



PREGNANCY INFORMATION

What to expect during pregnancy



Phelps Health

WOMEN'S HEALTH CENTER AND MATERNITY

Monday-Friday 8:00 AM - 5:00 PM

Rolla Location:

Phelps Health Medical Office Building
1050 West 10th Street, Suites 480 and 510
Rolla, MO 65401
Office: (573) 426-2229 (BABY)
After Hours: (800) 510-2097

Waynesville Location:

Phelps Health Waynesville Medical Plaza
1000 GW Lane Street
Waynesville, MO 65583
Office: (573) 774-2715
After Hours: (800) 510-2097



Congratulations!

It's a wonderful time to be pregnant!

We at Phelps Health Women's Health Center and Maternity are honored that you have chosen us to care for your soon-to-be bundle of joy. There is nothing more precious than a newborn, and preparing for that arrival should be just as rewarding. One of life's greatest miracles is giving birth, and we hope that it also will be one of the most joyous experiences of your life.

To assist you during this time, we have assembled the following information. We hope this will explain some of the procedures and tests that you can expect, as well as answer some of the most common questions.

Sincerely,

Providers and Staff of Phelps Health Women's Health Center and Maternity

Provider Visits

Keeping your prenatal appointments as recommended by your provider is very important. If you are not seen, we cannot catch problems that may develop during the course of your pregnancy. Any problems that are not treated may seriously affect your own health and the health of your baby.

In general, your appointments will be once a month during the first 27 weeks of your pregnancy. Between 28 and 36 weeks, your visits will be once every two weeks. After week 36, you will be seen weekly until you deliver. You may need to be seen more frequently for certain circumstances.

Most questions can be answered during your regular office visits. Problems that do not involve an emergency should be addressed during regular office hours. Although we encourage you to call at any time with emergencies, please use consideration in your decisions about the need to speak with us during off hours or non-emergent needs.



Go the Full 40 Weeks

Nobody likes to be rushed - especially babies.

Your baby needs a full 40 weeks of pregnancy to grow and develop. While being done with pregnancy may seem tempting, especially during those last few weeks, inducing labor is associated with increased risks, including prematurity, Cesarean surgery, hemorrhage and infection. Labor should only be induced for medical reasons – not for convenience or scheduling concerns. Your baby will let you know when he or she is ready.

Benefits of giving your baby the full 40 weeks include the following:

- More alert at birth
- Full lung and brain development
- Able to hold stable body temperature
- Stronger, firmer muscles
- Best start for breastfeeding
- Shorter labor and recovery

Visit www.gothefull40.com for more information.

Everything You Need to Know

Morning Sickness

Morning sickness can occur at any time of day during your pregnancy. It commonly starts around five to six weeks and is worse around eight to nine weeks. Then, morning sickness slowly resolves at 12-14 weeks, and it frequently recurs at a milder degree toward the end of your pregnancy. You should try to manage morning sickness with frequent small meals, consisting of easy-to-digest foods. Keeping a small amount of food in your stomach at all times is helpful. Ginger is known for its anti-nausea effects. Ginger tea can be made with grated or chopped ginger. For more severe symptoms, you may find vitamin B6 helpful. If your nausea cannot be managed by simple measures, or if you are vomiting frequently and are unable to keep food or fluids down, you should contact your provider for advice. A vitamin B6 tablet may be taken three times a day. For extra relief, add one-half to one tablet of Unisom (Doxylamine), three times a day.

Normal Activities

Generally, you may do anything you normally do. Normal lifting will not hurt your baby. You should avoid lifting that causes you to strain excessively. Reaching above your head will not hurt your baby. Remember that your balance will be affected as your stomach gets bigger, so use caution.

Over-the-Counter Medications

The following medications are generally safe to take during pregnancy: Acetaminophen (Tylenol), Benadryl, Zyrtec, Claritin, Robitussin (no letters after it), Mylanta, Maalox, Tums, Pepcid, Zantac and laxatives (on an occasional basis).

The following medications should be avoided during pregnancy: Ibuprofen (Motrin, Advil), Naproxen (Aleve), Aspirin, Excedrin, Rolaids and Pepto-Bismol.

Call us with any questions about medications.

