



McFarland Clinic

Obstetrics & Gynecology

515-239-4414
1015 Duff Avenue
Ames, IA 50010

Extraordinary Care, Every Day

Meet the McFarland Clinic Obstetricians

You have several options for a healthcare provider during your pregnancy. Obstetricians are physicians who specialize in pregnancy. In Ames, you may choose an obstetrician, a nurse-midwife, or a family medicine physician.



Bonnie S. Beer, MD earned her medical degree from the University of Iowa College of Medicine. Dr. Beer served her Obstetrics & Gynecology Residency at Indiana University Medical Center. After earning her medical degree she served as a medical missionary in Nigeria, West Africa. She is a fellow of the American College of Obstetrics & Gynecology. She joined McFarland Clinic in 1996.



James M. Downard, MD earned his medical degree from the University of Kansas School of Medicine. Dr. Downard completed his Obstetrics & Gynecology Residency at the University of Missouri School of Medicine. He was recognized at the University of Missouri with the Outstanding Resident Teaching Award for two years. He is a fellow of the American College of Obstetrics & Gynecology. He joined McFarland Clinic in 1992.



Beth Soulli, DO earned her Doctorate of Osteopathic Medicine from Des Moines University. She completed her Obstetrics and Gynecology Residency at University of Missouri Kansas City School of Medicine. She is a fellow of the American College of Obstetrics & Gynecology. She joined McFarland Clinic in 2015.



Jay Swanson, DO earned his medical degree at Des Moines University and his PhD at Iowa State University. He completed his internship and residency at David Grant Medical Center, Travis Air Force Base, California. He is a fellow of the American College of Obstetrics & Gynecology. He joined McFarland Clinic in 2009.



Emily Zoulek, DO earned her Doctorate of Osteopathic Medicine from Lake Erie of Osteopathic Medicine. She served her internship and residency of Obstetrics & Gynecology from Mercy Health Partners in Michigan. She joined McFarland Clinic in 2020.

Meet the McFarland Clinic Nurse-Midwives

Nurse Midwives help women during labor and delivery and are trained and experienced in prenatal, postpartum, and routine gynecological care. Nurse midwifery care focuses on maintaining health and encouraging women to make informed decisions about their health care.



Donna Deardorff, CNM, ARNP, MSN completed her Bachelor's of Science in Nursing at Grand View College. She earned her Master's of Science in Nursing at the University of Minnesota. She was employed at Mary Greeley Medical Center in the Obstetrics Department before joining McFarland Clinic. Her focus is routine gynecological care.



Rachael Hayward, CNM, ARNP, MSN received her Master of Science in Nursing at the University of Pennsylvania for Nurse Midwifery and Women's Health Care Nurse-Practitioner. She joined McFarland Clinic in August 2019.



Dawn Heaberlin, CNM, ARNP, MSN graduated with a Master's degree in Nursing from the Frances Payne Bolton School of Nursing/Case Western Reserve University. She earned her certificate in Nurse Midwifery at the Frontier School of Midwifery and Family Nursing. She joined McFarland Clinic in June 1994.



Alice May, CNM, ARNP, MSN earned her Bachelor of Science in Nursing degree from Midland Lutheran College. She earned a Master of Science degree in Nursing and a certificate in Nurse Midwifery from Frontier School of Midwifery and Family Nursing. She joined McFarland Clinic in 2009.



Mattea Otten, CNM, ARNP, MSN received her Bachelor of Arts in Biology and Spanish from Wartburg College. She earned her Bachelor of Science in Nursing from Allen College. She went on to receive her Master of Science in Nurse-Midwifery from Bethel University. She joined McFarland Clinic in February 2020.

Optional Prenatal Screening Tests

Test	What Is Tested?
Cystic Fibrosis	A blood test screen to see if Mother is carrier of the gene.
First Trimester Screen	An Ultrasound and blood test screen for Down Syndrome (Trisomy 21) and Trisomy 18, this is done at Perinatal Center in Des Moines.
Iowa Integrated Maternal Screen Test	This is a 2 part screen: A dating ultrasound and blood test in first trimester and second blood test in second trimester. This screens for Down Syndrome (Trisomy 21), Trisomy 18, and open neural tube defects.
Panorama	This is a blood test for Trisomy 13, Trisomy 18, and Down Syndrome (Trisomy 21). You may choose to learn the gender of your baby with this test. See pamphlet for more details.
Quad screen	This is a blood test screen for Down Syndrome (Trisomy 21), Trisomy 18 and open neural tube defects.
AFP only (NTD Screen)	This is a blood test to screen for open neural tube defects.

