

Congratulations on Your Pregnancy!!

We would like to welcome you to Women's Health Center, a division of Wayne Memorial Community Health Centers. Our practice consists of OB/GYN doctors, certified nurse midwives, and nurse practitioners. Our team of providers work together, ensuring you and your unborn baby receive the highest level of care. We also have several locations to help with convenience of seeing our providers.

Along with participation in OB/GYN care for you and your unborn baby we highly recommend you to seek and/or continue dental treatment during pregnancy for improved pregnancy outcomes. If needed, we will happily provide you with a dental referral. Make sure you tell your dentist you are pregnant! We are happy to provide a list of guidelines and treatment that you can and should have while pregnant.

Upon positive pregnancy results our nursing staff will reach out to schedule an Initial Phone History. We will call you to discuss any past medical history, obtain your medical records if necessary and move forward with setting up your initial appointment for moving ahead with OB/GYN care during this pregnancy. You will have your dating Ultrasound and prenatal lab work ordered at this time. We request that these items are completed prior to your attending your initial in-office visit with the provider.

Timing of Prenatal Visits (may change at the discretion of the provider):

- OB visits should happen every 4 weeks until 28 weeks of gestation
- 28 weeks- 36 weeks visits will be every 2 weeks
- 36 weeks until delivery appointments will be weekly

Timing of Ultrasounds (may change and some may be added at discretion of provider):

- Dating Ultrasound should be done prior to initial provider visit
- Anatomy Ultrasound at roughly 20 weeks
- Growth Scan at roughly 36 weeks

Prenatal visits and Ultrasounds are essential to help ensure a **healthy pregnancy**. When there are no problems, it is reassuring to hear. When there is a problem, your provider will be able to address it. Feel free at any time to ask questions and discuss your feelings.

HANDWASHING is the most important step you can take to prevent infections from starting. Because infections can be transmitted in childcare settings by children who themselves don't appear ill, pregnant caregivers must consistently use proper hand washing techniques. Be sure to use mild soap and water scrubbing hands for at least twenty (20) seconds. Notify the office if you've been exposed to any of the following during your pregnancy: Rubella, Cytomegalovirus, Parvovirus, Toxoplasmosis, Listeria, Shingles, Chickenpox, Covid or if you are having symptoms of a stomach virus and are unable to eat/drink for 24 hours.

Please call the office, **570-253-3005 (ANY DAY/TIME)** if you are experiencing

- Bleeding, Your Water Has Broken, You're Contracting Regularly (approximately every 5 minutes)
- You cannot walk or talk during your contractions
- Vomiting or diarrhea for 24 hours
- You're over 28 weeks and not meeting Fetal Kick Count (10 kicks in 2-hour period)

Helpful Hints for the common discomforts of Pregnancy in the 1st Trimester (0-13 weeks)

Nausea/Vomiting

- Eat Small Frequent Meals (6 meals per day)
- Eat every 1-2 hours always with a bedtime snack
- Dry crackers or cereal before getting out of bed in the morning
- Avoid foods with strong odors
- Limit fatty foods (butter, margarine, gravy, salad dressings and fried foods)
- Increase liquid intake, preferably water (take frequent/small sips if need be)
- Vitamin B6 25 mg and Unisom 25 mg together at bedtime

Headaches

- Drink adequate liquids 8-10 glasses per day
- Increase rest periods throughout the day
- Cool cloth to head/neck
- Methods to decrease stress/tension
- Plain Tylenol is okay to take as needed
- Magnesium (Oxide) 400 mg at bedtime (will also help with constipation)

Fatigue

- This usually disappears by the end of 1st trimester
- Frequent rest periods
- Mild Exercise

Constipation

- Drink adequate liquids 8-10 glasses per day
- Diet high in roughage (Fruits, whole grains and vegetables)
- Don't ignore the urge to have a bowel movement

Heartburn

- Small, frequent meals
- Avoid fatty foods
- Remain upright for at least 2 hours after eating
- Avoid drinking liquids with meals, instead drink 30 minutes before or after eating
- Avoid very cold foods
- You may drink milk if that is helpful
- Okay to use Tums and/or Maalox

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Helpful Hints for the common discomforts of Pregnancy in the 2nd & 3rd Trimesters

Hemorrhoids

- Avoid constipation and straining during a bowel movement
- Eat high fiber foods
- Drink 8-10 glasses of fluid per day, preferably water
- Elevate feet on a stool while having a bowel movement

