



CAPE COD HEALTHCARE  
Cape Cod Hospital OB/GYN



CAPE COD HEALTHCARE  
Cape Cod Hospital OB/GYN



Cape Cod Hospital OB/GYN



## Welcome to Cape Cod Hospital OB/GYN

---

We look forward to caring for you during this very exciting and special time. We encourage you to contact us if you have any questions or concerns at 774-552-6050.

Your first obstetrical visit is with a Registered Nurse. Please anticipate that this visit may take up to 45 minutes, as we will review your medical history. We will see you every 4 weeks until 28 weeks, then every two weeks until 36 weeks and finally every week until delivery. Some situations may require more frequent visits.

### TABLE OF CONTENTS

Welcome	1
General Guidelines	5
Nutrition	7
Common Ailments	9
Pregnancy Calendar	12
Labor Instructions	13

## Office Locations and Hours

**Main Office:** 40 Quinlan Way, Suite 150, Hyannis  
(next to Cape Cod Hospital)

Open Monday-Friday, 8:30 am to 4:00 pm  
(closed during lunch hour from 12-1 pm)

**Satellite Office:** 60A Park Street, Hyannis  
(shared parking with 60B Park Street)

Open Wednesday - Friday, 8:30 am - 4:00 pm  
(closed during lunch hour from 12-1 pm)

We see patients by appointment only. No walk-ins, please.

If you have an urgent problem or think you are in labor after-hours or on the weekend, please call the regular office number (774-552-6050) and the answering service will contact the covering provider on your behalf. Our physicians share on-call coverage with the obstetricians from Cape Obstetrics & Gynecology and Falmouth Women's Health. Please note: if you have a blocked line, you must unblock it in order for the physician to contact you.

## Our Staff

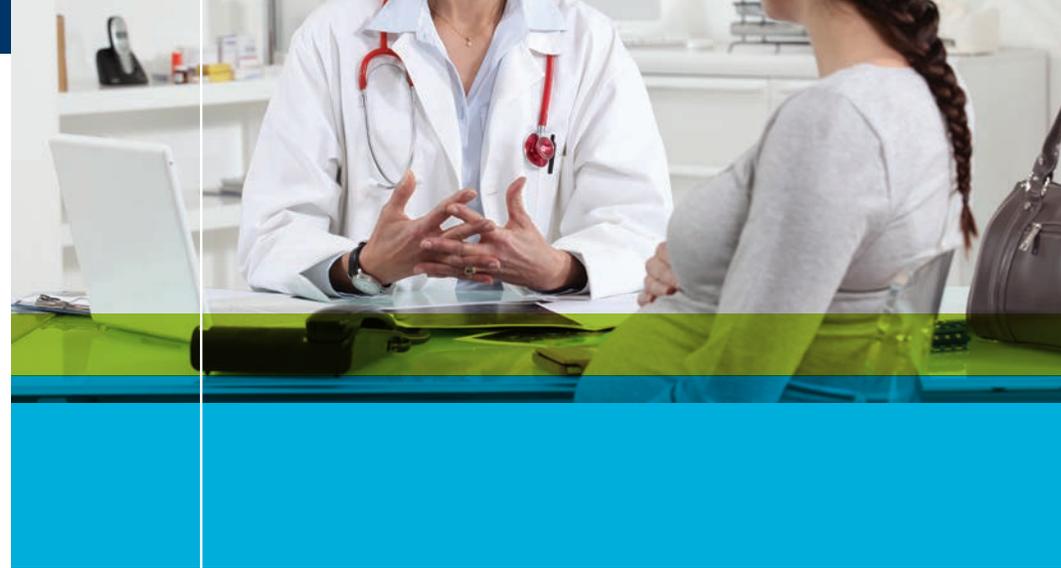
**Our physicians:** William Agel, MD; Richard Angelo, MD; Tara Chute, MD; Lindsay LaCorte, DO, MPH, FACOG, and Joshua Lupton, DO

**Our nurse practitioner is:** Catherine Thompson, NP

**Our certified nurse-midwives are:** Jodi Belson, CNM; Jean MacBarron, CNM; and Corey Signs, CNM

## Our physicians share after-hours coverage:

Our physicians share 24/7 obstetrical coverage with Cape Cod Healthcare's outstanding team of obstetricians and midwives at The Family Birthplace at Cape Cod Hospital. Due to the nature of hospital coverage, they can be called away from the office with only a moment's notice. We will notify you as quickly as possible of any such change to a scheduled office visit.