*Twin pregnancies can do Cystic Fibrosis screen, First Trimester Screen, Panorama and AFP only (NTD screen)

Timing of Test	Estimated Cost & Cpt Codes	Results
Anytime	\$603 with code 81220.	1-2 weeks
11-12 weeks	\$340-354 with codes 76801, 76813, 36415.	1-2 weeks
First trimester test is between 10 weeks 3 days and 13 weeks 6 days. Second trimester test is done between 15 weeks 0 days to 21 weeks 6 days.	Ultrasound is \$340-350 with code 76817(Vaginal) or 76801(Abdomen). Blood test is \$298 with codes 84702, 86336, 82105, 82677 84163.	You do not get results until after the second blood test. Results take one week.
Need to be drawn after 9 weeks.	\$249 code is 81420.	One week
15-20 weeks	\$242 with codes 82105, 82677, 84702, 86336.	One week
15-20 weeks	\$34 with code 82105.	One week

Appointments

During your pregnancy, you will be seen for many appointments. Each pregnancy is unique, so your schedule may be different from someone else's. Always arrive 10 minutes before your appointment time as you will need to check in at the Business Office first.

Today's Visit

The first visit with the prenatal nurse will involve sharing information regarding your health and past pregnancies. Material involving this pregnancy will be reviewed. During the visit, you will be talking with our credit department regarding your insurance.

10-12 weeks

Your provider will see you at about 10 to 12 weeks gestational age. At this appointment, you will have a physical examination, listen to baby's heart and have blood and urine lab tests done.

12-28 weeks

Between 12 and 28 weeks, you will visit your provider about once a month. Each appointment will involve checking your blood pressure, weight, listening to the baby's heart tones, checking growth of baby and discussing any questions you may have.

20 weeks

At approximately 20 weeks or after, you will be scheduled for an ultrasound exam. You will be given instructions for this exam.

28-36 weeks

You will have an appointment every 2 weeks. Additional blood tests will be done at approximately 28 weeks.

1. Hemoglobin – Iron level
2. Indirect Combs – Antibody screen
3. One hour glucose – Gestational Diabetic screen
4. RhoGAM work-up, if mom is Rh Negative

There is no preparation for any of these tests. You may eat normally, avoiding excess sweets. Check in at the reception desk 10 minutes before your appointment time.

When you arrive at the lab you will be given a glucose drink. This is a very sweet beverage that needs to circulate in your body for one hour, then the lab tech will draw the blood from your arm.

During the hour between drinking the glucose liquid and having your blood drawn, please report back to the OB Department so your provider can see you for your prenatal appointment.

36 weeks

You will begin to see your provider every week. At one of these visits, a vaginal/anal culture for the presence of Group B streptococcus organism will be done. Your healthcare provider will begin vaginal exams at some point to evaluate the cervix for dilation/effacement. Usually this begins about two weeks before your expected due date.

When You Come For Your OB Appointments

Before each of your appointments, your providers would like you to provide a “clean-catch” urine specimen. At least four hours should have elapsed between your last urination and the collection urination. Containers will be given to you at each visit.

1. Cleanse the vaginal area as follows:
 - Spread lips of vagina with fingers.
 - Rinse area well with plain water.
 - You may find using a clean paper cup for collection and transfer a small amount to the provided container helpful.
2. Keep vaginal lips spread and begin urinating between spread fingers.
3. After urinating a small amount, collect specimen (one or two ounces).
4. Place in a plastic bag.
5. Please give specimen to the nurse when you go to the exam room for your appointment.

Symptoms You Should Report to Your Provider

1. Vaginal bleeding
2. Swelling of the face or fingers
3. Severe, continuous headaches
4. Visual disturbances
5. Pain in the abdomen, or menstrual-like cramps
6. Persistent vomiting
7. Chills and fever
8. Sudden escape of water from the vagina

Any of the symptoms above could indicate a serious problem requiring immediate attention. Do not wait until your next, regularly-scheduled appointment to inform your provider of any of these symptoms, please call our office immediately.



Nutrition Information

Fish

Avoid shark, swordfish, king mackerel, albacore tuna or tilefish as they contain high amounts of a form of mercury that may harm an unborn child's or baby's brain, or nervous system.

Limit fresh water fish caught by family and friends, to one serving each week.

Enjoy up to 12 ounces of other cooked fish each week such as shellfish, canned fish, cod, haddock, pollock, and salmon. These fish contain DHA, an omega-3 fat that is important in development of the brain, nerves and retina.

If you do not eat seafood, talk with your provider about a DHA supplement, (1200mg)/per week, safe to take during pregnancy.

