

Welcome to our practice. We look forward to being a part of this exciting time in your life! We have a team of board certified physicians, nurse-midwives, a nurse practitioner, and licensed practical nurses to provide you with the highest quality personalized care.



You are encouraged to rotate your appointments with our providers during your prenatal visits to meet all the members of your obstetrical team. If you have a question or concern in between your scheduled appointments, please call our office during regular office hours whenever possible. The midwife on call or the nursing staff will return your call to address your questions and concerns. If you have a problem after office hours, call Archbold

Memorial Hospital, and the operator will notify the midwife or doctor on call. Any time you have an acute emergency, you may go directly to Archbold Memorial Hospital emergency room; the ER staff will contact the midwife or doctor on call.

PRENATAL APPOINTMENTS

Even though you may feel fine, regular check-ups during your pregnancy are very important. You must be on time for your appointments. If you are late, your appointment may be cancelled, and you will need to reschedule. If you must miss an appointment, please call the office at least 24 hours in advance to cancel your appointment and reschedule.

FINANCIAL CONCERNS

Our fees are within the customary range for this area. At one of your early visits, you will need to meet with our patient financial counselor to

receive financial counseling. This is the time to ask questions regarding payment of fees.

CLASSES

Childbirth is a family event, and we encourage you to have a support person with you during your delivery. Ask for information on available classes offered at Archbold Hospital for prepared childbirth and baby care.

GOOD ADVICE

- Get plenty of rest.
- Eat balanced meals.
- Wear your seat belt.

IMPORTANT SIGNS TO REPORT

If you experience any of the following, **CALL THE MIDWIFE ON CALL IMMEDIATELY** at 228-2000. Do not wait for your next appointment.

- Abnormal discharge
- Vaginal bleeding
- Fever
- Severe headache
- Decrease in baby's movements
- Leaking fluid from the vagina
- Regular contractions before 37 weeks

WARNINGS

Some behaviors can be damaging to unborn babies.

- If you smoke - stop now.
- Do not drink alcohol during pregnancy.
- Do not use illegal drugs during pregnancy.

DUE DATE

What is my due date? This is an important question, and the answer is often confusing. Your "due date" is an estimate based on your last period, the size of your uterus and sometimes an ultrasound. No one knows for sure when you will have your baby. Most babies will be born between two weeks before to two weeks after the estimated due date.

PRENATAL VITAMINS

Extra iron and folic acid are essential for a healthy pregnancy. Vitamins will be prescribed at your first visit.

BREASTFEEDING

Breast milk is healthiest for babies.

TRAVEL

Don't forget to buckle up. Please discuss any extensive travel plans with your provider. The most comfortable time to travel is mid-pregnancy. Take a break hourly and walk around. Maintain your fluid intake. After 36 weeks, travel over 60 miles is not recommended.

EXERCISE

Moderate exercise (such as walking) helps maintain good muscle tone and makes your pregnant months more comfortable. Activities that increase your body temperature (such as use of a sauna or Jacuzzi), water skiing and scuba diving are prohibited.

FOOD SAFETY

- Make sure milk and cheese you eat are pasteurized.
- Do not allow cross contamination between raw and cooked foods
- Cook foods to proper Temperatures
- Refrigerate or freeze food promptly
- Freshwater fish caught by family and friends should not come from a source at risk for mercury contamination
- Choose smaller fish, and eat a variety of fish



FLUID INTAKE

The following are recommended daily:

- 6 to 8 glasses of water,
- 2 to 3 glasses of low fat or skim milk, and 1 glass of juice. Avoid excessive juice, sodas, and caffeine.

COMMON DISCOMFORTS

No drug or medicine is 100% safe during pregnancy. Before using any medicine, the benefits must clearly outweigh the potential risks. Below are certain conditions and the medications you may take for relief. No other drugs should be used without medical advice.

NAUSEA & VOMITING

It is best to eat foods you can tolerate. You may find some relief by eating dry cereal, toast, or crackers. Eating more frequent, smaller meals often helps. You may discontinue your prenatal vitamins until the nausea subsides. You may use Emetrol (an over-the-counter medicine) to help control your nausea and/or vomiting. If significant weight loss or dehydration becomes a problem, medical treatment may be necessary.

INDIGESTION

Mylanta, Maalox, or Tums may be used as directed 30 minutes after meals and before bedtime. Avoid peppermint and high fat foods. You may take any antacid except Alka-Seltzer Plus.



ACHES & PAINS

For minor complaints, Regular or Extra-Strength Tylenol may be taken at an adult dosage. Avoid aspirin and ibuprofen products such as Advil, Nuprin or Motrin.

COLD & SINUS

Increasing your fluid intake and getting plenty of rest can help relieve some cold symptoms. You may use Zyrtec, Claritin, Sudafed, Benadryl or Triaminic to help relieve congestion. Theraflu or Robitussin may be used for cough.

CONSTIPATION

Try to use “nature’s laxatives” (bran cereals, prunes or prune juice) and increase your water intake. If these diet changes do not help, you may use one of the following at bedtime:

- Milk of Magnesia - 30 cc (about 2 tablespoons).
- Metamucil - 1 teaspoon stirred into a glass of water.
- Colace or Surfak (stool softener) - 1 or 2 tablets.

HEMORRHOIDS

Increase your water intake, and eat fresh fruits and vegetables to increase fiber. Do not sit, stand or walk for long periods. You may use Preparation H, Anusol or Tucks for relief. You may find comfort in sitting in a warm bath several times a day.

DIARRHEA

You may use Imodium as directed.

EPIDURAL

Epidurals are used to help relieve pain during labor. This method of pain relief has advantages and disadvantages. Please discuss epidural with your provider. This option will not be available unless you make arrangements with the anesthesiologist prior to your admission for labor. Go to Archbold Ambulatory Care Center Outpatient Laboratory to meet with an anesthesiologist anytime Monday through Friday between 8:00 AM and 12:00 PM. You will need to go between the beginning of your 7th month and the beginning of your 8th month.

LABOR

Labor can start in many different ways. Go to the hospital if you experience any of the following:

- Your water breaks or leaks;
- You have bleeding like a period;
- You have regular contractions getting closer and stronger.

Go to the emergency room entrance at the hospital and ask to be taken to the Labor and Delivery area. You will be evaluated before admission.

NEWSLETTER

The Shaw Center provides a free weekly pregnancy newsletter as a resource for our patients that continue through your baby’s first birthday. Please sign up with your email address at the front desk.

NOTES AND INSTRUCTIONS:

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YOUR GUIDE DURING
Pregnancy



Let us *Baby* you!