## Midwifery Program

Our physicians work closely with the team of certified nurse-midwives at The Family Birthplace at Cape Cod Hospital, which includes: Jodi Belson, CNM, Linda Dorflinger, CNM, Jennifer Gilbert, CNM, Jeanette King, CNM, Jean MacBarron, CNM, Katie Parsons, CNM and Corey Signs, CNM.

## Tests, Results and Refills

Cape Cod Hospital OB/GYN does perform ultrasounds in our office, by appointment, on certain days.

In general, for most testing, we do not call patients with normal test results; however please feel free to call for test results if you have any concerns.

All prescription refill requests require 48-hour notice. Please call during office hours as prescriptions cannot be refilled during nights or weekends.



### Insurance and Information

We accept most commercial and private insurance. If your insurance policy requires you to obtain a referral from your Primary Care Physician prior to each appointment, please remember to do so and bring it with you as we are unable to see patients without one. All co-pays are due at the time of service. Please bring your insurance information and picture ID to each visit.

If your name, address, telephone, insurance, or medications have changed since your last visit, please let us know so we may update our records.

To further assist you, several of our staff are Portuguese-speaking. We are able to access interpreters for other languages as well as TTY services with advance notice.

## General Guidelines

### Alcohol, Drugs and Smoking

Alcohol and drugs pass from your blood through the placenta to the baby. No level of alcohol consumption is considered safe during pregnancy. Smoking can increase your risk of a miscarriage, stillbirth, a low-birthweight baby or SIDS (Sudden Infant Death Syndrome.) Quitting during your pregnancy will help give your baby a healthy start and improve your health, as well.

### Travel

- You can safely travel in the U.S. until a month before your due date
- You can travel outside the U.S. until 2 months before your due date. The CDC maintains a list of countries that you should not travel to. Please consult [cdc.gov](http://cdc.gov) prior to making travel plans and consult with your doctor with questions.
- Please follow Zika virus precautions

### Exercise

Exercise has excellent physical and emotional benefits. It can help you remain healthy and feeling your best while your body rapidly changes.

The American College of Obstetrics and Gynecologists recommends:

- Continue mild to moderate exercise. Exercising at least 3 times a week is preferable to intermittent exercise
- Avoid exercise lying directly on your back after 12 weeks
- When exercising, make sure you increase your water intake and modify your exercise by how YOU feel

Exercise generally considered safe in pregnancy:

- Low impact aerobics/pregnancy fitness class/prenatal yoga
- Stationary bike, jogging, walking or day hike
- Swimming/water aerobics

### Dental Hygiene

Pregnancy is a good time for a thorough dental checkup. Special attention should be given to the care of your gums. Dental x-rays with abdominal shielding are safe. A note can be written for your dentist upon request.

### Childbirth Education

A variety of childbirth preparation classes, breastfeeding, Infant CPR and new sibling classes are offered at Cape Cod Hospital. Search for Classes & Events at [www.capecodhealth.org](http://www.capecodhealth.org) for up-to-date offerings and call 508-862-5123 to register.

### The Family Birthplace App

As a supplement to our classes and support groups offered through The Family Birthplace at Cape Cod Hospital, our free and convenient web app provides essential tools and information for comprehensive learning on the go, from pregnancy to parenthood. Learn more, including easy instructions for how to create your app account, at [www.capecodhealth.org/the-family-birthplace-app](http://www.capecodhealth.org/the-family-birthplace-app).

