



*Expecting with*



**Carson Medical Group**  
YOUR GUIDE TO A HEALTHY  
PREGNANCY









# Contents

WELCOME	1
DOCTOR VISIT TIMELINE	2
HEALTHY CHOICES	
• DOS AND DON'TS IN PREGNANCY	3
• SAFE MEDICATIONS FOR PREGNANCY AND BREASTFEEDING	5
• NUTRITION AND WEIGHT GAIN IN PREGNANCY	6
• SAFER FOOD CHOICES	7
FIRST TRIMESTER	9
• WEEKS 0 - 13	
• LABORATORY TESTING	
• PRENATAL GENETIC SCREENING AND TESTING	
SECOND TRIMESTER	10
• WEEKS 14 - 27	
• LABORATORY TESTING	
• FETAL MOVEMENT	
• PRENATAL CLASSES	
• PRETERM LABOR	
THIRD TRIMESTER	11
• WEEKS 28 - 40	
• LABORATORY TESTING	
• FETAL MOVEMENT	
• SIGNS OF LABOR	12
• BABY-FRIENDLY CENTER	13
• YOUR DELIVERY	14
• AFTER YOUR DELIVERY	15
• MEDICAL CARE FOR YOUR NEWBORN	16
• HOSPITAL CHECKLIST	17
POSTPARTUM	18
• POSTPARTUM	
• WARNING SIGNS	
• BREASTFEEDING	
• MENTAL HEALTH	
• REFERENCED MATERIAL	19
• NOTES	20



# Welcome!

## CARSON MEDICAL GROUP IS HERE FOR YOU

Pregnancy and childbirth are life changing! At Carson Medical Group we strive to make your experience positive and memorable. Understanding the value of great communication, we encourage you to let us know your desires and expectations. We are honored that you have entrusted Carson Medical Group with your prenatal care, and we look forward to being there for you as your family grows.

Being well informed is important for a smooth pregnancy. This booklet contains basic pregnancy information and answers to commonly asked questions. We encourage expectant families to read and learn more about pregnancy and your baby's growth. Books, apps, and reputable websites are great resources for pregnancy related information.

### PHYSICIAN RECOMMENDED

## Resources

### Apps & Websites

- Text4Baby
- What to Expect app
- CarsonMedicalGroup.com
- ACOG.org/patients

### Books

- Your Pregnancy and Childbirth:  
Month to Month  
*The American College of  
Obstetricians and Gynecologists*
- What to Expect When You're  
Expecting  
*Heidi Murkoff*
- Your Pregnancy Week by Week  
*Glade B. Curtis, Judith Schuler*
- Real Food for Pregnancy  
*Lily Nichols*



## We Welcome Your Calls



THE PATIENT PORTAL  
[CARSONMEDICALGROUP.COM](http://CARSONMEDICALGROUP.COM)



