

# Cherokee Women's Health Specialists

*We're here for your journey.*



cherokeewomenshealth.com  
770.720.7733

Dear Mom-To-Be,

Let us be among the first to congratulate you on your pregnancy. We are so happy you chose us to be a part of this wonderful journey with you and your family. While exciting, finding out you are expecting can also be a time filled with many questions. We want to help answer some of those questions by providing you with the following information.

Please take time to read through it all and contact us if you have any additional concerns or questions before your next scheduled visit.

It is important that you pre-register with Northside Hospital during your 2<sup>nd</sup> trimester. For your convenience, we have provided the link and QR code so you can complete the form online.

**Note:** When asked for the location, make sure to use the dropdown menu to choose Cherokee Hospital. Also, when asked when your symptoms began, please enter the date of your last menstrual cycle.

## [Northside Hospital Patient Registration](#)



Protecting your health, and your baby's, is our top priority. We are here for you and look forward to helping you navigate this new season of your life.

Sincerely,

Cherokee Women's Health Specialists

## CONGRATULATIONS ON YOUR PREGNANCY!

We are honored to be part of your new pregnancy!

With a full team of physicians, nurse midwives, and physician assistants, we strive to provide personalized attention in a warm and sensitive manner, together with the absolute best medical treatment available.

All of our providers and staff *are committed* to keeping you and your baby safe during your pregnancy. *We will make sure* you have the optimal birth experience despite the heightened precautions during the COVID-19 pandemic.

Below are some guidelines on your prenatal care:

### Prenatal Care

1. Your initial visit will involve an ultrasound and physical exam with one of *our* providers to establish your pregnancy and due date. We will also discuss any medical issues and current medications. Your provider will also order a lab panel that is routine in prenatal care.
2. Subsequent visits will be at the following weeks in your pregnancy: 12, 16, 20, 24, 28, 30, 32, 34, 36, 37, 38, 39, and 40. Visits in between these milestones in your pregnancy will be done by telemedicine.
3. If your pregnancy is deemed **High Risk**, then you will also be followed by a perinatal specialist.
4. We encourage patients to keep a log of their weight each month until their third trimester at which time you may take your weight every 1-2 weeks.
5. We recommend prenatal vitamins containing folic acid at least 800 micrograms. Over the counter prenatal vitamins are adequate however if you desire a prescription, one will be provided.
6. Nutrition during pregnancy should involve intake of iron rich foods such as greens and meats, for example. If you are anemic, you may take additional iron available as Slow Fe over the counter daily. We also recommend DHA of at least 300 mg daily. Vitamin D is also important, and we recommend 2000 IU daily.
7. You can still enjoy exercise unless your provider has given you restrictions. It is recommended to have 20-30 minutes of walking at least most of days of the week.
8. Hydration is important, please consume water without additives at least 80 oz per day.
9. If you have cats, please do not change the kitty litter box. If you are the only caretaker for your feline friends, please wear gloves and discard. Please wash your hands.

### **IF YOU HAVE SYMPTOMS OF COVID-19 OR HAVE BEEN EXPOSED:**

Please call the *North Georgia Health District* at 888.881.1474 to determine if testing is needed.

**Please do not show up at the office or at the hospital without calling first.**

**Prevention of COVID-19 includes:** Clean your hands often. Use soap and water, or an alcohol-based hand rub. Maintain a safe distance from anyone who is coughing or sneezing. Do not touch your eyes, nose, or mouth. Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze. **Please also wear face covering any time you are leaving your home.**

We are proud to have partnered with Northside Hospital Cherokee. Their outstanding and deeply experienced nursing staff create the safest environment for our patients together with personalized nursing care and private delivery suites.

**Please check Northside Hospital Cherokee's website for current policy updates.**

### **Stay Informed**

You can check your lab results and medical history online 24 hours a day, and during your office visits, by visiting our website and enrolling in our patient portal. We can help you sign up for this convenient service.

### **Our Regular Office Hours**

Monday thru Thursday: 8:00 - 5:00

Friday: 8:00 - 1:00

Same-day problem visits and regular appointments can be scheduled at **770.720.7733**.

### **Urgent and Emergency Care**

After hours, your calls are forwarded to our answering service. We will call you back upon receiving your phone number and message.

In the unlikely event the phone service were to fail, go directly to the hospital to see our on-call physician.