Listeriosis

Listeriosis is an illness caused by bacteria found in certain foods. Symptoms can include fever, chills, muscle aches and back pain. The disease can cause serious problems for the fetus, including miscarriage or stillbirth. To prevent listeriosis, wash all fresh fruits and vegetables before using them.

Avoid the following foods:

- Unpasteurized milk and soft cheeses
- Raw or undercooked meat or poultry
- Prepared meats, such as hot dogs or deli meats, unless they are reheated until steaming hot

Foodsafety.gov has a complete list of foods to avoid in pregnancy and updates on food recalls.

Water is an essential nutrient that is commonly overlooked. It assists in digestion and transport of food. Water is the main substance in cells, blood, and other vital body fluids. It also aids in maintaining body temperature. You should drink six to eight 8-ounce glasses of water and non-caffeine liquids every day. Please limit caffeine to 250mg/day.

Snacks should be nutrient-rich. Good choices include fresh fruit and vegetables, yogurt, low-fat cheese, ice milk, cereal, and low-fat crackers.

Remember, a healthy lifestyle and wise food choices during pregnancy can help your baby get a healthy start in life.

Guidelines on Exposures During Pregnancy

- Paint products that are latex-based paints are the safest
- Avoid pesticides
- Insect repellents are acceptable; consider wipes or creams. Avoid aerosols and use lower concentrations of DEET.
- ZIKA: www.acog.org/zika

For more information on other exposures in pregnancy, visit MotherToBaby.org or call them at 866-626-6847. The above guidelines are general. You should discuss concerns with your provider.

Commonly Used Drugs Safe to Use in Pregnancy

General Aches and Pains

- Tylenol (acetaminophen) regular or extra-strength; Tylenol PM

Colds/Allergies

- Decongestants containing phenylephrine, Sudafed (pseudoephedrine)
- Robitussin, Robitussin-DM or Dextromethorphan
- Cough drops, throat lozenges, Vick's
- Benadryl, Dramamine
- Zicam, Mucinex
- Claritin, Zyrtec
- Allergy shots

Heartburn, Stomach Upset

- Pepcid, Tagamet, or Prilosec OTC
- Tums or Rolaids
- Maalox or Mylanta

Constipation

- Metamucil, Citrucel, Fibercon, Milk of Magnesia, Colace, Miralax

Diarrhea

- Imodium

Hemorrhoids

- Preparation H or Tucks

Nausea

- Benadryl, Dramamine
- Ginger and Ginger products (high concentrated sugar drinks like Ginger Ale)
- Seabands for your wrists
- Unisom half tablet and Vitamin B6 (25 mg) in the evening

Flu shots are highly recommended during pregnancy.

Use local anesthetics for dental work.

Ask your provider about: medicated facial products or prescribed topical medication

Prescribed antibiotics by a healthcare provider

- Amoxicillin, Ampicillin, Z-pack, other penicillin type antibiotics, Clindamycin, Flagyl (metronidazole), Bactrim, Keflex and other Cephalosporins

For any other prescribed medications, please contact McFarland Clinic OB/Gyn

Understanding Your OB Ultrasound

Your provider will order an ultrasound during your pregnancy. The most common reason for having an ultrasound is to determine that growth and development are appropriate. A routine ultrasound is performed at 20 weeks or beyond, of pregnancy.

This will provide valuable information about health and wellbeing such as:

- Age and size of the baby
- Placenta
- Assess baby's development and check fetal anatomy
- Determine if multiple gestation, i.e. twins
- Rule out abnormalities

This exam may take 45-60 minutes. Please let the technician know if you do or do not want to know the gender of the baby. An ultrasound exam does not guarantee a normal baby. The ability to detect abnormalities depends on many factors such as:

- Position of the baby
- State of development/age of the baby
- Maternal factors such as body fat content

At the McFarland Clinic OB department, a "limited" or Level I exam is performed to rule out major abnormalities. All anatomy may not be visualized at the complete exam, and it may be necessary to have a follow-up exam at a later date to complete the exam.

If you have a family history of an abnormality or a possible abnormality is suspected on the routine scan, your provider may recommend and refer you for a more detailed or Level II ultrasound.

It is necessary to drink 32-36 ounces of water in preparation for the exam. Please begin about 45 minutes prior to the exam. This helps to define placental position and to check the length of the cervix. Please eat something about 30 minutes prior to the exam as this encourages the baby to move.

In early pregnancy (6-12 weeks) if there is a suspected problem (a possible miscarriage or an ectopic) a trans-vaginal ultrasound may be performed. A transducer is placed in the vagina, allowing the baby and pelvic anatomy to be seen more clearly. There is no preparation for this exam.

