



Welcome to *Michigan Institute of OB/GYN*. We are pleased that you have chosen our office for your new pregnancy.

Provider

Dr. Joseph Prezzato, FACOG
Board Certified in Obstetrics and Gynecology

We feel that is very important that you are able to reach a provider with any questions or concerns that you may have. At *Michigan Institute of OB/GYN* we are available 24/7. Please call the office at **248-855-2229** during normal business hours or the answering service at **248-691-8601** after hours.

All appointments are made though one main office number **248-855-2229 (Baby)**

30445 Northwestern Highway
Suite 140
Farmington Hills, MI 48334
248-855-2229 Office
248-702-6374 Fax
www.michobgyn.com
michobgyn@gmail.com

Hospital Affiliations

Below is a listing of hospital affiliations that we provide pregnancy care at along with their locations and contact numbers.

PLEASE CALL DR PREZZATO BEFORE HEADING TO THE HOSPITAL!!!!

Ascension Providence Southfield

16001 W. 9 Mile Road
Southfield, Mi 48075
248-849-3000

Ascension Providence Alternative Birthing Center

16001 W. 9 Mile Road
Southfield, Mi 48075
www.theabcunit.com
248-849-3919

Henry Ford West Bloomfield Birthing Center

6777 W Maple Rd,
West Bloomfield Township, MI 48322
248- 325-1000

Ascension Providence Park Novi

As of January 2020 no longer offering deliveries at this hospital

47601 Grand River Ave.
Novi, Mi 48374

Childbirth Classes/Tours

Scheduling childbirth classes: Various related classes ranging from prenatal fitness to alternative birthing classes are offered. Please see individual hospital websites or feel free to contact our office for further information.

Providence Alternative Birthing Center

248-849-3919

Scheduling tours of the hospitals:

Ascension Providence Southfield-Schedule though our office

Henry Ford West Bloomfield-register via website

Pregnancy Timeline/Important Visits

Confirm Pregnancy Visit at 6-8 weeks

- Annual exam if not current
- Pap Smear, cervical cultures and pregnancy hormone levels

New OB Visit at 8-10 weeks

- Ultrasound to confirm due date
- New OB labs drawn: complete blood count, blood type and antibody screen, TSH, Hepatitis B, HIV, Syphilis, Rubella titer, Varicella titer, Cystic Fibrosis screen, hemoglobinopathy evaluation, urine culture.
- Discuss Genetic Screening and Carrier Screening
 - <http://www.natera.com/panorama-test>
 - <https://www.labcorp.com/>

Routine Visits

- Every 4 weeks until 28 weeks
- Every 2 weeks from 28-36 weeks
- Every week from 36 until delivery

Important Visits

- 10-14 weeks-Genetic Screening
 - Blood Draw and/or Ultrasound
 - 2nd Blood Draw @ 16-20 weeks
- 18-20 weeks ultrasound/anatomy scan
- 24-28 weeks glucose tolerance test
- 36 weeks vaginal cultures for GBS bacteria

***Most Laboratory testing is sent to Labcorp-Please call them with any billing questions regarding blood work 800-845-6167

****Genetic and Carrier screening is typically sent to

- Labcorp Customer Service 800-845-6167
 - Maternity 21testing
- Natera Customer Service 650-249-9090
 - Panorama Testing
 - **Giuseppe Cusumano call first before customer service 248-918-7430**

Helpful Information/Medicines During Pregnancy-Not a complete List

Nausea / Vomiting

- Small frequent meals, make sure you eat carbohydrates/protein
- Separate liquids and solids by 20 minutes. BRAT diet (Bananas, Rice, Applesauce and Toast)
- Take prenatal vitamins at night
- Crackers, ginger ale at bedside take before getting up in the morning
- Vitamin B6 25mg every 8 hours
- Prescription Drugs: Reglan, Phenergan, Diclegis

Upper Respiratory Infection / Common Cold / Sinus Problems

- Increase fluids
- Rest
- Temperature above 101 use extra strength Tylenol
- Ocean nasal spray
- Sudafed (Not with High Blood pressure)
- Cepacol lozenges
- Robitussin 1-2 tsp. every 4 hours
- Tylenol PM helps with sleep take 2 hours before bedtime

Allergies

- Zyrtec
- Claritin
- May take asthma inhalers as needed

Constipation

- High fiber diet whole grains (bread), green leafy vegetables, high fiber cereals, oatmeal
- Increase fluids 100oz of water a day
- Constipation Fibercon, Metamucil, Senokot, Dulcolax, Colace, Miralax.

