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Frequently Asked Questions in Pregnancy

Who will deliver my baby if my Doctor/Midwife is not on call?

Our Doctors/Midwives rotate call in the evenings and on the weekends, if your provider is not on call, another Doctor/Midwife will be available. We do not require you to meet all the Doctors/Midwives that deliver at your hospital of choice, but if you would like to, you can. See the list of Doctors/Midwives available at each hospital on our website.

Who do I call with an emergency or after hours problem?

If you have a minor problem, you need to call your Doctors'/Midwives' regular office phone number. Follow the directions and you will be transferred to an answering service and then the nurse on call with return your call. If you do not receive a call back within 30 minutes, please call again to verify your information with the answering service. If you are having an emergency such as severe pain, heavy vaginal bleeding, decreased fetal movement or think you may be in labor you can be seen at the Cape Coral Hospital Obstetrical Triage area or the Healthpark Obstetrical Emergency Department any time after 20 weeks of pregnancy without the need to call ahead. If you are less than 20 weeks pregnant then you can go to the regular Emergency Department.

Can I go to the Dentist?

Yes – good dental hygiene including regular cleanings are encouraged during pregnancy. If you are having a dental problem and require additional services there is a dental letter on our website in the “forms” section that you can print and provide to your Dentist. This letter explains recommendations and limitations during pregnancy.

May I travel during pregnancy?

You may travel by car or plane up to 36 weeks for a normal pregnancy. Travel after 36 weeks is not recommended. Please review with your provider prior to purchasing any tickets. Stay well hydrated and walk or stretch at regular intervals during the trip. It is recommended that you take a copy of your prenatal records with you. Please check with individual cruise lines as they have earlier restrictions when pregnant (as early as 24 weeks for most cruise lines.) You also want to consider purchasing travel insurance in case there is an emergency that requires you to cancel your trip.

PROVIDING COMPASSIONATE, EXPERT CARE IN THREE CONVENIENT LOCATIONS

1265 Viscaya Parkway	Cape Coral, Florida 33990	(239) 574-2229
9021 Park Royal Drive	Fort Myers, Florida 33908	(239) 432-5858
5700 Lee Boulevard	Lehigh Acres, Florida 33971	(239) 432-5858

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How many ultrasounds do I get during my pregnancy?

We generally do an ultrasound at the first visit to confirm pregnancy and check accuracy of the dates in the first trimester. Then a complete ultrasound is done at around 20 weeks for the purpose of checking the anatomy and the well-being of your baby. If your baby cooperates with their position, we may be able to check the sex of your baby at this ultrasound as well. In a normal, low risk pregnancy no other ultrasounds are done. High risk pregnancies sometimes require additional ultrasounds but these are scheduled at the discretion of your provider.

Is it ok to have a cat while pregnant?

Yes. You do NOT need to give up your cat if you are pregnant. However, it is recommended that you avoid changing the cat litter if possible to reduce your risk of Toxoplasmosis. Toxoplasmosis is a disease caused by a parasite that you can come in contact with by eating raw meat, gardening in soil where cats defecate or by handling the feces of an infected cat. Toxoplasmosis can be transmitted to your baby and cause the baby harm. It is recommended that if no one else is able to change the cat litter then you wear gloves and wash your hands with soap and water afterwards. It is also advised to keep your cat inside and do not feed your cat raw meat. Wear gloves when gardening and wash hands after gardening or coming in contact with sand or soil.

May I color my hair or get artificial nails?

Usually approved after the first 13 weeks of pregnancy.

Can I go tanning?

Tanning is NOT recommended in pregnancy.

Can I ride amusement rides?

Amusement rides (roller coasters, etc.) are NOT recommended for pregnant patients.

What do I do if I get into a car accident?

If you are involved in a car accident, you should always report first to the Emergency Room for evaluation of you and your baby.

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Can I take a tour of the hospital?

The hospital does have scheduled tours of the Birth Centers. If you are interested in a tour, please contact the labor and delivery unit at your preferred hospital.

Do I need to pre-register at the Hospital?

Yes, the pre-registration form can be downloaded from our website. Please complete and mail or fax in to the hospital no later than 28 weeks of pregnancy. Before sending it in please make a copy of this form and store in your hospital bags in case the hospital does not receive it.