THE HEALOW APP  
AVAILABLE IN THE APP STORE  
USE CODE: ABJDAA

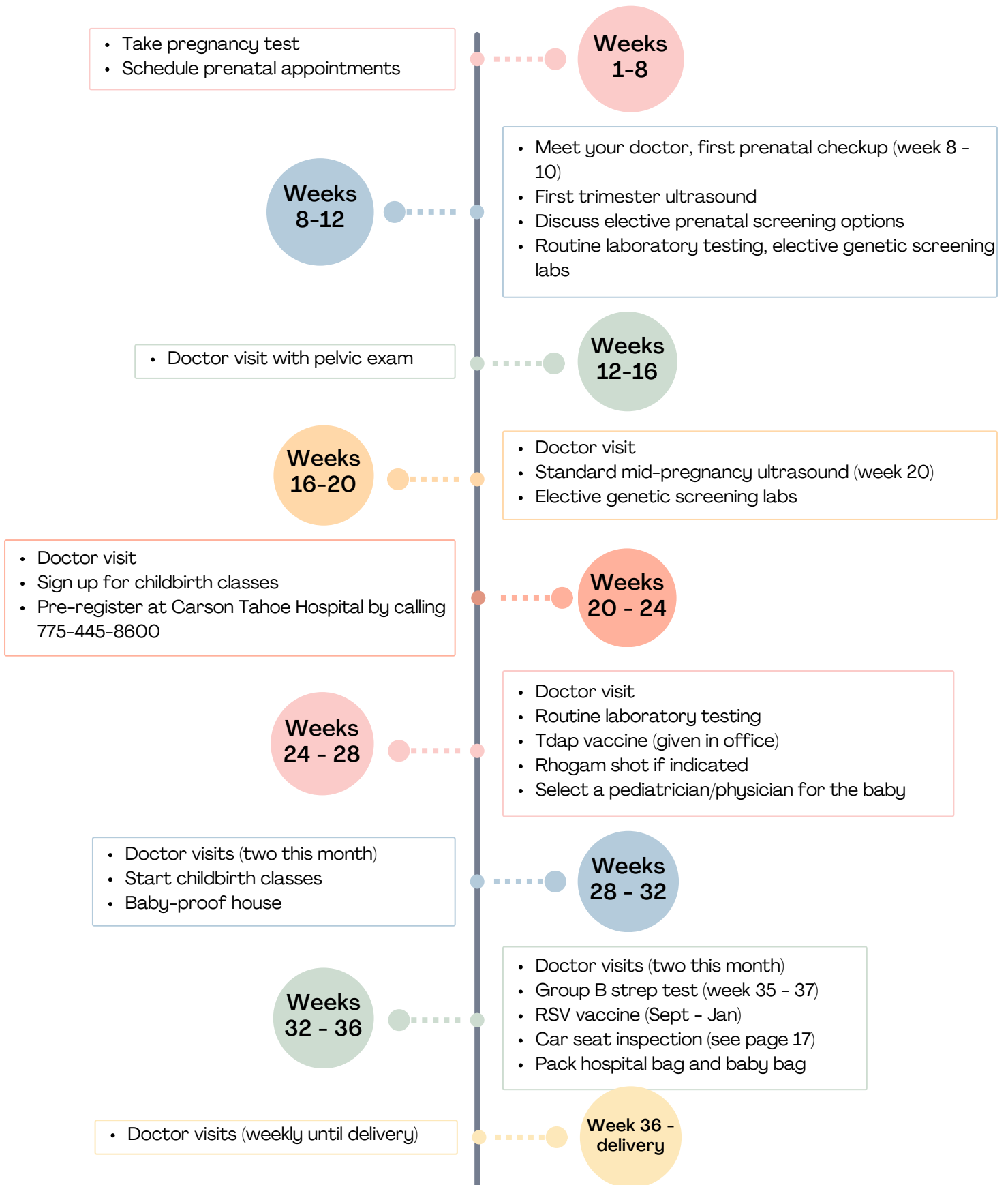


775.883.3636

Your doctor, medical assistant, and OB nurse navigator are happy to assist you when further information is needed. Additionally we urge you to take advantage of childbirth education classes as you approach the arrival of your baby.



# VISIT TIMELINE



During your doctor visits, we will check your blood pressure, urine, and weight. We will also listen to the baby's heartbeat, review any lab work, and measure your tummy (after 20 weeks). Please come prepared with any questions or concerns you may have. Routine prenatal care is very important for you and your baby. Please come to all of your appointments as recommended by your doctor. If you have any difficulties accessing care, please inform us and we will do our best to make accommodations.



# DOS AND DON'TS IN PREGNANCY

Everyone wants to know “what can I still do” and “what can’t I do while I’m pregnant?” The good news is there are many things you can still safely do while you are pregnant. Below are guidelines to help you make healthy choices.

## EXERCISE

Exercise is good for you and your growing baby. We encourage you to continue exercising during pregnancy. If you have not been exercising, we recommend you start a low impact routine. Pregnant women should try to achieve 20 to 30 minutes of moderate intensity exercise 4 to 5 times per week.

**Warning signs:** *Stop if you start cramping or bleeding vaginally. Avoid contact sports or high impact exercise that could physically harm your growing abdomen such as: skiing, horseback riding, rock climbing, and scuba diving.*

## WORK

Avoid prolonged sitting or standing. Limit lifting to 25 - 35 lbs, unless you are accustomed to this sort of heavy work prior to pregnancy. Be sure to have adequate ventilation and try to avoid extremes in temperature.