### **Northside Hospital-Cherokee**

450 Northside Cherokee Blvd

Canton, Ga. 30115

770.224.1000

Labor and Delivery: 770.224.1800

**GO DIRECTLY TO THE HOSPITAL IF:**

1. **You are in labor**
  - a. **Pre-term labor** can occur before your last month of pregnancy. Symptoms include cramps, pressure, low backache and/or groin pain.
  - b. **Term labor** is within 3 weeks before your due date, with contractions becoming progressively more frequent, painful and regular (5-8 minutes apart or more frequently). Pain begins in the back and spreads to the abdomen.
2. **Decrease in fetal movement**. From the sixth month of pregnancy until delivery, your baby should move 10 or more times in 2 hours. Movement should increase after eating a meal or snack. If you notice a decrease in fetal movement, go immediately to the hospital.
3. **OR** if you have **ANY** of the following:

Significant pain	Painful, burning urination
Vaginal bleeding	Fever or chills
Gush of water or leaking from vagina	Severe back pain
Severe headache or blurred vision	A motor accident or trauma

**AGAIN, IF YOU HAVE SYMPTOMS OF COVID-19 OR HAVE BEEN EXPOSED:**

**Please do not show up at the office or at the hospital without calling first.**

## MEDICATIONS DURING PREGNANCY

While some medications are considered safe to take during pregnancy, the effects of other medications on your unborn baby are unknown. Therefore, it is very important to pay special attention to medications you take while you are pregnant, especially during your first trimester, a crucial time of development for your baby.

Condition	Safe Medications to Take During Pregnancy
Allergy/Rash/Itching	<ul style="list-style-type: none"> <li>• Benadryl cream</li> <li>• Cortisone cream</li> <li>• Benadryl 25 mg by mouth every 6 hours</li> <li>• Zyrtec, Claritin, Allegra</li> </ul>
Cold and Flu/Cough	<ul style="list-style-type: none"> <li>• Tylenol (acetaminophen)</li> <li>• Warm salt/water gargle</li> <li>• Sudafed (PE fine also)</li> <li>• Chlor-Trimeton</li> <li>• Vicks Vapor Rub</li> <li>• Robitussin-plain</li> <li>• Tylenol Cold</li> <li>• Saline nasal drops or spray</li> <li>• Actifed</li> <li>• Benadryl</li> <li>• Halls</li> </ul>
Constipation	<ul style="list-style-type: none"> <li>• Metamucil</li> <li>• Citrucil</li> <li>• Fiberall</li> <li>• I/Fibercon/Benefiber</li> <li>• Colace</li> <li>• Milk of Magnesia</li> <li>• Senokot/Surfak</li> </ul>
Diarrhea	<ul style="list-style-type: none"> <li>• Kaopectate</li> <li>• Imodium/Imodium AD</li> </ul> <p><i>Use this reference if you have 3 bowel movements a day. If this lasts more than 2 days, please call the office.</i></p>
Sore Throat	<ul style="list-style-type: none"> <li>• Chloraseptic Spray/Capacol/Cepastat</li> <li>• Sucrets</li> <li>• Gargle with warm water</li> </ul>
Pain Relief	<ul style="list-style-type: none"> <li>• Tylenol (acetaminophen) 650 mg (2 tablets) every 4 hours</li> <li>• Extra Strength Tylenol – 1000 mg (2 tablets) every 6 hours</li> </ul> <p><i>Do not exceed 4000 mg every 24 hours</i>  <i>Do not use aspirin, ibuprofen, Aleve, Motrin or Advil</i></p>
Heartburn/Indigestion/Gas	<ul style="list-style-type: none"> <li>• Maalox</li> <li>• Tums</li> <li>• Pepcid AC</li> <li>• Mylanta</li> <li>• Mylicon/Simethicone</li> </ul>
Hemorrhoids	<ul style="list-style-type: none"> <li>• Preparation H</li> <li>• Tucks pads</li> <li>• Proctocream</li> <li>• Anusol cream/Anusol HC suppositories</li> </ul>
Nausea and Vomiting	<ul style="list-style-type: none"> <li>• Emetrol</li> <li>• Seabands</li> <li>• Dramamine</li> <li>• Bonine</li> </ul>
Insomnia	<ul style="list-style-type: none"> <li>• Tylenol PM</li> <li>• Take a lukewarm bath</li> <li>• Warm milk or caffeine-free tea</li> <li>• Avoid caffeine and chocolate</li> </ul>
Yeast Infection	<ul style="list-style-type: none"> <li>• Monistat</li> <li>• Terazol</li> </ul> <p><i>Do not insert applicator too far.</i></p>
Cold Sores	<ul style="list-style-type: none"> <li>• Abreva</li> </ul>

## **NORTHSIDE HOSPITAL CHEROKEE PEDIATRIC PROVIDER PLANNING**

Congratulations to you on the upcoming birth of your baby! We are delighted that you have chosen to deliver your baby at Northside Hospital Cherokee.

