



A  
HEALTHY  
Pregnancy



WESTSHORE WOMEN'S HEALTH  

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WESTSHORE MIDWIFERY ASSOCIATES  
in partnership with St. John Medical Center

## HOW TO CONTACT

In case of emergency or if you believe you are in labor, we offer 24-hour call coverage.

You can reach **Westshore Women's Health** at **(440) 835-6996**. If your call is after normal business hours or on the weekend, please **REMAIN ON THE LINE**. You will hear ringing and there will be a slight delay while you are connected with our answering service.

You can reach **Westshore Midwifery Associates'** answering service at **440-356-7865**.

29160 Center Ridge Road • Suite M • Westlake , Ohio 44145

[westshorewomenshealth.com](http://westshorewomenshealth.com)

[westshoremidwifery.com](http://westshoremidwifery.com)

# NEW PREGNANCY COUNSELING

## HIV and Other Prenatal Tests

Routine first lab work may include your blood type, screening for hepatitis, syphilis, anemia, HIV and immunity to German measles and chicken pox.

In addition, screening for carrier status for cystic fibrosis is offered. Cystic fibrosis is a lung disease that affects children. About one in 20 people are carriers. If you test positive, we will then test your partner because both of you have to carry the gene to pass it along.

## Anticipate Course of Prenatal Care

Typically, visits are every four weeks until you are 28 weeks, then every two weeks until you are 36 weeks, then weekly until you deliver. Remember, 40 weeks is your due date.

An early vaginal ultrasound may be performed for dating. A transabdominal ultrasound usually occurs at 19 to 20 weeks, during which the sex of the baby can be identified and the organs can be looked at more closely.

## Sexual Activity

Intercourse is OK throughout pregnancy as long as there are no complications like bleeding, growth problems with the baby, or pre-term labor.

## Exercise

Exercise during pregnancy has been shown to decrease cesarean section rates and decrease the need for pain medications in labor.

If you have no complications with your pregnancy (hypertension, pre-term labor, bleeding), exercise is safe.



## Good forms of exercise:

- Brisk walking, swimming, yoga or elliptical
- Avoid sports that put you at risk for falls and no exercising flat on your back
- Drink plenty of water and avoid overheating





### Travel

Airplane travel is permitted up to 36 weeks in uncomplicated pregnancies. If traveling by air or car, make sure you walk around every two hours to prevent blood clot in your legs.

### Seat belts:

Must continue to use in pregnancy. Make sure you use the shoulder strap and abdominal strap.

## Nutrition and Weight Gain

The average weight gain with pregnancy is 25 to 35 pounds with 1/3 occurring at less than 20 weeks. If you are overweight, weight gain can be less and if you are underweight, weight gain may be more. The provider will follow the growth of your baby, which is most important.

**Caffeine:** no more than two cups (8oz) per day, best to limit to one or less

**Fish:** fish is healthy and helps brain development, especially salmon. Avoid large tuna steaks, mackerel and swordfish, as they contain mercury

**Meat:** avoid undercooked meat

- Avoid excessive amounts of artificial sweeteners
- Avoid excessive amounts of lunchmeat and hot dogs because of preservatives
- Make sure you are including a good source of calcium in your diet
- Iron will be supplemented if you are anemic



# NAUSEA AND VOMITING IN PREGNANCY

Nausea and vomiting affects 70 – 85% of pregnant women. It peaks at about eight to 10 weeks gestation. Most women worry that this will affect their baby, but most patients with vomiting have very healthy babies. The cause of the nausea is most likely linked to HCG levels in pregnancy. HCG is a hormone produced by the placenta.

## Warning Signs that Something Else is Going On

Fever, abdominal pain, onset of symptoms after nine weeks, large weight loss (more than 5% of your total weight).

Some women could vomit a very small streak of blood. The esophagus is very sensitive in pregnancy and small tears are common. Any larger amount of blood should prompt you to call your provider.

## Treatment of Nausea and Vomiting in Pregnancy

Avoid fatty and spicy foods. Eat very frequently. The longer you go without eating, the worse the nausea. Bland, dry foods and high protein snacks are recommended.

**Vitamins** It is important to be able to take a vitamin daily. Sometimes taking it at night is easier. If you are unable to swallow the vitamin, you can consider chewables or even children's gummy vitamins, but make sure you get at least 400 micrograms of folic acid daily. You can take vitamin B6 alone, sold over the counter, 25 mg every eight hours for nausea. B-natal makes lozenges sold behind the pharmacy counter containing B6.