**Helpful tip:** *If you have certain risk factors, your doctor will advise you. Please give us plenty of notice and bring in your FMLA forms if this will need to be addressed.*

## TRAVEL

Airline travel is considered safe in an uncomplicated pregnancy. The best time to travel is between weeks 14 and 28. Travel up to 36 weeks is generally safe and allowed by commercial airlines. Stay well hydrated, wear compression socks, walk periodically, and/or contract your calf muscles while sitting. As your pregnancy progresses, the risks increase. You will need to balance the benefit of the trip with the potential risk of a complication at your destination.

**Helpful tip:** *If you have certain risk factors, your doctor may advise you not to travel. Be aware of the potential infection exposures (including Zika virus) as well as available medical care at your destination. Visit [CDC.gov/zika](https://www.cdc.gov/zika) for information on travel to areas known to have this virus.*

## SEXUAL INTERCOURSE

Although it may become more difficult and uncomfortable as your baby grows, there are no restrictions unless you develop warning signs or if your doctor gives you direction to stop.

**Warning signs:** *Vaginal bleeding, leaking amniotic fluid (your water breaks), placenta previa.*

## HOT TUBS & SWIMMING

Swimming is recommended as a good form of exercise. Avoid hot tubs in the first trimester. Only 10 minutes at a time after your first trimester; do not submerge your whole body.

**Helpful tip:** *Some studies suggest that prolonged time in a sauna or hot tub may increase the mother’s core body temperature and may lead to birth defects.*

## VACCINES

**Flu vaccine:** During flu season (October - May) we recommend all pregnant women receive the flu vaccine, as getting the flu while you are pregnant increases the risk of complications for both mother and baby.

**Tdap vaccine:** During your third trimester we will offer you this vaccine to protect your baby from whooping cough after they are born. We recommend this vaccine also be given to all caregivers who will have close contact with your baby.

**COVID-19 vaccine:** Anytime during your pregnancy we recommend this vaccine to protect you and your baby from severe illness and pregnancy related complications from COVID-19.

**RSV vaccine:** If you will be 32-36 weeks September - January, we recommend the RSV vaccine. This will help protect your newborn from RSV right after birth and for the first six months of life.



DENTAL  
CARE

Routine dental care is encouraged during pregnancy. Cleaning, extraction, scaling, root canals, fillings, and x-rays are all part of routine care. Please notify your dentist of your pregnancy when you schedule your appointment. Some dentists require a note from your doctor for medical clearance.

**Helpful tip:** *Your gums may be more sensitive and some bleeding with flossing is normal.*

HAIR  
DYE

Because absorption through the skin is minimal, hair dye is presumed safe in pregnancy.

INSECT  
REPELLENT

If you are in an area with high risk for insect-borne illness, topical repellents (including DEET) are recommended.

CAR  
SAFETY

Always wear both the lap and shoulder belt. The lap belt should be placed across the hips and below the belly. Never disable your car's airbags.

CAFFEINE

Low to moderate caffeine consumption in pregnancy does not appear to be associated with adverse outcomes. Limit caffeine intake to less than 200 mg each day (the amount contained in a typical 12 ounce cup of brewed coffee).

ALCOHOL

There is no safe amount of alcohol during pregnancy; therefore, we do not recommend alcohol use. Large amounts of alcohol intake in pregnancy are associated with fetal malformations and developmental delays, including fetal alcohol syndrome. It may also cause miscarriage or stillbirth.

**Helpful tip:** visit [www.AA.org](http://www.AA.org) for help or call Alcoholics Anonymous at 212-870-3400. If you are having a difficult time avoiding alcohol, talk with your doctor.

NICOTINE

Vaping or smoking cigarettes is not only harmful to your health, but it can cause many complications for your baby. Miscarriage, placental abruption, preterm birth, low birth weight, and stillbirth are some of the possible complications. Nicotine products such as patches or gum are appropriate as part of a quitting smoking strategy.