Varicose Veins

- Avoid sitting and/or standing for long periods
- Avoid crossing legs
- Support pantyhose or stockings may be worn
- Laying on the left side increases blood flow to the legs, which also increases blood flow to baby

Swelling in the Legs and Feet

- Elevate legs to the level on the heart by lying on the left side
- Do pumps and circles with feet
- When resting try to do so on the left side
- Increase amount of water intake
- Decrease amount of salty foods in diet (be aware that many foods have hidden salts)

Call the office immediately if:

- Weight gain of 3-5 pounds overnight is noted
- Swelling in the face or around the eyes is seen

Back Ache

- Maintain good posture, you may use a rolled towel or lumbar support behind back when sitting
- Wear low heeled shoes
- Bend from knees, never from waist when lifting
- Use pillows or rolls for support while sleeping
- Proper exercise-walking; Pelvic tilts and other back exercises
- Maternity belt may be helpful

Insomnia

- Short rest periods, breathing and relaxation techniques
- Warm (not hot) bath at bed time
- If unable to sleep, get up and do something that is pleasing i.e., read, hobbies, etc.
- Warm milk before bed
- Lie on side with pillow between her legs

Braxton Hicks Contractions

- Increase rest periods during the day (especially lying on left side)
- Increase water intake
- Call if contraction pattern because more regular or labor symptoms occur

Gas Pain/Bloating

- Exercise
- Avoid fatty and gas forming foods (cabbage, broccoli, fried foods, onions, etc)

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Common Questions During Pregnancy

Dietary Questions

- Patients are encouraged to drink plenty of water/liquids
- Avoid Shellfish and ALL uncooked fish (NO SUSHI)
- Any uncooked meats or lunchmeats can pose a risk. Lunchmeat is however okay to consume if fresh.
- Limit use of NutraSweet/Aspartame

Cosmetic Procedures

- Patients should be aware that such procedures as tanning, waxing, hair dye or other cosmetic procedures/products are a personal/patient decision. There are no studies about these things and therefore the office will not give input on whether they should be done or not.

Traveling

- If you are planning a trip you may want to discuss this ahead of time with your provider at your visit. This would be something to plan and not call the office expecting an immediate answer.

Why are there so many tests?

- We ask that you do your prenatal labs which are ordered prior to you seeing your provider for the first time. This gives us a starting point and helps to make sure the provider is carrying for the pregnancy as needed. You will also be given laboratory orders prior to your 28-week visit. These labs are very important to check in on your overall health and the health of the unborn baby. A glucose test will be done at this time to determine if the patient has Gestational Diabetes. Gestational Diabetes is a type of diabetes that happens in pregnancy. If you are diagnosed you can still have a healthy pregnancy and healthy baby if you abide by the recommendations of the provider. If you fail to take proper care of yourself you have a higher risk of giving birth early, or having a larger baby that can make delivery much more difficult. Your baby can also be at risk for lower blood sugar and complications if Gestational Diabetes isn't managed well. Each pregnancy is different and other tests may be ordered as your provider sees fit.

Educational Resources

- Childbirth education information can be found on the WMCHC Birth Lounge Facebook page
- Breastfeeding help is available before and after the birth of your baby. WMCHC has a lactation consultant who can help with all of your feeding questions. Call 570-253-3005 to set up an appointment to meet with lactation.
- WMCHC Latch Lounge on Facebook is another way to gain knowledge regarding breastfeeding
- Tours of New Beginnings Department at the hospital are available, call the unit directly at 570-253-8366 to set up a tour preferably between 24-32 weeks.

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Additional Considerations Starting at 28 Weeks

The TDAP Vaccine

- The CDC recommends Tdap vaccine during your third trimester so that your body can create antibodies and pass them on to your baby before birth. These antibodies will help protect your newborn right after birth until your baby get their own first whooping cough vaccine at 2 months of age. During the first few months of life, your baby is most vulnerable to serious complications of the disease.

What is Whooping Cough?

- Whooping cough, or pertussis, is a serious disease that can cause babies to stop breathing. Unfortunately, babies must be 2 months old before they can start getting their whooping cough vaccine. The way to avoid this gap is by getting a whooping cough vaccine, called Tdap during your pregnancy. The recommended time to get the shot is between the 27th-36th week of pregnancy. Our office typically offers it at the 28-week visit. By getting vaccinated, you will pass the antibodies to your baby so when they are born, they will have protection again whooping cough.

