

Gupte Hospital - ANC - FAQ

1. Iron tab when to take before or after food?
Should be taken one hour after food
2. Diet in pregnancy what to avoid n what to take?
Nothing specific to be avoided but things that are known to cause GIT trouble before should be avoided and outside food and water to be avoided.
3. Papaya, pineapple, banana, mango is it safe in pregnancy?
All fruits are allowed.
4. Bleach /hair dye/mehendi/eyebrow /waxing etc. are they safe in pregnancy?
Preferably to be avoided if doing for it for the first time esp bleach and hair dye and waxing, eyebrow would not cause any problem.
5. Yoga /gym/swimming – in pregnancy?
Swimming not allowed. Hygienic care, yoga and gym ask gynaec, according to clinical parameters doctor will guide – Walker not safe because of balancing.
6. Doing repeated USG in pregnancy – is it harmful for baby?
If advised by doctor should do as it does not cause any harm to baby's development
No X-rays.
7. OGCT test how to take glucose n when to come?
75gms glucose in one glass of water to be consumed within 5-10 mins. no need of fasting before the test but after consumption of glucose water till completion of 2 hours should be NBM sips of water will do.
8. Glycomet, though I am not diabetic, why is it prescribed to me & when to be taken?
It is for hormonal imbalance and for PCOD.
9. Calcium tab when to take before or after food?
One hour before food.
10. Anti-hypertensive tab when to take before or after food?
Should be taken according to the timing of the tablets irrespective of food intake.

11. Progesterone tablets route of administration?

Can be taken Oral and or used vaginal.

12. Dark color stools /constipation/nausea is it due to iron supplement?

All these symptoms can occur due to iron supplements but changing the brand can sometimes help to relieve the symptoms.

13. 1st trimester n triple marker tests – really necessary to do?

Please refer information leaflet and any queries contact doctor.

It is voluntary but highly recommended.

14. Blood test why is it necessary in pregnancy?

Some tests are done only once during the whole 9 months e.g. HIV, VDRL, HbsAg are done only once rest routine lab with ultra TSH done every three months i. e. each trimester.

15. 1st trimester screening / triple test report if shows high risk – why n what is to be done for it? Are the tests 100% accurate?

All those testes are screening tests and not diagnostic so they give only calculative risk value and report interpretation and discussion with consultant is necessary.

16. Do's n Don't - pregnancy?

Following things to be avoided :

heavy weight lifting /outside food or water/traveling and intercourse during 1st and 3rd trimester/jerky movements /traveling on two and three wheeler /if GDM high sugar diet to be avoided

Things to do – complete diet rich in green leafy veg/sprouts/fruits /plenty of water intake.

17. Dental treatment which are safe weeks of pregnancy for it

Early pregnancy, as soon as dental problem is detected (Consult Dentist and confirm given medicines with Gynecologist)

18. X-ray for any other complaints & dental X-ray in pregnancy is it safe?

Dental X-ray is safe .If other X-ray is mandatory- abdominal shield to be used.

19. How much time walk is okay in pregnancy?
45 min (if there is no risk factor)
20. Travelling via two-wheeler/air/train / car seatbelt – what are the safe weeks in pregnancy for it? How many hours' journey is allowed (trimester wise)?
1st trim- No travelling (except mandatory travelling for JOB)
2nd Trim-Train & air travel allowed
3rd-Upto 32 wks –train & air (if they are going for delivery elsewhere)
21. Tight clothing – in pregnancy/
Should be avoid (Not advisable)
22. Which are safe weeks to keep contact during pregnancy? What is the safe position?
13-27 wks, every 15 days allowed (position- regular)
23. 1st USG when is it done in pregnancy?
Roughly around 7 wks
24. How many total USG n blood tests usually advised in pregnancy?
5 USG mandatory (in a high risk patient more frequent USG also safe), Routine blood tests every 2&1/2 to 3 months.
25. Is breastfeeding okay during pregnancy?
No.
26. Is local application muscle relaxant n hot and cold fomentation okay in pregnancy?
Yes (Not near abdomen)
27. Is it necessary to consult doctor if having P/V spotting during pregnancy?
Yes. P/V spotting or bleeding is never normal.
28. Travelling for job via car or bus – how much distance allowed?
it is subjective.
29. Work from home – till how many weeks & how many hours a day allowed in pregnancy?
36 wks