**Helpful tip:** *If you are addicted to cigarettes, talk with your doctor. 1-800-QUIT-NOW is the national network for quitting smoking. They can help connect you to counselors in our area.*

MARIJUANA

We recommend avoiding marijuana use in pregnancy due to concerns regarding fetal neurodevelopment. Marijuana passes through your bloodstream to your baby and may cause disruption of brain development, smaller size at birth, higher risk of stillbirth, and a higher chance of preterm birth.

**Helpful tip:** *If you are having a difficult time avoiding marijuana, talk with your doctor. If you think you are addicted and want to quit, call 800-662-HELP or visit [www.SAMHSA.gov](http://www.SAMHSA.gov).*

ENVIRONMENTAL  
TOXINS

To protect yourself and your baby from harmful chemicals, it is a good idea to avoid pesticides, herbicides, and strong chemicals.

**Helpful tip:** *If you are concerned that you may have been exposed to a toxic substance, call, text, or chat with the experts at [MotherToBaby.org](http://MotherToBaby.org) (Call: 866.626.6847 or Text: 855.999.3525).*

# SAFE MEDICATIONS FOR PREGNANCY AND BREASTFEEDING

DISCOMFORT	<i>Safe Medications</i>	NATURAL/HOME REMEDIES
ALLERGIES	<ul style="list-style-type: none"> <li>Loratadine (Claritin) 10 mg daily (not Claritin D)</li> <li>Cetirizine (Zyrtec) 10 mg daily</li> <li>Diphenhydramine (Benadryl) 25 mg every 6-8 hours</li> </ul>	<ul style="list-style-type: none"> <li>Household air purifier</li> <li>Wear a mask when doing house/garden work</li> </ul>
CONGESTION	<ul style="list-style-type: none"> <li>Dayquil as directed on package</li> <li>Saline nasal spray</li> <li>Afrin 12 hour nasal spray at bedtime (no more than 3 days in a row)</li> <li>Mucinex as directed on box</li> </ul>	<ul style="list-style-type: none"> <li>Neti Pot to irrigate sinuses</li> <li>Humidifier/cool mist vaporizer</li> <li>Drink plenty of fluids</li> </ul>
CONSTIPATION	<ul style="list-style-type: none"> <li>Fiber products: Metamucil, Citracal, Fibercon, or Benefiber</li> <li>Stool softeners: Colace 1 tab 2-3 times/day or Senekot 1 tab 1-3 times/day</li> <li>Laxatives: Milk of Magnesia, Ex-Lax, Correctol, or Miralax</li> <li>Enema: Fleets</li> </ul>	<ul style="list-style-type: none"> <li>Increase fluids</li> <li>Increase fiber intake (prunes)</li> <li>Regular exercise</li> </ul>
COUGH/SORE THROAT	<ul style="list-style-type: none"> <li>Dextromethorphan (Robitussin) every 4-6 hours as needed</li> <li>Any sore throat lozenge or cough drop</li> </ul>	<ul style="list-style-type: none"> <li>Warm salt water gargles</li> <li>Drink plenty of fluids</li> </ul>