If I recently got this vaccine, why do I need to get it again?

- The amount of antibodies you receive is highest about 2 weeks after getting the vaccine, but then starts to decrease over time. That is why the vaccine is recommended during every pregnancy—so that each of your babies get the antibodies.

Kick Counts—How and When To Do Them

Kick counts are not helpful before 28 weeks of pregnancy. Once you have reached 28 weeks of pregnancy if you are concerned your baby is not moving as much as usual try to perform the following:

- Pick a time when the baby is usually active
- Find somewhere comfortable to rest preferably laying on your left side with arms on belly
- Remove distractions and focus on your baby's movements
- Be sure you have eaten recently and that you are properly drinking fluids
- The goal is to feel 10 movements (kicks, flutters, rolls) within a 2-hour period, if you feel 10 movements sooner you may stop monitoring at that time
- If you do not feel 10 movements in the 2 hours and you have made sure to eat something, have drank cold water or juice and/or repositioned yourself then you need to call the office for further instructions.

**The movement of the baby will change throughout pregnancy and may feel different at different times. Most women don't feel the baby move at all before 20 weeks of pregnancy, or even longer with the first baby.

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Common Medications Considered Safe in Pregnancy

In general, you may take any over the counter medication you would normally take when not pregnant. **DO NOT** take any over the counter medication for more than seven (7) days without speaking to your provider. **DO NOT** take a medication with alcohol in it, such as liquid Nyquil. Be careful not to take medications that have duplicate ingredients. Always follow the package instructions for dosage/use.

Below are some common pregnancy complaints along with suggested over the counter/prescription medications—these are only a few suggestions. Just because it is not listed here does not mean you cannot take it. Refer back to above paragraph if unsure.

Be sure that if you are being prescribed a medication by someone other than your OB/GYN provider you are informing them that you are pregnant so that they can make an appropriate choice for pregnancy. No medication can ever be considered completely safe in pregnancy so only use if necessary.

Constipation:

- Colace, Dulcolax Suppository, Fibercon, Metamucil, Miralax, Senakot

Diarrhea:

- Kaopectate, Imodium

Gas Pain:

- Gas-X, Mylicon, Phazyme

Nausea:

- Dramamine, Emetrol, Ginger Root (250mg 4x/day), Sea Bands, or a combination of Vitamin B6 (25mg 3x/day) & Unisom (1/2 tab 3/day)

Heartburn:

- Aciphex, Maalox, Milk of Magnesia, Mylanta, Pepcid, Pepcid Complete, Prevacid, Prilosec, Roloids, Zantac, Tums

Fever/Pain/Headache:

- Tylenol and Tylenol Products ****NO MOTRIN or IBUPROFEN**

Cold/Cough/Allergy:

- Cough Drops, Robitussin (Plain and DM), Mucinex, Benadryl, Claritin, Sudafed, Dimetapp, Vicks Vapor Rub, Zyrtec, Tylenol Cold and Sinus, Cepacol throat spray, Saline Nasal Spray
- Sudafed PE and Claritin D may be used in patients who don't have blood pressure issues.

Yeast:

- Femstat, Gyne-Lotrimin, Monistat

Herpes:

- Acyclovir, Famvir, Valtrex

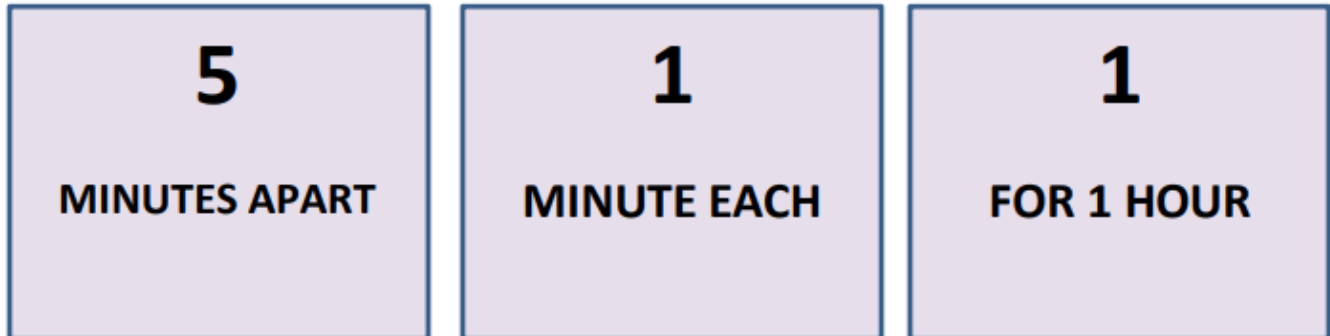
Antibiotics:

- Amoxicillin, Erythromycin, and Cephalosporins are typical choices of providers

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I am having contractions, when should I go to the hospital?



