread

*Eat fruit with carbs—select complex carbs and fats with nutritional value as well.*

## Exercise

*Continue the activity you are used to.*

- Keep your heart rate below 150 beats per minute.
- Walk 3-4 times per week or 30-40 minutes OR
- Walk every day for 20-30 minutes.
- Stretching exercises for arms, shoulders, thighs, etc.

## Attitude

*Keep a POSITIVE attitude.*

- Value your pregnancy.
- You are both physically and mentally nurturing a life. Pregnancy can be demanding and you will need support.





# Prenatal Instructions

## Vitamin

*Take a prenatal with folic acid.*

- During pregnancy, take a prenatal vitamin that has 800-1000 micrograms of folic acid in it every day.
- Talk to your provider if you are having difficulty finding the right amount.

## Avoid

*Substances to avoid.*

- Avoid all alcoholic substances.
- Avoid smoking and any form of marijuana.

***There is no safe amount of alcohol or drug use during pregnancy.***



## Appointments

*Keep your appointments.*

- Many complications in pregnancy can be minimized if caught early and monitored closely by your provider.
- Discuss with your provider the necessary immunizations during pregnancy (Tdap, Flu, & COVID-19).



# Signs of Preterm Labor

*Learning the signs of preterm labor will help your baby!*

## What you need to know:

Even if you do everything right, you can still have preterm labor. Preterm labor means labor signs begin before 37 weeks of pregnancy.

Babies born too early may have more health problems or need to stay in the hospital longer. Learning the signs of preterm labor may help keep your baby from being born too early.

## Signs of Preterm Labor:

- Contractions that make your belly tighten every 10 minutes or more
- Change in the color of your vaginal discharge or bleeding
- The feeling that your baby is pushing down (pelvic pressure)
- Low, dull backache
- Cramps that feel like your period
- Belly cramps with or without diarrhea

## What you can do:

Call your healthcare provider or go to the hospital if you are having preterm labor. Responding quickly is the best thing you can do.

*If the signs get worse or do not go away, call your provider again or go to the hospital. If the signs go away, take it easy for the rest of the day.*

## Call your provider if you have signs of preterm labor!

### Your provider may tell you to:

- Come into the office or go to the hospital.
- Stop what you're doing.
- Rest on your left side for one hour.
- Drink 2-3 glasses of water or juice. Do not drink coffee or soda.



# Warning Signs to Watch For

## *During Pregnancy*

### Preeclampsia Warning Signs

- Headache that will not go away
- Rapid weight gain
- Edema (swelling in feet or hands)
- Seeing spots or blurry vision
- High blood pressure
- Shortness of breath
- Upper abdominal pain
- Unrelated to the uterus
- Neuro-sensitivity
- Having trouble with light or sound

**Remember, many women who get preeclampsia do not have clear risk factors. Talk with your provider right away if you have any warning signs.**

### Decreased Fetal Movement

- Starting at 28 weeks, monitor your fetal movement twice daily.
- **Track your fetal movements**  
Manually or with baby app like Baby Movement Tracker

### How to Track Fetal Movement

- Pick your time based on when your baby is usually active. Research shows that babies are often the most active at night and in the morning.
- To get started, sit with your feet up or lie on your side. Count each of your baby's movements (kicks, jabs, pokes, and rolls) as one kick until you reach 10 movements.

#### Every baby is different:

Hannah might record 10 movements in 10 minutes, while Mary's baby may take 30 minutes. If Hannah's baby suddenly takes an hour to reach 10 movements, she should contact her healthcare provider immediately. The key is to count your baby's kicks daily to understand what is normal for your baby.

#### When to call us:

If you have followed the above recommendations and have not felt 10 kicks by the end of the second hour or if there is a significant change in the way your baby has been moving over the past couple days.



# Helpful Apps for Pregnancy

## Pregnancy Tracking Apps

*Helpful milestones and tips.*

- ▶ What to Expect
- ▶ Pregnancy +

## Exercise Tracking Apps

*Tracking exercise throughout pregnancy.*

- ▶ Strava
- ▶ My Fitness Pal

## Nutrition Tracking Apps

*Tracking nutrition and calories for healthy eating throughout pregnancy.*

- ▶ My Fitness Pal
- ▶ Wholesome

## Contraction & Movement Apps

*Baby kick counter and contraction timer.*

- ▶ Baby Movement Tracker
- ▶ Contraction Timer & Counter

## Water Tracking Apps

*Tracks and reminds you to drink enough water throughout the day.*

- ▶ Water Logged
- ▶ Water Reminder

## Weight Tracking Apps

*Helps track weight gain throughout pregnancy.*

- ▶ Pregnancy Pounds
- ▶ Pregnancy Weight Tracker







# Birth Preparation

## Optional Items for Home Prior to Delivery

- Digital thermometer (ear thermometers are not recommended for infants)
- Pads (Depends for large, overnight pads for moderate)
- Lansinoh nipple cream
- Lansinoh nursing pads
- Tucks (witch hazel compresses)
- Epsom salts (for sitz baths)
- D-Vi-Sol
- Infant Tylenol
- Diapers
- Saline drops for baby's nose (Ocean, Little Noses, etc.)
- Diaper rash ointment
- Q-Tips (for cord care)
- Infant nail clippers
- Pacifiers size 0 and size 1
- Bath items (bath basin, washcloths, baby bath/shampoo, lotion, towel with hood, etc.)
- Breast pump and breast milk storage containers

## Medicine Cabinet

- Hyland Earache Relief Drops
- Daniel's Ointment
- Wintercrest Ointment



# Birth Preparation

## Optional Items for Delivery

### *For Mother*

- Robe and slippers
- Socks
- Hair accessories
- Camera
- Toiletries
- Mood music for labor
- Nightgown (front opening for breast-feeding)
- Clothes to wear home

### *For Baby*

- Carseat (if you don't have one, ask Creek Valley)
- Baby outfits for going home
- Blankets
- Socks
- Hand socks/mittens
- Hat
- Pacifier





# BIRTH CONTROL OPTIONS



We offer many different contraceptive choices for every lifestyle here at the clinic. Discuss with your provider which one will be best for you.



## Oral Contraceptives

The pill is a hormonal method and has many options for you to discuss with your provider. The mini pill is available for moms that breastfeed or who cannot take estrogen.



## Implant

Nexplanon: a tiny rod that sits under the skin on your upper arm and is almost invisible. It is hormonal birth control using progesterone, and it can last up to 3 years.



## The Ring

The ring is a small band that you insert into your vagina, keep in place for 21 days, and remove for seven days while you have your period. It is a hormonal method of both estrogen and progestin.



## Intrauterine Device (IUD)

**Mirena:** a plastic IUD that releases a small amount of the hormone progesterone over time. Mirena may make your period lighter, and for some women, it completely stops.



## Injections

Depo Provera: an injection you receive every 3 months. It uses the hormone progesterone and is very effective if you get your shot on time.

**Kyleena:** releases a small amount of progesterone over time.

**Paragard:** a copper IUD with no hormones that lasts up to 10 years. Your period may stay the same or become heavier.