



MID CITIES
Women's
Clinic



PRENATAL INFORMATION & EDUCATION

Nutrition
Wellness Tips
Symptom Management

NUTRITION INFORMATION

It is important to eat a healthy diet including: dairy, vegetables, nuts, cereal, meat, grains, & fruits.

In addition to a healthy diet it's important to take a prenatal vitamin daily to help give you what you need.

Drink 8-12 cups of water a day!

Make sure your food is fully cooked and juice/dairy products are pasteurized. Consuming unpasteurized, or raw food, can lead to foodborne illnesses.



Fish is great for omega-3 fatty acids (healthy fat), but it also contains mercury, which can cause damage to your baby's nervous system or lead to mercury poisoning. Visit www.mayoclinic.org and search Pregnancy Nutrition for specific fish that is safe to eat.

For a more extensive list of nutrition guidelines visit www.acog.org and search Nutrition during Pregnancy.

WELLNESS TIPS



Get 7-9 hours of sleep per night

Lower stress

Stay Active

Ask your Doctor before starting or stopping medications

Consider getting a flu shot

See your doctor regularly & discuss medical & mental health conditions

Wear your seatbelt correctly

Discuss any nicotine, alcohol, or drug usage with your doctor

Avoid cleaning or changing cat litter box

Avoid very hot baths or saunas

Avoid use of scented feminine hygiene products

Avoid douching

Avoid having optional X-rays

COMMON SYMPTOMS OF PREGNANCY

NAUSEA & VOMITING

Eat small, frequent meals during the day.

Take prenatal vitamins with food.

Eat a high protein snack just before going to bed at night, and eat crackers in the morning before getting up.

Vitamin B6 or Emetrol can help.

Call your doctor if you are unable to keep liquids down for 24 hours, or if you are unable to do your normal daily activities.

HEARTBURN

Avoid greasy, spicy foods.

Avoid lying down right after eating.

Try sleeping with two pillows to elevate your upper body.

Take any of the following: Roloids (the high calcium/low sodium variety), Tums, Mylanta II (best if refrigerated), Maalox Plus, Gaviscon, Riopan



HEADACHES

Rest. You may need more sleep at night or perhaps a nap in the daytime.

Eat less high sugar foods.

For any mild headache, you may take 2 extra-strength Tylenol every 4 hours for 24 hours.



Call your doctor if you are in severe pain, experiencing visual changes, can't tolerate light or sound, or the headache has lasted more than 2 days.

CONSTIPATION

Drink 8 - 12 cups of water daily.

Include in your diet high fiber foods, like fruit, vegetables & breads.

COLDS, COUGH, & THE FLU

Ocean (saline) Nasal Spray for stuffiness & drainage, Robitussin Plain or DM for coughs, & Tylenol for aching.

Drink plenty of liquids, and rest.

A Note from our Medical Director

Dear MCWC Patient,

Thank you for choosing Mid Cities Women's Clinic and allowing us to be part of your care today.

As part of your visit, you have received information about pregnancy along with a list of local obstetric (OB) providers following your positive pregnancy test result. We encourage you to review these materials to help you prepare for and make the most of your prenatal care journey.

For patients who qualify, MCWC offers early prenatal services to help bridge the gap between pregnancy confirmation and the establishment of care with an OB/GYN provider. During your care at MCWC, you may be offered:

- Initial prenatal limited laboratory testing
- Sexually transmitted infection (STI) screening
- Cervical cancer screening (Pap smear), when indicated

At the completion of your care with MCWC, you will receive copies of your test results and a summary of the services provided. Please bring these records to your first appointment with your OB/GYN provider to support continuity of care.

Thank you again for choosing Mid Cities Women's Clinic. We are honored to serve you and hope we have met your needs. If you have any questions or concerns, please do not hesitate to contact our clinic.

Sincerely,

Donna Kolar, MD
Medical Director
Mid Cities Women's Clinic

FIND US AND LET'S CONNECT



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