If you want to go the natural route, you can try ginger capsules 250 mg three times daily.

**Acupressure** There are wristbands sold at health food stores that put pressure on a point inside the wrist to help with nausea. The studies on this are not conclusive, but you could try it.

**Medicines** Unisom ½ tab every six hours can be very helpful. It contains doxylamine, which is safe and helps nausea. Zofran and Phenergan are popular prescription medicines that also help nausea in pregnancy. Most importantly, we try to avoid medications, however these appear to be safe and do help many women.

**IV Fluids** If you are unable to tolerate liquids, you should come in for intravenous fluid hydration. Dehydration is not good for the developing baby.

## Clinical Course

Most women have improvement of symptoms by 12 weeks. Remember, everyone is different. Most importantly, tell your provider about your symptoms. Horrible nausea, even without vomiting, can be treated!

# COMMON DISCOMFORTS OF PREGNANCY

## COMMON DISCOMFORTS

## WHY THEY OCCUR

DIZZINESS

Dehydration.  
Low blood sugar.  
Low blood pressure from lying on back.

HEADACHES

Tension, congestion, constipation, sinus.

NASAL STUFFINESS/  
NASAL BLEEDING

Increased blood volume, allergies, hormonal.

HEMORRHOIDS

Pressure of growing uterus, inactivity, standing.  
Relaxation of vein walls.

VARICOSE VEINS

Pressure of growing uterus, inactivity, standing.  
Relaxation of vein walls.

SHORTNESS OF BREATH

Hormonal.  
Increased upward pressure of the uterus.

NAUSEA/VOMITING

Hormonal.  
Slowed movement of intestinal muscles.

HEARTBURN

Increased uterine size.  
Back up of stomach contents into esophagus.

CONSTIPATION

Slowed movement of intestinal tract.  
Pressure of growing uterus.

ROUND LIGAMENT PAIN  
(Abdominal pain in sides or groin)

Enlarged uterus, stretched ligaments.

BRAXTON HICKS/  
CONTRACTIONS

Spontaneous muscle contractions.  
Some can be painful and strong. Others painless.  
Normal during pregnancy.

## WHAT TO DO

## CALL PROVIDER IF...

Drink enough water or fruit juice to keep your urine clear or pale yellow. Eat a meal, lie on side, get up slowly. Rest.

Fainting or blackouts.

Tylenol, rest, relaxation breathing, cool cloth, darkened room. Avoid stress. Actifed or Sudafed if congested.

Blurred vision, severe pain, especially on one side. No relief with Tylenol.

Humidify the air. Water and salt nose drops. If bleeding – head back & pinch nostril. If you usually take Benadryl, Chlor-Trimeton, Zyrtec, or Claritin for allergies, you may continue them if necessary. If your head/nasal/sinus congestion does not improve with saline nose drops or a humidifier, Actifed or Sudafed may be taken.

Fever over 100 degrees. Productive cough.

Avoid constipation. Tucks (keep them in the freezer for added relief), Sitz baths, soak in warm bath. Hemorrhoidal creams (if external) or suppositories (if internal).

Bleeding from hemorrhoids.

Rest with feet up. Avoid prolonged standing. Support hose. Avoid constricting clothes.

Fever, severe chills, shortness of breath, red or swollen veins in legs.

Sleep with pillows. Avoid sleeping on back. Good posture. Stretch arms overhead. Avoid hyperventilating.

Difficulty breathing.

Rest, crackers, pretzels, or juice in morning or before bed. Small, frequent meals. Rest after meals in a sitting position. 25 mg of vitamin B6 at bedtime may also help.

Unable to keep food or liquids down for 6 hours. Temperature. Diarrhea.

Small, frequent meals, low sodium, antacids. Avoid fatty foods. Good posture. Do not lie down within two hours of eating. Tums or Mylanta are safe.

Severe, or associated with an increased blood pressure.

Increased fluids, bran, fruits, dark breads, vegetables (raw or steamed), prunes, raisins or prune juice.

Bloody stools.

Heat, massage, Tylenol, rest, side-lying with pillows, pelvic rocking, change position.

Regular contractions. Heavy bleeding.

Relax, change position, walk or lie down. Warm bath. Gentle abdominal stroking.

Regular contractions.

# COMMON DISCOMFORTS OF PREGNANCY

## COMMON DISCOMFORTS

## WHY THEY OCCUR

INCREASED VAGINAL DISCHARGE

Hormonal.