DIARRHEA	<ul style="list-style-type: none"> <li>Imodium liquid or capsules as directed on box (may use after 24 hours of diarrhea)</li> </ul>	<ul style="list-style-type: none"> <li>Clear fluids</li> <li>BRAT diet: bananas, rice, applesauce, toast</li> </ul>
FEVER	<ul style="list-style-type: none"> <li>Acetaminophen (Tylenol) 650-1,000 mg every 4-6 hours as needed (do not exceed 3,000 mg in 24 hours)</li> </ul>	<ul style="list-style-type: none"> <li>Drink plenty of fluids, rest</li> <li><b>Call our office if over 100.4</b></li> </ul>
GAS	<ul style="list-style-type: none"> <li>Simethicone (Gas-X, Mylicon) after meals and at bedtime</li> </ul>	<ul style="list-style-type: none"> <li>Heating pad on low setting</li> <li>Avoid troublesome foods</li> </ul>
HEARTBURN	<ul style="list-style-type: none"> <li>Tums Ex or Ultra 1-2 tabs (Max: 8 per day)</li> <li>Mylanta or Maalox if already burning</li> <li>Pepcid AC after eating</li> </ul>	<ul style="list-style-type: none"> <li>Smaller frequent meals</li> <li>Elevate head when laying flat</li> <li>Avoid acidic foods</li> </ul>
HEMORRHOIDS	<ul style="list-style-type: none"> <li>Anusol HC (hydrocortisone) cream</li> <li>Preparation H ointment and/or suppository</li> <li>Tucks pads</li> </ul>	<ul style="list-style-type: none"> <li>Warm sitz bath</li> <li>Witch hazel</li> </ul>
INSOMNIA	<ul style="list-style-type: none"> <li>Benadryl 25 mg</li> <li>Tylenol PM</li> <li>Unisom</li> </ul>	<ul style="list-style-type: none"> <li>Chamomile tea</li> <li>Warm bath</li> <li>Decrease light in room</li> </ul>
NAUSEA/VOMITING (not morning sickness)	<ul style="list-style-type: none"> <li>Dramamine</li> <li>Emetrol</li> </ul>	<ul style="list-style-type: none"> <li>Small frequent meals</li> <li>Crackers or dry toast</li> <li>Ginger tea, ginger ale</li> </ul>
PAIN/HEADACHE	<ul style="list-style-type: none"> <li>Acetaminophen (Tylenol) 650-1,000 mg every 4-6 hours as needed (do not exceed 3,000 mg in 24 hours)</li> </ul>	<ul style="list-style-type: none"> <li>Icy Hot cream</li> <li>Warm bath or shower</li> <li>Heat or ice</li> </ul>
RASH	<ul style="list-style-type: none"> <li>Benadryl cream or tablets</li> <li>Hydrocortisone cream</li> </ul>	<ul style="list-style-type: none"> <li>Aveeno lotion</li> <li>Oatmeal bath</li> </ul>
YEAST INFECTION	<ul style="list-style-type: none"> <li>Monistat cream 3, 5, or 7 day treatment</li> </ul>	<ul style="list-style-type: none"> <li>Wear cotton underwear, change wet/sweaty underwear</li> <li>Reduce or eliminate sugar in diet</li> <li>Eat yogurt with live active cultures</li> </ul>