Constipation

You can prevent constipation by consuming adequate amounts of fiber (fruit, vegetables or fiber supplements), drinking six to eight glasses of water a day and getting routine exercise (such as walking). Prunes and/or prune juice are ideal laxatives because they provide fiber, stimulant and lubricant. Laxatives are generally safe during pregnancy.

Dental Health

Any dental work that you need may be safely completed during pregnancy. It is especially important that dental infections be treated. If you require X-rays, your abdomen should be covered with a lead apron. If your dentist has any questions, please have him or her call our office.

Exercise

Moderate exercise is generally safe. As a general guideline, it is safe to do cardiovascular exercise that does not elevate your heart rate above 80% of your maximum: $(220 \text{ minus your age}) \times 0.8$. A rule of thumb is that you should be able to speak in short sentences between breaths while exercising. You may perform resistance exercises such as weight lifting, provided you do not use heavy weights. Generally, you should be able to lift a weight 15 times. We recommend that you avoid forms of exercise that may place you off balance (step aerobics) during the second half of your pregnancy. You should avoid forms of exercise where you risk being hit in the stomach.

Warm Baths

Warm baths are safe in pregnancy and can provide relaxation and relief from the discomforts of being pregnant. You should avoid soaking in excessively hot water as this places stress on your baby.

Diet and Weight Gain

If you are normal weight, you should gain 25-35 pounds during the course of your pregnancy. If you are underweight, you may need to gain 30-40 pounds. If you are overweight, you will need to gain less, probably 15-20 pounds. You will tend to gain rapidly at the end of your pregnancy, so do not gain too much weight during the early weeks; initially one to two pounds per month is adequate. At the end of your pregnancy, you will gain close to one pound per week.

Your diet should emphasize fresh fruits, vegetables and whole grains, with a small amount of meat. Skim milk is a valuable source of protein and calcium. You should limit your consumption of 2% or whole milk due to the high fat content. During your pregnancy, you should consume approximately 2,200 calories per day. In order to meet the needs of your pregnancy, the increased number of calories you need to consume on a daily basis is roughly equivalent to an apple and a glass of milk. Eating for two means eating twice as well, not twice as much. Excessive weight gain during pregnancy can have serious effects on your baby as well as on you and should be avoided. It is very important that you avoid soft drinks, sweets and fast food. With the exception of a glass of orange juice in the morning, fruit juices also should be avoided.

Vaccination

If you are pregnant during the late fall or winter, we strongly encourage a seasonal flu vaccination and a tetanus-diphtheria-pertussis booster (Tdap) vaccination in the third trimester. Please contact us about other vaccinations during pregnancy.

Sexual Intercourse

Intercourse is generally safe during pregnancy. You should avoid intercourse if you have had recent bleeding, if intercourse causes bleeding or if you have had symptoms of premature labor. If your physician finds that your cervix is dilated, he or she may advise against intercourse as it can cause infection around the baby or put you into premature labor.

Sleeping

Unless you have certain complications, you may sleep in any position that is comfortable. If your pregnancy is normal, you do not have to force yourself to sleep on your left side. Generally, sleeping on your back or stomach will be uncomfortable toward the end of your pregnancy. You will probably find that you are most comfortable sleeping on your side with a pillow under your head and one between your knees or under the small of your back.

Travel

You may travel while you are pregnant. We recommend against long stressful trips after 32 weeks of pregnancy. We also recommend against travel to high-altitude locations, such as mountain ranges, during the second half of your pregnancy. If you need to travel, please ask us to provide you with a copy of your prenatal record in case you need to seek care during your trip.

Ultrasounds

During your pregnancy, you can expect to have an ultrasound. Typically, only one routine ultrasound is a covered benefit by most insurance companies. Additional ultrasounds may be ordered, if needed, but these must be deemed medically necessary. Ultrasounds are expensive and should not be requested for social reasons or to determine the gender of the baby.