You may need to go sooner than “5-1-1” if you:

- Vomit with contractions
- Feel rectal pressure
- Are unable to walk or talk through contractions
- Think your water has broken
- Have vaginal bleeding
- Tested positive for Group B Strep
- Live far from the hospital
- Progress quickly

What should I do if I am still not sure what to do?

Call us at **(570) 253-3005!** Even if the office is closed, we have an answering service that can get you in touch with the provider who is on call!

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You're Stay at New Beginnings-Wayne Memorial Hospital

Our team at New Beginnings strives to make your stay as comfortable as possible. We do provide basic toiletries, towels, and other items but we have some suggestions to make your stay even better.

Don't forget to pack:

- Toiletries (toothbrush, shampoo/conditioner, etc.) especially if you have a favorite brand.
- Comfy clothes—PJs, stretch pants, slippers, feel free to bring your own birthing gown/robe
- A “Go-Home” outfit for baby!
 - We do provide t-shirts that baby can wear during their stay.
- A baby blanket-We provide blankets for your stay but they are not to keep.
- Snacks
 - We do have a limited assortment of juices, small snacks, and water but you should bring things that you love!
- Pillow(s) (if you have a preference or for your support person)
 - We do provide pillows for our patients but not for your support person.
- Chargers for your phone/electronic items.
- A small fan with charger or batteries-a lot of patients find this helpful in labor.
- If you plan to breastfeed:
 - A nursing bra
 - A breast-feeding pillow (such as a Boppy) can help with positioning if needed
 - Your pump if you already have one. This isn't required but if you aren't sure about how to use it, we can help. We do have pumps for you to use if needed while in the hospital.
 - We recommend you talk to our lactation consultant at the office for guidance before, during and after the birth of your baby. She can be of great assistance and will also be able to help you with ordering a breast pump, if needed.
- If you are being induced, consider bringing a book, a tablet, magazines, or cards. Inductions can be a slower process, and you might appreciate some distractions.
- Your car seat! The base must be installed in your car and you and your support person should take the time to read the manual and know how to put your baby into the seat. The hospital staff are not allowed to teach you how to use the seat or to install it into your car.
 - HELPFUL TIP—If you contact the PA State Police Barracks, they will install your seat for you and can provide help with car seats.

Things to do before baby arrives:

- Pick a local pediatrician for your baby and call ahead to ensure that they accept newborns and your insurance. You will be required to make a “Newborn” appointment before you are discharged from the hospital. Typically, a newborn should be seen within 3 days of being discharged unless the provider specifies otherwise.

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Things to do After the Birth of Your Baby

- Call your insurance company to add your baby to your insurance plan
- Make appointments for both you and baby
 - Vaginal Delivery should be seen around 4 weeks after delivery
 - C-Section will be seen around 1 week after delivery and then again around 4 weeks after
 - Newborn appointments should be made for within 3 days of anticipated discharge
- Nutrition is very important post-partum!
 - Keep taking your prenatal vitamin
 - Continue a healthy diet rich in fruits, vegetables, protein and low-fat dairy
 - Exclusively Breastfeeding?? Increase your calories an additional 500 per day
 - Make sure you are staying well hydrated
- Helpful Reminders-Remember, you can't pour from an empty cup!!!
 - Sleep when your baby sleeps
 - Keep housework a low priority and limit visitors to those who are helpful
 - Need help with feeding?? Our lactation consultant is available to help you navigate breastfeeding and to answer any questions about feeding your baby. Please call to set up an appointment which can be done right in the office.

FREQUENTLY USED PHONE NUMBERS:

Women's Health Center 570-253-3005

Lactation Consultant, Brittany K., RN: 570-253-3005 ext. 2879

Some people think they only need to receive care when pregnant. This is not the case. A postpartum appointment is important for your physical and mental health. At your postpartum appointment, your provider will perform both an examination and have a discussion about life as a new mom.

We look forward to seeing you and your beautiful baby at your postpartum appointment!!

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