Remember CMG Plus is available for your non-OB related health concerns. CMG Plus is a walk-in clinic for our patients offering extended hours with complete access to your health history.



# NUTRITION AND WEIGHT GAIN IN PREGNANCY

## NUTRITION

Healthy nutrition is an important part of a successful pregnancy. Everything you eat helps nourish your body and helps your growing baby. Try to eat mostly fresh, unprocessed foods, including vegetables, fruits, whole grains, beans, nuts, legumes, low-fat dairy, and unprocessed lean meats. Drink mostly water and skim or low-fat milk and limit your soda intake. Limit or avoid processed, high fat, fried, junk, or fast food. [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) is a great resource for healthy meal planning.

Water intake is very important during pregnancy. Not getting enough water can lead to cramping, dizziness, constipation, headaches, leg cramps, and many other symptoms. It is recommended that pregnant women drink 10 cups or 2.3 liters of fluid each day. Water is the best fluid to drink. Always carry water with you and try adding fruit flavor.

## WEIGHT GAIN

Weight gain during pregnancy is expected and is healthy if you gain the recommended amount of weight. Below is a table describing the amount of weight you should plan to gain based on your pre-pregnancy Body Mass Index (BMI).



Taking a prenatal vitamin daily can help ensure you are getting the proper amount of vitamins and minerals that your body and the baby's developing body need. Many nutrients can come from a healthy diet; however, we recommend a prenatal vitamin that includes the following (you can add these supplements if not included in the prenatal vitamin):

- 400 mcg folic acid
- 27 mg iron
- 1300 mg calcium
- 600 IU vitamin D
- 1000 mg fish oil (including at least 200 mg of DHA)

## WEIGHT GAIN RECOMMENDATIONS WHEN PREGNANT WITH ONE BABY

If before pregnancy, you were...	You should gain...	Weight Tracker
Under weight BMI less than 18.5	28 - 40 pounds	
Normal Weight BMI 18.5-24.9	25 - 35 pounds	
Over weight BMI 25.0-29.9	15 - 25 pounds	
Obese BMI greater than or equal to 30.0	11 - 20 pounds	



## CALCULATE YOUR BMI AND MORE INFORMATION ABOUT HEALTHY WEIGHT

The Centers for Disease Control (CDC) website has great sources to help you calculate your BMI and track your weight during pregnancy. It also provides information on how to get extra calories based on your starting weight range. We suggest you take time to explore this website. [www.CDC.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm#tracking](http://www.CDC.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm#tracking).



# SAFER FOOD CHOICES IN PREGNANCY

Always follow the four steps to food safety—clean, separate, cook, and chill—to protect yourself from food poisoning. Learn about current foodborne outbreaks and the foods linked to them.

FOODS	RISKIER CHOICE	SAFER CHOICE
<b>MILK</b> 	<ul style="list-style-type: none"> <li>Unpasteurized (raw) milk, and dairy products made from raw milk</li> </ul>	<ul style="list-style-type: none"> <li>Pasteurized milk, and dairy products made from pasteurized milk</li> </ul>
<b>CHEESE</b> 	<ul style="list-style-type: none"> <li>Soft cheese made from unpasteurized (raw) milk—for example, queso fresco, brie, camembert, and blue-veined cheese</li> <li>Unheated cheese sliced at a deli</li> </ul>	<ul style="list-style-type: none"> <li>Hard cheese, such as cheddar and swiss</li> <li>Cottage cheese, cream cheese, string cheese, and feta</li> <li>Pasteurized soft cheeses heated to an internal temperature of 165°F or until steaming hot</li> <li>Deli-sliced cheeses heated to 165°F or until steaming hot</li> </ul>
<b>EGGS</b> 	<ul style="list-style-type: none"> <li>Raw or undercooked (runny) eggs, and foods that contain raw or undercooked eggs, such as <ul style="list-style-type: none"> <li>Caesar salad dressing</li> <li>Raw cookie dough or raw batter</li> <li>Homemade eggnog</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Eggs cooked until the yolks and whites are firm</li> <li>Egg dishes (frittata, quiche, casserole) cooked to an internal temperature of 165°F if they contain meat or poultry</li> <li>Egg dishes cooked to an internal temperature of 160°F if they do not contain meat or poultry</li> <li>Pasteurized eggs in foods that will not be cooked to a safe temperature, such as mousse and salad dressing</li> </ul>
<b>SEAFOOD</b> 	<ul style="list-style-type: none"> <li>Raw or undercooked fish or shellfish, including sashimi, sushi, and ceviche</li> <li>Refrigerated smoked seafood (except in a cooked dish). Refrigerated smoked seafood is usually labeled as “nova-style,” “lox,” “kippered,” “smoked,” or “jerky”</li> <li>Fish that contain high amounts of mercury, such as shark, swordfish, king mackerel, tilefish</li> </ul>	<ul style="list-style-type: none"> <li>Fish cooked to a safe internal temperature of 145°F or until the flesh is opaque and separates easily with a fork</li> <li>Shellfish cooked until shells open during cooking or until flesh is pearly or white, and opaque <ul style="list-style-type: none"> <li>After the shells open, boil live oysters for another 3–5 minutes.</li> </ul> </li> <li>Smoked fish in sealed, airtight packages or containers that don’t need to be kept refrigerated before opening</li> <li>Smoked fish cooked in a casserole or other cooked dishes</li> <li>Canned fish and seafood</li> <li>Fish that contain low amounts of mercury, such as shrimp, canned light tuna, salmon, pollock, catfish</li> </ul>
<b>FLOUR</b> 	<ul style="list-style-type: none"> <li>Raw dough or raw batter made with raw (uncooked) flour</li> </ul>	<ul style="list-style-type: none"> <li>Food made with flour that is cooked following the package directions or recipe</li> <li>Dough and batter made with heat-treated flour and pasteurized eggs</li> <li>Dough and batter that is labeled “edible” or “safe to eat raw”</li> </ul>