What do I need to do if I want an Epidural?

If you are planning an Epidural for labor and have medical conditions that may affect this decision please speak with your provider about these concerns. You may need to speak to an anesthesiologist prior to your admission to the hospital. You do NOT need to pre-register or pre-pay for this service.

How many people can be in my delivery room?

The hospital allows for 3 support people for a vaginal delivery and 1 person for a C-section.

Can I exercise during my pregnancy?

Exercise is permitted if low impact. No contact sports or high impact exercises. Yoga, Pilate's and strength training is approved if you are having a routine pregnancy without complications. Make sure you stay well hydrated and stop any activity that causes any cramping or spotting/bleeding. Try to keep your heart rate less than 140.

What are the diet recommendations in pregnancy?

Small frequent meals are encouraged. We also recommend drinking 8-10 glasses of water a day. A healthy variety is suggested from the food pyramid. No uncooked meats, sushi or oysters. Please refer to the pregnancy book or the documents on the website about the consumption of fish, lunchmeats and cheeses. No alcohol, tobacco or recreational drugs. Also limit artificial sweeteners to 1-2 servings per day. Try to cut out all caffeine or limit to no more than one 8 oz serving per day.

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What do I do if I need paperwork filled out for Disability/FMLA?

Please leave the paperwork with the office and give us some time to review with your Doctor/Midwife. Please allow us a few days to complete as we have to fill out these forms for multiple patients. There is a fee for us to complete those forms: \$10.00 for 1 page, \$25.00 for 2 or more pages.

What do I do if I need a work/school excuse?

It is our office policy that you are seen and evaluated in an office visit prior to giving any work/school excuse. Please call the office for an appointment and you will be given a note at the time of the visit if needed.

When should I register for childbirth classes?

You should try to register for childbirth classes by the beginning of the third trimester (28 weeks).

Can I have sex during pregnancy?

You may have sex throughout the pregnancy unless your Doctor/Midwife tells you otherwise. You may experience some mild spotting and/or cramping for a short time after sex. If these symptoms are severe or last more than a short time you should contact the office.

What should I do if I have a rash?

Please call the office prior to coming in if you have a rash. We want to protect other patients if you have something that might be contagious. A nurse will instruct you on what to do.

What should I do if I experience swelling?

Swelling in your feet and hands are common during pregnancy. Elevate the extremity above the heart and increase the amount of water you are drinking. Also decrease the sodium intake in your diet and increase the protein. Remember, any foods packaged, canned or frozen are generally higher in sodium. If you don't have any improvements in the swelling or if you also have headaches, dizziness or any visual changes then notify the office right away.

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What if I come in contact with someone who has the Chicken pox, shingles, Fifth's disease or CMV?

If you had chicken pox or have had the immunization for chicken pox, then there is no concern for you or your baby. If you have not, avoid contact with that individual, or call the office for advice. If you have direct contact with an individual with Fifth's disease, call the office for an appointment.

What is Cord Blood Banking?

It is a birthing option that enables parents to have their newborns' umbilical cord blood collected and cryopreserved for future use. You can research cord blood banking options online and discuss any questions with your provider.

What is carrier screening?

Carrier screening is a type of genetic test that can determine if you carry an abnormal gene for certain genetic disorders. This information can then be used to determine the risk that your child will have certain genetic disorders. Examples of genetic disorders that can be tested include diseases such as: cystic fibrosis, fragile X syndrome, sickle cell disease, thalassemias, spinal muscular atrophy (SMA), and Tay-Sachs disease. The American College of Obstetricians and Gynecologist (ACOG) recommends that this testing is offered to all pregnant women if it has not previously been done. If you have additional questions about this testing please discuss with your provider.

What is cell-free DNA testing?

During pregnancy a small amount of the baby's DNA is released from the placenta into a pregnant woman's blood stream. The woman can have her blood drawn starting at 10-13 weeks of pregnancy to test for the baby's DNA. This test looks at the baby's chromosomes to screen for Down syndrome (trisomy 21), Patau syndrome (trisomy 13), Edwards syndrome (trisomy 18) and other problems with the number of sex chromosomes. This test can also determine the gender of the baby.

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