This is an exciting and happy time for you and we encourage you to bring family and friends. This is usually not much fun for children under the age of 5 as they become easily bored. All children MUST BE accompanied by an adult other than the patient.

With any OB ultrasound you have, you will receive pictures. At the screening ultrasound (20+ weeks) you will receive a CD, as well as pictures. We hope you enjoy watching your baby on the ultrasound!

Common Concerns During Pregnancy

Symptom	Suggestions
Nausea	<ul style="list-style-type: none">• Eat dry crackers, toast, or cereal before getting up or when feeling sick• Eat five or six small meals a day• Drink lots of water between meals, but not during meals• Avoid strong food smells• Avoid greasy or spicy foods
Tender Breasts	<ul style="list-style-type: none">• Wear a support bra• It may help to wear a bra 24 hours a day
Leaking Breasts	<ul style="list-style-type: none">• Wear nursing pads or tissues in your bra
Frequent Urination	<ul style="list-style-type: none">• Limit fluids before bedtime
Fatigue	<ul style="list-style-type: none">• Fatigue is common early and late in pregnancy• If advised, try to exercise each day to keep from getting so tired• Lie down at least once a day
Constipation	<ul style="list-style-type: none">• Eat raw fruits and vegetables, prunes, and whole grain or bran cereals• Exercise helps; walking is very good• Never hold back a bowel movement• Drink at least 2 quarts of fluid each day• A cup of hot water three times a day may help• May use Metamucil, Colace, Fibercon, Miralax, Citrucil or Benefiber if necessary
Hemorrhoids	<ul style="list-style-type: none">• Try to keep bowel movements regular• Take short rests with hips lifted on a pillow• Sit on firm chairs or sit with legs crossed• Practice the Kegel exercises• May use Preparation H or Tucks
Low Backache	<ul style="list-style-type: none">• Rest often• Use good posture• Move around; do not stand in one place too long• Use a footstool for your feet• Place a pillow between your knees while sleeping• Keep your knees higher than your hips• Wear low-heeled shoes• Use the pelvic rock exercise• Call for information about prenatal cradle (maternity support garment)
Vaginal Discharge	<ul style="list-style-type: none">• Bathe the outer vaginal area often with warm water only• Use non-perfumed soap only occasionally• Do not use vaginal sprays, powders, or feminine hygiene products• Never douche during pregnancy• Do not use colored or perfumed toilet paper• Wear cotton panties• Avoid pantyhose, girdles, and tight pants• If these hints do not help, talk with your health care provider about the problem

Common Concerns During Pregnancy

Symptoms	Suggestions
Heartburn	<ul style="list-style-type: none">• Stay away from greasy and spicy food• Eat smaller meals, but eat more often• Do not lie down just after eating• Elevate the head of the bed (with pillows) while sleeping• May use Tums, Maalox, Mylanta, Pepcid AC
Dizziness	<ul style="list-style-type: none">• Change your position slowly• Get up slowly after you have been lying down• Eat regular meals/drink plenty of liquids• Do not stay in the sun• Report to your health care provider if dizziness is persistent
Varicose Veins	<ul style="list-style-type: none">• Avoid stockings or girdles with elastic bands• You may use support hose• Put support hose on while lying down• Take short rests with legs raised• Raise your legs when you sit down; do not cross your legs
Shooting Pain Down Legs	<ul style="list-style-type: none">• Change positions: If you are sitting, stand up; if you are standing, sit down
Lower Leg Cramp	<ul style="list-style-type: none">• Elevate legs often during the day• Point toes upward and press down on kneecap• Apply a heating pad or hot water bottle for relief• Avoid heavy meals at bedtime
Trouble Sleeping	<ul style="list-style-type: none">• Do not eat just before sleep• To help you relax, try drinking milk• Take a warm bath before you go to bed or practice relaxation exercises
Feel Faint When Lying On Back	<ul style="list-style-type: none">• Lie on your left side
Feet and Hands Swelling	<ul style="list-style-type: none">• Lie on your left side for 30 minutes, three to four times a day• Exercise often• Drink more fluid• Eat three servings of protein each day• If you wake up in the morning with swelling, tell your health care provider
Bleeding Gums	<ul style="list-style-type: none">• Use a soft toothbrush and brush gently• Drink more orange juice and eat more foods high in vitamin C
False Labor	<ul style="list-style-type: none">• Change your position and your activity. If it is true labor, it will not stop• True labor contractions will become more regular and closer together• You usually feel true contractions more in your back

Frequently Asked Questions

Is spotting normal?