Stomach Flu

- Increase fluids
- Rest
- Avoid solids for 2 hours after vomiting
- Clear Liquids-Gatorade/Pedialyte
- After tolerating clear liquids you can add Jell-O, popsicles, chicken broth
- Slowly add crackers, bananas, rice, toast
- Call office if persists longer than 2 days

Heartburn

- Stay away from greasy and spicy foods
- Keep stomach full, eat small frequent meals
- Mylanta, Maalox, Mylicon, Tums
- Pepcid, Zantac, Dexilant, Protonix

Leg Cramps

- Pull back on heel towards you
- Tums 1-2 tabs up to 4 times a day
- Banana/Gatorade

Hemorrhoids

- Tucks
- Anusol suppository
- Preparation H Cream
- Increase fluids/Fiber
- Stool softeners

Headaches

- Tylenol 2 tabs every 4-6 hours with
- 1 cup of coffee or caffeine drink
- Call office if no improvement

Yeast Infection

- Monistat 3 or 7
- Terazol cream (prescription)

Dentist

- Can have X-rays (shield Abdomen)
 - Orajel for tooth pain
 - Can have antibiotics, pain medication (NO NSAIDS)
 - Can have Local anesthetic but not gas
- ***Please call office if your dentist needs a letter to treat you during pregnancy.

Healthy eating during pregnancy

- First trimester: No additional calories during your first trimester. Instead, you should focus on choosing nutritious foods that keep your energy up while supporting your baby's development.
- Second trimester: Up your daily calorie intake by 300 to 350 calories per day, that's the equivalent of two glasses of skim milk and a bowl of oatmeal. Total calories 2000-2200 total
- Third trimester: Consume an extra 500 calories per day. Total calories 2400-2500

Cystic Fibrosis Screening

Cystic fibrosis (CF) is a life-long illness that severely affects breathing and digestion. It is caused by an abnormal gene that makes the body produce thick mucus in the lungs causing persistent infections. In the pancreas, similar thick secretions can lead to problems with food absorption. Men with CF often have infertility due to absence of the vas deferens, the tubes that conduct sperm from the testes to the urethra. Cystic fibrosis does not affect intelligence or appearance. People with CF have an average lifespan of about 30 years.

Cystic fibrosis is a genetic disorder. Genes are inherited in pairs, one from the mother and one from the father. In CF, both genes must have mutations for a person to manifest the disease. If a person has one altered copy of a CF gene, that person is a **carrier for CF**. There is no known health problems associated with being a carrier. However, if a person has two mutated copies of the CF gene, he or she will develop the disease. When two carriers have a child together, there is a 25% chance that the child will have CF. There is a 50% chance that the child will be a carrier like the parents, and there is a 25% chance that the baby will be completely free of the gene—not a carrier and not have the disease.

About one of every 25 white people (or 4%) carries the altered gene. If your family background is not white, your chance of being a carrier is less than 1 in 30. If you have a relative who is a CF carrier, your risk of being a carrier is greater based on your family history than your ethnic background. You could be a carrier of CF even if no one in your family has the disease.

<u>Ethnicity</u>	<u>Carrier risk</u>	<u>Remaining risk given a negative result</u>
Caucasian, Ashkenazi Jewish	1/25	1/800
Hispanic	1/46	1/150
African-American	1/65	1/240
Asian	1/90	Insufficient data

CF testing screens for the most common types of CF gene mutations (out of several hundreds) as recommended by the American College of Obstetrics & Gynecology. A negative test does not completely rule out an infant affected by Cystic Fibrosis.

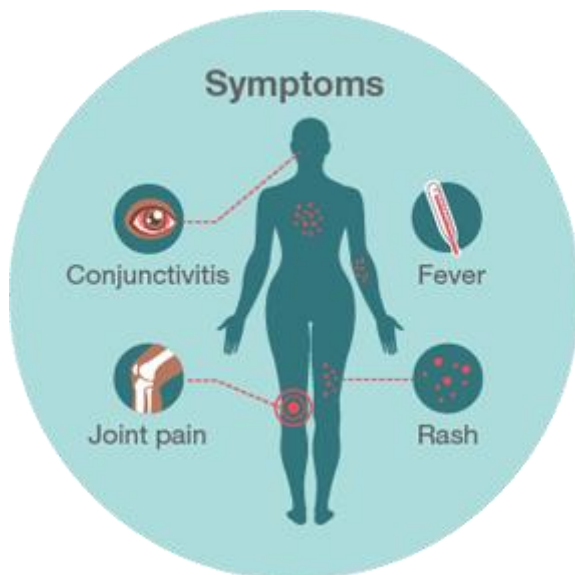
Zika Virus

For the latest on Zika please go to:
<https://www.cdc.gov/zika/pregnancy/index.html>

Zika can be transmitted through

- Mosquito bites
- From a pregnant woman to her fetus
- Sex
- Blood transfusion (very likely but not confirmed)

Zika symptoms



Many people infected with Zika virus won't have symptoms or will only have mild symptoms. The most common symptoms of Zika are

- Fever
- Rash
- Joint pain
- Conjunctivitis (red eyes)

Symptoms can last for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. Once a person has been infected with Zika, they are likely to be protected from future infections.