30. Is eating tofu/non veg/Chinese/egg etc. & outside eating okay in pregnancy?
No.
31. Triple test is USG necessary while doing the blood test?
No.
32. Is massaging breast for flat nipples necessary?
Not allowed massaging, only pulling the nipples twice a day with moisturizer allowed.
33. How much quantity of dry fruits allowed during pregnancy?
Except Cashewnut, all allowed (each 2 /day)
34. Coconut water how much quantity advisable during pregnancy?
IF you are not diabetic , daily allowed.
35. What medicine to be taken for URTI during pregnancy/
Gasgles & cough syp. – (advised by doctors only)
36. Which is the safe position while lying down during pregnancy? Is lying on abdomen okay during pregnancy?
Till 12 wks any position, After that preferably Rt. Or Lt. lateral position.
37. What should be the weight gain/week?
1.5 to 2 Kg / month.
38. Is insomnia/disturbed sleep normal during pregnancy?
Yes.
39. Gardasil vaccine indicated from what age group?
15 yrs to 45 yrs.
40. What is Inj. Lupride given for?
Endometriosis.
41. Exercises in pregnancy?
As per chart & Antenatal classes.

42. Coconut water in GDM
As advised by dietitian.
43. Why spotting/ bleeding occurs in pregnancy
It is pathological, come for checkup., It is not normal in pregnancy.
44. Does spotting cause any abnormality in pregnancy (baby)
It can.
45. Does repeated NST s cause any harm to baby?
No.
46. Excessive baby movements –Is this an indication of baby’s distress?
Can be indication of fetal Distress.
47. Is swelling over feet normal in preg?
It can be normal if common causes roiled out (Anaemia/PIH/Hypo-protenimia)
48. Is baby’s outcome bad if delivery occurs in 8th month than in 7th
More u near the due date , the salvagibility is good.
49. Does baby’s future mental stability depend upon mother’s moods during preg
No.
50. In case of polyhydramnios, is it necessary to restrict fluid/water intake
No, Only sugar Restricted.
51. If there is more than 1 delivery in the labor room, how do you identify the babies?
Baby name tag is immediately attached to the baby.
52. Are the babies immediately tagged after the delivery or are they tagged after the wash?
Immediately tagged after the delivery.
53. P/v white discharge during pregnancy, is it normal or abnormal?
Minimal amount of discharge is normal, if it is staying & with odder –is abnormal.
54. What is the significance of dental treatment and contact lenses in pregnancy?
yes.

55. Why is it necessary to have family history in pregnancy?
It has got impact on pregnancy outcome.
56. Backache in pregnancy.
Back Exercises.
57. Effects of eclipse on pregnancy? Is it not advisable to go out during that time?
No influence.
58. Why to go for 2nd CS section if I had previous CS SECTION?
First scar can rupture during trail of normal delivery.
59. Is it safe to eat dates during pregnancy, if yes then how many in a day?
Yes, if u r nor GGI/GDM, 2 dates/day.
60. Is it safe to have intercourse in pregnancy?
As above.
61. If my breast secretion is less than for how long time I can give my baby lactogen or if I am going to join job and not able to feed baby, then also how many times I can give lactogen and top feed?
As per Pediatrician's advice.
62. How to keep a count of the fetal movements?
After Breakfast, Lunch and Dinner count the movements for 1 hr, in each hour minimum 4 to 5 movements should occur, total 12 to 15 movements in a day.
63. Is it normal to have constipation or increased frequency of stools during pregnancy?
Yes. She can have constipation some times, may advise to have plenty of water and fibrous diet. Loose motions can occur in case of food changes.
64. If initially the pregnancy is with twins n later on it becomes single pregnancy does it affect the baby psychologically?
No.