Choosing a Pediatrician for your baby is a very important planning process for parents and we want you to be certain that this particular planning piece does not get overlooked. This information sheet will provide you with the names of the Pediatricians that have privileges at Northside Hospital Cherokee.

You may choose to take your new baby to a Pediatrician that you desire after your delivery and hospital stay is complete. However, only those Pediatricians who have privileges at Northside Hospital Cherokee are permitted to see your baby during your in-patient stay. This information sheet will provide you with the names of the Pediatricians that have privileges at Northside Hospital Cherokee.

We also suggest that you check with your insurance plan to determine which Pediatricians are “in-network” for your plan. Use of an “out-of-network” physician either during your hospital stay or after you go home can result in extra expenses.

We want you to feel comfortable with your choice of a Pediatric Provider and therefore, you may want to meet with the Pediatrician prior to your delivery. Please see the list below for the Pediatricians currently at Northside Hospital Cherokee.

### **Children’s Pediatric Center**

Dr. Michael Anderson  
391 East Main St.  
Canton, GA 30114  
770.720.6963  
770.720.6964

### **Cherokee Pediatrics**

Dr. Jonathon Creek  
Dr. Jennifer Wagner  
Dr. Nerka Watkins  
134 Riverstone Terrace  
Suite 103  
Canton, GA 30114  
770.479.1985

### **Northside Cherokee Pediatrics**

Dr. Jamie Rollins  
684 Sixes Road, Suite 220  
Holly Springs, GA 30115  
678.388.5485

### **Graham Pediatrics of Woodstock**

Dr. Fitzroy Graham  
103 Mirramont Lake Dr.  
Woodstock, GA 30189  
770.485.9670

## RECOMMENDATIONS FROM THE CDC AND ACOG REGARDING THE FLU AND TDAP VACCINES

### **Flu Vaccines:**

Flu vaccines given during pregnancy protect both the mother and her baby from flu. Vaccination has reduced the risk of flu-associated acute respiratory infection in pregnant women by up to one-half. Babies of women who get a flu vaccine during their pregnancy are protected from flu infection for their first several months of life, when they are still too young to get vaccinated.

Flu shots have a good safety record. Millions of flu vaccines have been given for decades, including being given to pregnant women. Observational and prospective studies in pregnant women support the safety of influenza vaccine during pregnancy.

However, data on first trimester flu vaccine administration is more limited than for second or third trimester vaccination. One recent study of data from the 2010-2012 seasons found that women who received two consecutive annual flu vaccines containing an H1N1 pdm 09 component early in pregnancy had an increased risk of miscarriage (median gestational age was 7 weeks) during 28 days after receiving the second vaccine the following season. In contrast, other studies have not found a link between flu vaccination and miscarriage. Follow up studies are ongoing. The Advisory Committee on Immunization Practices (ACIP), The American College of Obstetricians and Gynecologist, and CDC continue to recommend that pregnant women get a flu vaccine because flu poses a danger to pregnant women and their babies.

### **Tdap Vaccines:**

Tdap vaccines are important and safe for pregnant women and their infants. Several prospective and observational studies have shown that Tdap is safe and well tolerated in pregnant women. Multiple studies show Tdap vaccination during the second or third trimester of pregnancy prevents pertussis (whooping cough) in at least 9 out of 10 infants younger than 2 months of age. Receipt of Tdap between 27 through 36 weeks of pregnancy is 85% more effective at preventing pertussis in babies younger than 2 months of age compared with administering this vaccine to postpartum mothers in the hospital after giving birth.

We recommend Tdap vaccines to be given between 27 and 36 weeks. Please let us know if you would like a prescription. We can call or send to your local pharmacy or you can get one from your primary care provider.

## CORONAVIRUS AND OTHER RISKS FOR PREGNANT WOMEN

Cherokee Women's Health Specialists is staying updated with the latest updates on Covid-19 from the Center for Disease Control (CDC) for optimal health of our patients.