URINARY FREQUENCY/ URGENCY

Enlarged uterus pressing on bladder.

BACKACHE

Change in center of gravity.  
Weight of enlarged uterus.

SWOLLEN FEET & ANKLES

Standing too long.  
Increased fluid volume.  
Decreased circulation to extremities.

DIFFICULTY SLEEPING

Increased upward pressure of uterus.

LEG CRAMPS

Decreased circulation due to enlarged uterus. Not enough calcium. Hormones. Not enough potassium.

STRETCH MARKS  
(Reddish or pale color on breast, thighs abdomen)

Stretching of skin.

CHLOASMA  
("Mask of Pregnancy")

Hormonal.



## OVER-THE-COUNTER MEDICATIONS

Commonly taken during pregnancy

**Stuffy Head,  
Sinus Congestion**  
Sudafed (plain)  
Trichloraminic  
Benadryl  
Pseudoephedrine  
Claritin D

**Allergies**  
Benadryl  
Trichloraminic  
Claritin  
Zyrtec

**Cough**  
Robitussin DM

**Flu**  
TheraFlu (plain)  
(take as directed)

**Sore Throat**  
Chloraseptic Spray  
Saltwater Gargle

## WHAT TO DO

## CALL PROVIDER IF...

Wear cotton panties. Wipe from front to back. Avoid tight clothes. Good hygiene – bathe often, no douching.

Itching, burning, unusual odor, any bleeding before 36 weeks.

Drink lots of fluids during the day and decrease fluids at bedtime. Don't delay emptying bladder.

Painful urination.  
Regular contractions.  
Fever or back pains.

Exercise daily, esp. pelvic rocking. Taylor sitting, good posture, heat, low-heeled shoes.

Fever.  
Regular contractions.

Lying on side with legs up. Rest with feet elevated for 30 minutes three times a day. Don't sit cross-legged. Avoid tight shoes. Avoid high-salt or high-sugar foods.

Sudden swelling, especially of face and hands. Blurred vision or severe headaches.

Sleep on side or with head elevated. Use pillows for support. Relaxation exercises, warm bath, warm beverage before bed. Walk after dinner.

Hyper-extend cramped leg. Light massage, heat, walking. Increase milk intake. Eat more bananas.

Occur in 50% of pregnancies. Abdominal strengthening exercises before and during pregnancy may help prevent. Will lighten after delivery.

Wear a hat when in the sun. Avoid excessive sun exposure. Use sunscreen.

### Headaches, Aches and Pains

**Tylenol** (every 4 hours)  
**Extra Strength Tylenol** (every 4 hours)  
*Please do not take Motrin or aspirin – these are not recommended during pregnancy.*

**Heartburn**  
**Tums**  
**Maalox**  
**Mylanta**  
**Pepcid AC**

### Diarrhea

**Imodium AD**  
*Please do not take Pepto-Bismol. It is best to avoid medicines, avoid dairy while ill, and drink plenty of liquids.*

**Constipation**  
**Metamucil**  
**Citracal**

### Hemorrhoids

**Tucks**  
**Anusol**  
**Preparation H**  
*Take all medication as directed on their labels. If you do not feel relief after 48 hours (colds – 5 days) or if you have a fever greater than 101 degrees, please call the office.*



## RECOMMENDED BOOKS ON PREGNANCY

*Mayo Clinic Guide to a Healthy Pregnancy*

*Babycenter Pregnancy from Preconception to Birth* - Linda J Murray

*The Complete Book of Pregnancy* - Sheila Kitzinger & Childbirth

*Ina May's Guide to Childbirth* - Ina May Gaskin

*Gentle Birth Choices* - Barbara Harper and Suzanne Arms

## BREASTFEEDING BOOKS

*Breastfeeding Made Simple* - Kendall-Tackett, Mohrbacher, Newman

*Breastfeeding Answers Made Simple* - Nancy Mohrbacher

*The Womanly Art of Breastfeeding* - Wiessinger, West, and Pitman

## FAVORITE WEB SITES

[babycenter.com](http://babycenter.com)

[whattoexpect.com](http://whattoexpect.com)

[thebump.com](http://thebump.com)



For more information on OB/GYN physicians, visit:  
[westshorewomenshealth.com](http://westshorewomenshealth.com)

For certified nurse midwives, visit:  
[westshoremidwifery.com](http://westshoremidwifery.com)

For pediatrician and family practice physicians, visit:  
[westshoreprimarycare.com](http://westshoreprimarycare.com)

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