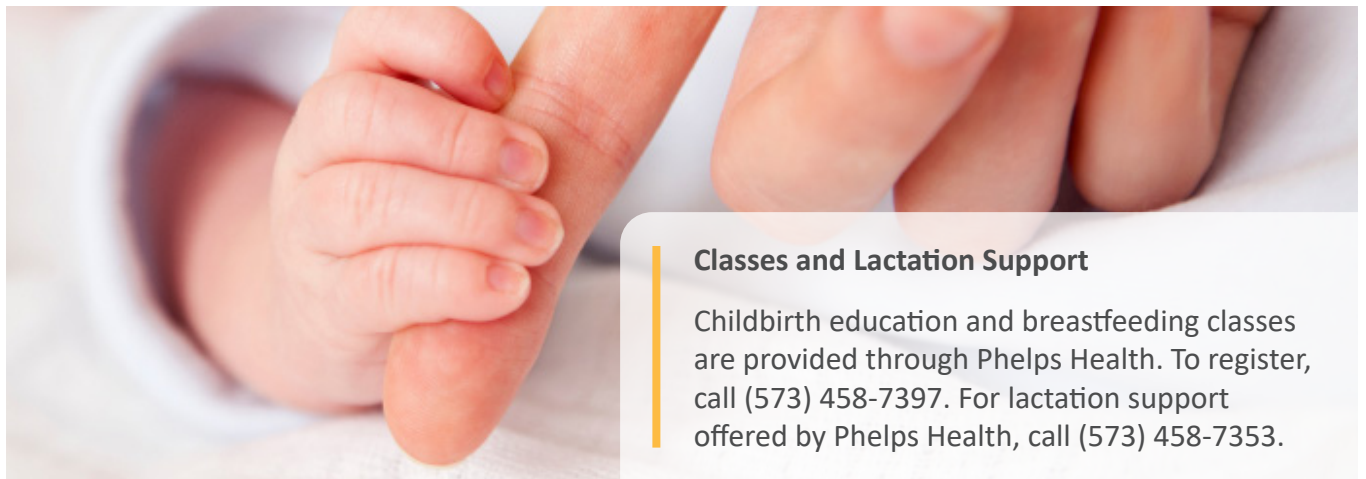
Smoking

Smoking causes serious harm to unborn babies.

Like alcohol and street drugs, smoking has no place in pregnancy. Smoking is associated with miscarriage, premature birth, low birth weight, learning disabilities and crib death. It is also the leading cause of placental abruption, an extremely serious pregnancy complication. Read more about how smoking negatively affects your baby's health on the next page.

Fetal Movement Counts

At some point during your pregnancy, usually around 30-32 weeks, you will be asked to keep track of your baby's movements. This is a free way of making sure that your baby is staying healthy. Healthy babies (like healthy children) are active and sick ones are quiet. Once daily, sit quietly, without distractions, and you should feel 10 movements within a few minutes. If you count for an hour without feeling 10 movements, you should immediately contact us.



Classes and Lactation Support

Childbirth education and breastfeeding classes are provided through Phelps Health. To register, call (573) 458-7397. For lactation support offered by Phelps Health, call (573) 458-7353.

Kick the Habit: Stop Smoking

Stop smoking! You and your baby deserve a healthy start and bright future.

According to the Centers for Disease Control and Prevention (CDC), one in 10 women in the United States is addicted to smoking when becoming pregnant, and three out of four women continue to smoke even after confirming the pregnancy.

Smoking creates problems for pregnant women and those who are trying to conceive. Continuing to smoke during and after delivery has lifelong, negative health consequences for you and your baby. Ask your healthcare provider for recommendations on how you can get started on a tobacco cessation program today.

Call to Quit

Phelps Health Women's Health Center and Maternity has information about the Call to Quit program. The Missouri Tobacco Quitline – (800)-QUIT-NOW (784-8669) or www.quitnow.net/missouri – provides a service for pregnant women who smoke. Prenatal patients can get up to 10 calls with a quit coach, both while pregnant and after delivery. You can start Quitline services at any time during your pregnancy. Women who are breastfeeding and women who are planning to become pregnant in the next three months can participate in up to five proactive coaching calls.

How Does Smoking Negatively Affect You and Your Baby's Health?

- Women who smoke have more difficulty becoming pregnant and have a higher risk of lifelong infertility.
- Babies in utero are at an increased risk for dying in the womb if the woman smokes while pregnant.
- Smoking during pregnancy can cause tissue damage in the unborn baby, particularly in the lungs and brain, and some studies suggest a link between maternal smoking and cleft lip or palate.
- Mothers who smoke are more likely to deliver their babies early. Preterm delivery is a leading cause of death, disability and disease among newborns.
- One in every five babies has a low birth weight due to mothers who smoke during pregnancy. Mothers who are exposed to secondhand smoke while pregnant are more likely to have lower birth weight babies.
- Babies whose mothers smoke while pregnant, and babies who are exposed to secondhand smoke after birth, are more likely to die from sudden infant death syndrome (SIDS) than babies who are not exposed to cigarette smoke.
- Babies who are exposed to prenatal secondhand smoke have weaker lungs than other babies, which increases the risk for many health problems.
- Nicotine is passed to babies through breast milk, and babies who are exposed to secondhand smoke are at an increased risk for asthma and ear infections.
- You can do it! Additional smoking cessation resources are available for review and download on the American Heart Association website at www.heart.org.