Methylmercury and Fish

Mercury occurs naturally in the environment and can also be released into the air through industrial pollution. Mercury falls from the air and can accumulate in streams and oceans and is turned into methylmercury in the water. It is this type of mercury that can be harmful to your unborn baby and young child. Fish absorb the methylmercury as they feed in these waters and so it builds up in them.

- Do not eat Shark, Swordfish, King Mackerel, Tilefish or any fish from the Great Lakes because they may contain high levels of mercury.
- Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury.
 - Some commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, white fish, halibut, tilapia, lobster and crab.
 - Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week.
- Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas. If no advice is available, eat up to 6 ounces (one average meal) per week of fish you catch from local waters, but don't consume any other fish during that week.

For more information visit:

<http://www.fda.gov/Food/FoodSafety/default.htm>

Listeria monocytogenes

Listeria monocytogenes is a type of bacteria that is found in water and soil. Vegetables can become contaminated from the soil, and animals can also be carriers. *Listeria* has been found in uncooked meats, uncooked vegetables, unpasteurized milk, foods made from unpasteurized milk, and processed foods. *Listeria* is killed by pasteurization and cooking. There is a chance that contamination may occur in ready-to-eat foods such as hot dogs and deli meats because contamination may occur after cooking and before packaging

- **Do not eat** hot dogs, luncheon meats, bologna, or other deli meats **unless** they are reheated until steaming hot.
- **Do not eat** refrigerated pâté, meat spreads from a meat counter, or smoked seafood found in the refrigerated section of the store. Foods that don't need refrigeration, like canned tuna and canned salmon, are okay to eat. Refrigerate after opening.
- **Do not drink** raw (unpasteurized) milk and do not eat foods that have unpasteurized milk in them. Avoid cider from local orchards.
- **Do not eat** soft cheese such as queso blanco, queso fresco, Brie, Camembert cheeses, blue-veined cheeses, and Panela **unless** it is labeled as made with pasteurized milk. Make sure the label says, "MADE WITH PASTEURIZED MILK."

For more information visit:

http://www.fsis.usda.gov/Fact_Sheets/Protect_Your_Baby/index.asp

Advice About Eating Fish

What Pregnant Women & Parents Should Know

Fish and other protein-rich foods have nutrients that can help your child's growth and development.

For women of childbearing age (about 16-49 years old), especially pregnant and breastfeeding women, and for parents and caregivers of young children.

- Eat 2 to 3 servings of fish a week from the "Best Choices" list OR 1 serving from the "Good Choices" list.
- Eat a variety of fish.
- Serve 1 to 2 servings of fish a week to children, starting at age 2.
- If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.*

Use this chart!

You can use this chart to help you choose which fish to eat, and how often to eat them, based on their mercury levels. The "Best Choices" have the lowest levels of mercury.

What is a serving?

To find out, use the palm of your hand!



For an adult
4 ounces



For children, ages 4 to 7
2 ounces

Best Choices EAT 2 TO 3 SERVINGS A WEEK			OR	Good Choices EAT 1 SERVING A WEEK		
Anchovy	Herring	Scallop		Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Atlantic croaker	Lobster, American and spiny	Shad		Buffalofish	Rockfish	Tuna, albacore/white tuna, canned and fresh/frozen
Atlantic mackerel	Mullet	Shrimp		Carp	Sablefish	Tuna, yellowfin
Black sea bass	Oyster	Skate		Chilean sea bass/Patagonian toothfish	Sheepshead	Weakfish/seatrout
Butterfish	Pacific chub mackerel	Smelt		Grouper	Snapper	White croaker/Pacific croaker
Catfish	Perch, freshwater and ocean	Sole		Halibut	Spanish mackerel	
Clam	Pickering	Squid		Mahi mahi/dolphinfish	Striped bass (ocean)	
Cod	Plaice	Tilapia				
Crab	Pollock	Trout, freshwater				
Crawfish	Salmon	Tuna, canned light (includes skipjack)				
Flounder	Sardine	Whitefish				
Haddock		Whiting				
Hake						
				Choices to Avoid HIGHEST MERCURY LEVELS		
				King mackerel	Shark	Tilefish (Gulf of Mexico)
				Marlin	Swordfish	Tuna, bigeye
				Orange roughy		

*Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.

www.FDA.gov/fishadvice

www.EPA.gov/fishadvice





**COMMUNITY RESOURCES ARE
AVAILABLE FOR MOST COMMON NEEDS**

Let us know if you need our assistance contacting any of these agencies. If you are able to make use of any of these resources please let us know about your experience with them by turning the survey on the last page.