### Planning Ahead for Your Baby's Birth

By your third trimester you should start thinking about:

- Choosing a Pediatrician for your baby
- Plan for infant feeding
- If you are having a boy, whether you'll have him circumcised



## Nutrition During Pregnancy

Your diet must provide both you and your developing baby with the protein, carbohydrates, fats, vitamins and minerals you both need. A balanced diet includes eating from each of the food groups every day. In addition, the March of Dimes suggests that pregnant women should eat the recommended number of portions in each food group:

- 6 servings of bread and other whole grains
- 3-5 servings of vegetables
- 2-4 servings of fruits
- 4-6 servings of milk and milk products (lowfat or nonfat)
- 3-4 servings of meat and protein foods (lean meats, not fried)
- 6-8 glasses of water

It is important that pregnant women not overdo their intake of fats, oils and sweets. Expectant moms often hear they are “eating for two,” however they actually need only to increase their calorie intake by 300 calories per day.

A prenatal vitamin and mineral supplement can be taken once a day. A fish oil capsule or DHA supplement is also advised.

Expectant mothers also need to be aware of harmful bacteria during their pregnancy. Listeria and Toxoplasmosis are bacterium that can cause infection which can have health implications for mother, unborn fetus and the nursing baby. The FDA provides the following advice:

#### Do Not Eat:

- Do not eat unpasteurized soft cheeses such as Feta, Brie, blue-veined cheeses
- Do not eat refrigerated pates or meat spreads
- Do not eat refrigerated smoked seafood such as salmon, trout, whitefish, cod, tuna and mackerel. These types of smoked seafood are often labeled “nova-style,” “lox,” “kippered,” “smoked” or “jerky”
- Do not drink raw unpasteurized milk
- Do not eat raw sushi, raw meats, raw eggs or raw shellfish
- Avoid high mercury fish\*

Do Not Change Your Cat's Litter Box, if possible (or use gloves and good hand washing if necessary for you to change it).

*\*NOTE: The Food and Drug Administration (FDA) advises pregnant women, women of childbearing age who may become pregnant, nursing mothers and young children not to eat shark, swordfish, king mackerel and tile fish. These fish may contain high levels of a form of mercury called methyl mercury that may harm an unborn baby's developing nervous system. Because seafood is beneficial in meeting dietary requirements for pregnant women, the FDA advises these women to select a variety of other kinds of fish, including shellfish, canned fish, and smaller ocean fish.*



## Recommendations for Common Ailments in Pregnancy

### Nausea/Vomiting

- Eat small, frequent meals
- Ginger, crackers, dry toast, bland diet – avoid foods/odors that make you sick
- SEA BANDS and Vitamin B6 (50 mg twice a day)

If you cannot get relief from nausea/vomiting or if you are unable to keep ANY fluids down for 24 hours, call office to speak to a nurse.

### Headaches/Pain

- Avoid skipping meals
- Make sure you have adequate hydration (6-8 glasses of water a day)
- Acetaminophens only (Tylenol). NO ibuprofens, NSAIDS or aspirin products (Motrin, Advil, Aleve) unless prescribed by a physician



### Hemorrhoids

- Warm sitz baths for 20 minutes, twice a day may help
- Preparation H or TUCKS pads

### Diarrhea

- Increase clear fluids
- BRAT diet (bananas, rice, applesauce and toast)
- Avoid spicy/greasy foods
- Avoid dairy products and sugary drinks

### Allergies

- Benadryl, Claritin

### Cough

- Cough drops, throat sprays, Robitussin DM

### Congestion

- Saline nasal mist, BreatheRite strips

### Heartburn and Gas

- Avoid spicy and fried food
- Eat smaller more frequent meals and do not lie down within 2 hours of eating
- Maalox, Mylanta, Gas-X, Zantac 75, Tums

### Constipation

- Increase fiber (bran, cereal, fiber supplement)
- Increase fluid intake, increase exercise
- Metamucil, Fibercon, Colace, Benefiber

### IMPORTANT: If Any of the Following Occur, Please Call the Office:

- Vaginal bleeding
- Severe or continuous headaches not relieved with over-the-counter meds
- Blurred vision or visual disturbances
- Persistent vomiting
- Leaking or gush of fluid from vagina
- Chills or fever greater than 100.4° unresponsive to over-the-counter meds for more than 1 day