When to Call the Provider

Rolla Location: (573) 426-2229 (BABY)

Waynesville Location: (573) 774-2715

After Hours: (800) 510-2097

Call Your Provider if You Experience Any of the Following:

First Trimester (0-13 weeks)

- Bleeding like a period or heavier, or passing clots
- Severe lower abdominal pain or cramping
- Excessive vomiting that lasts more than a day and you are unable to keep down food or fluids
- High fever over 100.4 degrees or chills
- Pain with urination or pain in your side or back by your shoulder blade
- If you pass any tissue, bring it in for the doctor to check.

Second Trimester (14-26 weeks)

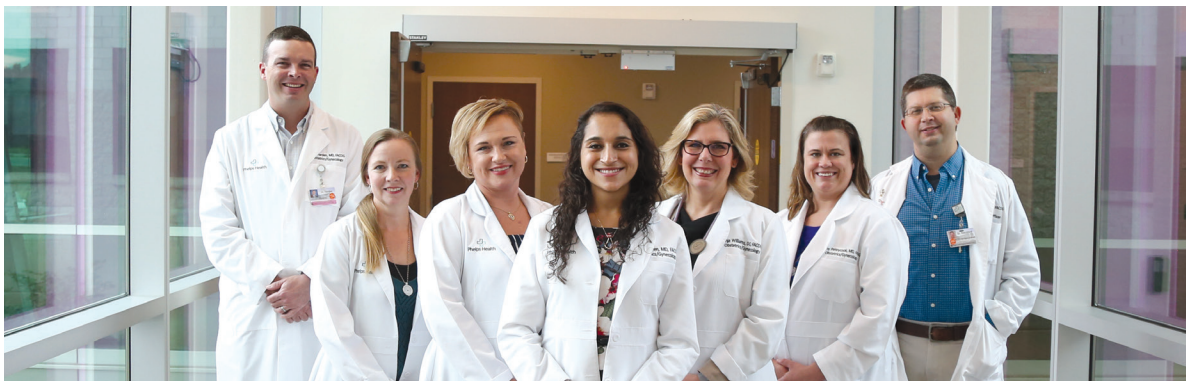
- Bleeding greater than spotting
- Cramping pains occurring more frequently than six times per hour
- Sudden gush of watery fluid from vagina
- A decrease in your baby's movement

Third Trimester (27-40 weeks)

- Any of the above
- Severe headache not relieved with rest, Tylenol or drinking extra water
- Pain in your upper stomach
- Worsening of swelling in your hands and face (swelling in the feet is normal)
- Loss of consciousness
- Pains five minutes apart for more than an hour that are getting stronger and closer together
- One time every day, sit down quietly and count 10 baby movements. If it takes more than an hour to feel the baby move 10 times, call the doctor.

Labor

- Pains five minutes apart for more than an hour that are getting stronger and closer together
- Any bleeding
- Any leakage of watery fluid from your vagina



PEDIATRICS

Pediatrics is the branch of medicine that deals with the medical care of infants, children and adolescents. Pediatricians treat youth from birth to age 18. Call (573) 364-9000 to make an appointment.

Services We Offer:

- Follow-up care of chronic illnesses
- Immunizations
- Newborn care and breastfeeding support
- Prenatal visit for new mothers to meet the providers and tour the clinic
- Routine well visits and health screenings, from birth through adolescence

Conditions We Treat:

- Acute illnesses
- ADHD and other behavioral or developmental concerns
- Asthma and allergies
- Pediatric obesity and other growth concerns

Phelps Health Medical Group Pediatrics Providers



Patricia DeForest, DO



Katie Cameron, MD



Shawna Gifford, MD



Sabin Shrestha, MD

Phelps Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (573) 458-7684, (573) 458-7922.
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (573) 458-7684, (573) 458-7922。