Please go to the CDC website for the latest updates on Covid-19 and their recommended precautions for pregnant women. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnant-people.html>



Pregnant women also might be at risk for severe illness compared to the general population as observed in cases of other related coronavirus infections [including severe acute respiratory syndrome coronavirus (SARS-CoV) and Middle East respiratory syndrome coronavirus (MERS-CoV)] and other viral respiratory infections, such as influenza (flu), during pregnancy.

The best prevention measures for any respiratory virus are:

- Wash your hands often with soap and warm water for at least 20 seconds.
- Make sure your family members wash their hands frequently.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Wear a mask in public, and make sure your family does as well.
- Practice social distancing.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Do not shake hands.

If you have recently traveled to areas where there are ongoing outbreaks of COVID-19 and develop fever with cough and shortness of breath within 14 days of your travel, or if you have had contact with someone who is suspected to have COVID-19, stay home and call your health care provider or local health department right away.

**BE SURE TO CALL BEFORE GOING TO A DOCTOR'S OFFICE, EMERGENCY ROOM OR URGENT CARE CENTER.**

**And tell them about your recent travel and your symptoms.**



## RECOMMENDED PRODUCTS

Our doctors recommend the following products for at home use. Please click their respective links for more information or to purchase them.

[Omron Bronze Blood Pressure Monitor](#)

[Urine Test Strips Mission 10 Parameter](#)



[Sonoline-B- Baby Monitor](#)



**Note:** We have no affiliation with these companies or products and receive no compensation for recommending them.

## Cherokee Womens Health Specialist, PC Prenatal Genetic Testing

Prenatal genetic testing will be performed by Quest Diagnostics based on quality of testing and patient convenience. Advanced and standard testing options are listed below.

We strongly encourage you to contact your insurance company to know your out-of-pocket expense prior to consenting to having your labs drawn so you can make an informed decision. The actual amount you will pay will be determined by your insurance company, if insured. Cherokee Womens Health Specialist will not be responsible for any cost that your insurance company does not cover. If you are insured and your insurance company does not cover the prenatal genetic testing OR if you are uninsured/self-pay, the patient responsibility is listed below. Supplemental Financial Assistance is available via Quest Diagnostics for those who qualify.

### Advanced Prenatal Testing

#### **Noninvasive Prenatal Test (NIPT) - QNatal®Advanced**

Advanced testing to detect chromosomal abnormalities such as Trisomy 21 (Down Syndrome), Trisomy 18, etc.

Sex of the baby is included.

Blood drawn at your 12 week appointment, but as early as 10 weeks. Sensitivity & specificity (accuracy) >99.9%

Insured: Health Plan Covers	Amount determined by your health plan
Insured: Health Plan Does Not Cover	\$300.00
Uninsured/Self Pay	\$395.00
Supplemental Financial Assistance Program (must qualify)	Out of pocket \$0-\$200.00

CPT Code: 81420

Diagnosis Code: Z13.79 -- will need for insurance verification.

### Standard Prenatal Testing

Health Plan coverage is excellent for these established standardized tests.

#### **Maternal Serum Screen – Stepwise Sequential Integrated Screen**

Testing to assess risk of Trisomy 21 (Down Syndrome), Trisomy 18, or a neural tube defect.

Sex of the baby is NOT available with this testing.

Blood drawn 1<sup>st</sup> & 2<sup>nd</sup> trimester. Part 1 & Part 2 plus ultrasound (NT) are necessary for risk assessment.

Detection rate is 92% with a 4% false positive rate.

Uninsured Patient Price	\$395.00
Financial Assistance Program (must qualify)	Available but rarely needed given excellent coverage

#### **Maternal Serum Screen – Quad Screen or MSS 4**

Testing to assess risk of Trisomy 21 (Down Syndrome), Trisomy 18, or a neural tube defect.

Sex of the baby is NOT available with this testing.

Blood drawn 2<sup>nd</sup> trimester. No ultrasound (NT) required.

Detection rate for Down Syndrome 79% with a 5% false positive rate

Uninsured Patient Price	\$270.00
Financial Assistance Program (must qualify)	Available but rarely needed given excellent coverage

### Genetic Counseling – All Genetic Testing

Available at 1-800-GENE-INFO (1-866-436-3463)

Counselors assist with basic genetic questions/concerns.

If in-depth discussions are required, will refer to a 3rd party genetic counseling provider.