## What to Expect at Your Visits to Our Office

GESTATIONAL AGE	TESTS	OPTIONAL TESTS
Initial Visit	<ul style="list-style-type: none"> <li>Intake appointment with RN</li> <li>Prenatal labs</li> <li>Appointments every 4 weeks</li> </ul>	<ul style="list-style-type: none"> <li>Flu shot in season</li> <li>Carrier screening</li> </ul>
10-13 weeks	<ul style="list-style-type: none"> <li>Physical Exam with provider</li> </ul>	<ul style="list-style-type: none"> <li>Sequential Screen* OR</li> <li>NIPT*</li> </ul>
16-23 weeks		<ul style="list-style-type: none"> <li>AFP*</li> <li>MSAFP</li> </ul>
18-20 weeks	<ul style="list-style-type: none"> <li>Ultrasound to check fetal anatomy</li> </ul>	
26-28 weeks	<ul style="list-style-type: none"> <li>1 hour glucola test and CBC</li> <li>Appointments every 2 weeks</li> </ul>	<ul style="list-style-type: none"> <li>Rhogam, if applicable</li> <li>TDAP vaccine</li> </ul>
36 weeks	<ul style="list-style-type: none"> <li>Group B streptococcus – vaginal culture (GBS)</li> <li>Appointments weekly</li> </ul>	
39 weeks	<ul style="list-style-type: none"> <li>Cervical check</li> </ul>	
40 weeks	<ul style="list-style-type: none"> <li>Estimated due date</li> </ul>	
> 40 weeks	<ul style="list-style-type: none"> <li>Post-date testing</li> <li>Non-stress testing</li> </ul>	
> 41 weeks	<ul style="list-style-type: none"> <li>Post-date testing</li> <li>Non-stress testing</li> <li>Your provider may talk to you about induction of labor</li> </ul>	

\* Sequential Screen – A screening test which shows if you are at increased risk of having a baby with Down Syndrome or Trisomy 18

\* NIPT – Non-invasive prenatal screening for women who are at increased risk of having a baby with Trisomy 21, 18 or 13

\* AFP – A test for fetal open neural tube defects



## Labor Instructions

### What To Do if You Think You Are in Labor

**During office hours:** (M-F, 8:30 am – 4:00 pm), please call to speak with a nurse. We may have you come in to be evaluated or send you directly to the Maternity unit at Cape Cod Hospital.

**Off-hours:** (weekends, evenings and holidays) please call to be connected with the answering service and the on-call doctor or midwife will return your call.

Cape Cod Hospital OB/GYN  
774-552-6050

### When to Call

**Contractions:** Labor contractions often start 15-20 minutes apart and become progressively closer and increase in strength. With your first baby, contractions are not likely to cause dilation of the cervix until they are 4 to 5

minutes apart. False labor is common. Call if you are having regular contractions every 4 to 5 minutes apart lasting 1 minute long for one hour. With subsequent babies, dilation may occur sooner. Call if you are having regular contractions every 5 to 7 minutes apart lasting 1 minute for one hour.

**Ruptured or leaking bag of water:** Although your water usually breaks or is broken during labor, this may occur prior to the onset of labor. Usually when your water breaks it is a gush, however, it may be a trickle. You should call if you think your water may have broken.

**Bleeding:** Slight spotting may occur during the last few weeks of your pregnancy, especially if you have had a pelvic exam. This should not be alarming. Heavy bleeding or a gush of bright red blood may be significant. If you have heavy bleeding or if there is pain with bleeding, you should call immediately.

**Severe abdominal pain:** Please call immediately.

**Medical emergency:** If you have a medical emergency, please call 911.

**NOTE**

This is a GUIDE to help determine if you are in labor. All cases are not the same. If you are unsure of any symptoms you are having, please feel free to call for advice.

**PATIENT**

Patient Name: \_\_\_\_\_

Due Date: \_\_\_\_\_

Blood Type: \_\_\_\_\_

Rubella Status: \_\_\_\_\_

OB/GYN Doctor: \_\_\_\_\_

Pertinent Labs: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