A little intermittent spotting can be normal, especially during the first trimester of pregnancy. A small amount of blood may appear as the placenta is attaching to the uterine wall. Another cause might be the breakdown of a small vessel on the cervix following intercourse. It is best to document any bleeding and call our office if it is persistent or gets heavy enough that you need to wear a pad.

What about the occasional sharp pain I have in the pelvic or groin area?

This may be due to “round ligament” pain. These ligaments support the uterus. They will sometimes spasm or cramp, causing discomfort. Usually, modification of your activity and avoiding sudden movement will decrease the pain. This problem is very common between 12 and 20 weeks of pregnancy. However, if any pain becomes persistent or increases in frequency or severity, you should call your doctor.

Why do I seem to have more headaches and what can I do to relieve them?

Headaches early in pregnancy may result from hormonal variation, nasal congestion, fatigue, eye strain, anxiety or tension. In the vast majority of cases, however, no cause can be demonstrated. By mid-pregnancy, most of these headaches decrease in severity or disappear. Treatment is largely symptomatic.

You might try the following:

- Relaxation and rest in a darkened room
- Cool compress to forehead
- Tylenol if you are beyond 12 weeks of pregnancy
- If your headaches persist or are severe, you should call our office.

Is it OK to get a permanent or hair color?

Yes, however, your perm may not respond the same during your pregnancy. Don't blame your stylist if you don't get as much curl with the permanent. Instead, blame your hormones. We do suggest waiting until after the first trimester. Hair color may vary too.

At what point should I notify the doctor if I have a fever?

Please call us if your oral temperature is above 100.5 degrees.

Are there any restrictions on lifting?

We recommend limiting any lifting to less than 50 pounds. Please check with your provider as each person's fitness level is different. Also, do remember to use good body mechanics to prevent unnecessary straining of the lower back muscles; bend at your knees rather than the waist when picking something up.

May I paint or refinished wood?

If you feel it necessary to do some painting or refinishing, be certain you do it in a well-ventilated room. Latex-based paints are the safest to use during pregnancy. Do not use oil-based paints.

Are prenatal classes offered?

There are several prenatal classes available for you and your family. Visit www.mgmc.org for classes and events.

Frequently Asked Questions

Why do I sometimes have a nosebleed or bleeding gums?

Nosebleeds are a common occurrence with pregnancy. They occur because of increased blood flow to the mucous membranes. This problem happens more in winter months when heating systems in homes make the air dry. Using a humidifier may help overcome this dryness. If the bleeding is frequent and heavy, please call us. The gums tend to bleed easily because of pregnancy hormones causing some swelling and tenderness. We recommend seeing your dentist during pregnancy and practicing good oral hygiene. If you suspect a dental problem, contact your dentist.

Is an increase in vaginal discharge normal?

Yes. This can be common throughout your pregnancy. Increased blood supply and hormones cause your vagina to increase its normal secretions. The normal acidic environment also changes, which causes yeast infections to be more common. Try to wear skirts or loose-fitting clothing rather than slacks and blue jeans. Wear cotton underwear. Call our office if your discharge smells foul or causes burning or itching.

Can I douche?

No. You should not douche during pregnancy. Due to the increased blood volume and vascularity of the cervix, it is now possible to introduce air into your circulatory system under pressure from the douche solution. This can cause serious complications, even death.

May my husband and I continue to have intercourse during my pregnancy?

Yes, unless there is a specific problem with your pregnancy such as placenta previa, history of premature labor, etc. You may find sexual activity becomes more awkward or difficult as time goes on. Different positions for intercourse may be more comfortable. During the last month of pregnancy, you should consult your doctor regarding whether or not you should continue.

Is it OK to use saunas or hot tubs?

No, we recommend that you do not use these during pregnancy. The high temperatures can cause damage to your developing baby.

Can I prevent stretch marks?

No, but controlling the amount and rate of weight gain does help. Each individual's skin has the ability to stretch, but nobody knows how much. For that reason, you cannot avoid stretch marks, which are most common on the abdomen and may occur on the thighs and breasts. It may help with the itching that frequently accompanies these marks to massage the skin daily with lotion. It may be of comfort to know that these will usually fade somewhat after delivery.

What are Braxton-Hicks contractions?

These contractions may be felt as early as week 20 of your pregnancy. They are more intense in women who have had a previous pregnancy. The uterus is flexing its muscles, getting ready for the real contractions of labor. Braxton-Hicks contractions are sometimes uncomfortable. They last anywhere from 30 seconds to 2 minutes. If you have discomfort with these contractions, try lying down and relaxing, or getting up and walking around. Most often changing your position will stop the contractions. If you have questions or concerns about any contractions you are experiencing, please call.





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