Are you in need of education and support for your pregnancy and being a mom:

Catholic Services of Southeastern Michigan / Project Hope: (855) 882-2736 www.ccsem.org

This free program is for pregnant mothers and children up to three years of age and provides resources like diapers, formula and food, a baby clothes closet, referrals to community resources, family budgeting education, MI Bridges application help, resume and employment skills, and post-partum depression education. We now provide additional services of crisis pregnancy counseling, pregnancy testing, abstinence classes, parenting classes, and other supportive services. This program is currently available in all CCSEM locations, in all six counties (Lapeer, Macomb, Monroe, Oakland, St. Clair, and Wayne). We welcome calls from moms in need.

Miracles for Moms & Babes Maternal / Infant Health Program: (248) 443-4962

Are you pregnant or have an infant under 1 year old and have Medicaid or are Medicaid eligible? Let us assist you with Childbirth Education/Parenting Classes, Housing Assistance Referrals, Transportation Referrals, Nursing Support, Free Baby Items / Gift Cards/ Baby Showers, WIC Referrals, Insurance Assistance, etc. Certified through the State of Michigan.

The Macomb County Health Department / Diaper Depot: (586) 466-6855

Has diapers available in infant to adult sizes. Referrals will only be accepted from agencies that are working with the community member in need of the diapers and can be faxed to the number above. Diapers can be picked up 24 hours after the fax has been sent by the agency. Hours are Monday thru Friday from 8:30 a.m. to 4:30 p.m. The Diaper Depot will give out one package of diapers per child to Macomb County residents ONLY.

My Pregnancy Coach: (586) 944-2922

My Pregnancy Coach provides home visitation and support and education for pregnant women and infants with Medicaid. This help is intended to supplement regular prenatal/infant care.



In the past 12 months did you skip any medications to save cost?

Needy Meds, Inc.: (800) 503-6897

NeedyMeds educates and empowers those seeking affordable healthcare.

NeedyMeds, a national non-profit, achieves its mission by providing information on healthcare programs, offering direct assistance and facilitating programs.

NeedyMeds is funded by small grants, donations, sponsorships, subscriptions to PAPTracker, and syndication of some of our database information. NeedyMeds also works with the patient assistance programs of several pharmaceutical distributors.

Do you or your family need emergency food assistance?

W.I.C (Women, Infants and Children)

The Special supplemental Nutrition Program for Women, Infants, and Children provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 who are found to be at nutritional risk.

Visit wicoffice.net/wic-clinics to find a clinic near you

Forgotten Harvest: www.forgottenharvest.org

Forgotten Harvest has a network of more than 250 agencies in the tri-county area to help you. Forgotten Harvest provides food to these agencies, which include emergency food pantries, soup kitchens, senior centers, children's homes, domestic shelters, homeless shelters and group homes, who in turn help individuals and families in need.

To find a list of these agencies go do www.forgottenharvest.org, click on Agency Information then Relief Agency Directory.

If your family is going through a challenging time?

Bethany Christian Services (800) 238-4269

Counseling Services for Families, Couples and Individuals:



Bethany offers counseling services for individuals, couples, groups, and families (including children, adolescents, and adults). Our therapists are clinically certified with documented excellence in their area(s) of expertise.

You'll work with an assigned counselor to develop your plan for treatment, ensuring your spiritual, emotional, and mental health goals are addressed in a timely and helpful manner.

Safe Families for Children:

Safe Families for Children™ (SFFC) is a national movement of compassion that gives hope to families in crisis. This network of volunteer host families help parents who need temporary care for their children as they work through unmanageable or critical circumstances.

Bethany Christian Services mission is to protect and enhance the lives of vulnerable children and families. Safe Families for Children is an innovative approach that can accomplish this mission. Because of this, Bethany Christian Services partnered with the Safe Families for Children program after being approached by its founder, Dr. David Anderson of Lydia Home Association in Chicago. Dr. Anderson approached Bethany due to our size and scope as an organization with a solid reputation in social services across the USA and globe.

Are you living in an unsafe or unstable environment?

LACASA Center: 24/7 Help Line (866) 522-2725

Our toll-free Help Line is staffed by trained professionals who respond to your calls about child abuse, domestic violence and sexual assault.

We provide immediate support, information and critical resources around the clock.

Do not hesitate to call us when you have questions, concerns, or want to discuss your situation.

Turning Point: (586) 463-6990

Turning Point's mission is to provide programs and resources that enable victims/survivors of domestic violence and sexual assault to regain control of their lives.