# SAFER FOOD CHOICES IN PREGNANCY

FOODS	RISKIER CHOICE	SAFER CHOICE
<p><b>POULTRY &amp; MEAT</b></p> 	<ul style="list-style-type: none"> <li>Raw or undercooked poultry or meat <ul style="list-style-type: none"> <li>Poultry includes chicken and turkey</li> <li>Meat includes beef, pork, lamb, and veal</li> </ul> </li> <li>Unheated deli meat, cold cuts, hot dogs, and fermented or dry sausages</li> <li>Refrigerated pâté or meat spreads</li> </ul>	<ul style="list-style-type: none"> <li>Poultry and meat cooked to a safe internal temperature. <i>Use a food thermometer to check.</i> <ul style="list-style-type: none"> <li>All poultry, including ground chicken and turkey, cooked to 165°F</li> <li>Whole cuts of beef, veal, lamb, and pork cooked to 145°F (then allow the meat to rest for 3 minutes before carving or eating)</li> <li>Ground meats, such as beef and pork, cooked to 160°F</li> </ul> </li> <li>Deli meat, cold cuts, hot dogs, and fermented or dry sausages heated to 165°F or until steaming hot</li> <li>Pâté or meat spreads in sealed, airtight containers that don't need to be kept refrigerated before opening</li> </ul>
<p><b>DELI SALADS</b></p> 	<ul style="list-style-type: none"> <li>Premade deli salads, such as: coleslaw, potato salad, tuna salad, chicken salad, egg salad</li> </ul>	<ul style="list-style-type: none"> <li>Homemade deli salads</li> </ul>
<p><b>VEGETABLES &amp; FRUITS</b></p> 	<ul style="list-style-type: none"> <li>Any raw or undercooked sprouts, such as alfalfa and bean</li> <li>Unwashed fresh fruits and vegetables, including lettuce and other leafy greens</li> <li>Cut melon left out for more than 2 hours (1 hour if it's exposed to temperatures hotter than 90°F, such as a picnic or hot car)</li> </ul>	<ul style="list-style-type: none"> <li>Cooked sprouts (until steaming hot)</li> <li>Washed vegetables and fruits (washed and then cooked are safest)</li> <li>Freshly cut melon or cut melon kept refrigerated for 7 or fewer days</li> </ul>
<p><b>JUICE</b></p> 	<ul style="list-style-type: none"> <li>Unpasteurized juice or cider</li> </ul>	<ul style="list-style-type: none"> <li>Pasteurized juice or cider</li> <li>Unpasteurized juice or cider brought to a rolling boil and boiled for at least 1 minute before drinking</li> </ul>



<https://www.cdc.gov/food-safety/foods/pregnant-people.html>

# FIRST TRIMESTER

Your pregnancy is divided into three trimesters to total 40 weeks. Your first few months of pregnancy, weeks 0-13, are called the first trimester. This period of time brings many changes for you and your developing baby. Breast tenderness, fatigue, and nausea are a few of the physical changes you may experience. It is normal for your emotions to fluctuate between excitement and anxiety.

The first trimester for your baby is a time of rapid growth and development. Your baby will start to develop major organs including the brain and heart. This is the time when your baby's spinal cord begins to form and fingers and toes even start to take shape. During your first trimester, you will establish prenatal care with your doctor. Your doctor will teach you what to expect throughout your pregnancy. What you learn can help you take the best care of yourself and your baby.

## LABORATORY TESTING

Throughout your pregnancy you will have the opportunity to learn about your health and your baby's health through laboratory testing. Your doctor will use these results to best manage your care. The following lab tests are routinely done during your first trimester.

### BLOOD TESTS

- Complete blood count (CBC)
- Blood type
- Antibody screen
- Urinalysis with urine culture
- Rubella
- Hepatitis B and C
- Syphilis (RPR)
- Human immunodeficiency Virus (HIV)

### PELVIC EXAM

- Pap smear
- Gonorrhea
- Chlamydia

## OPTIONAL GENETIC TESTING AND SCREENING

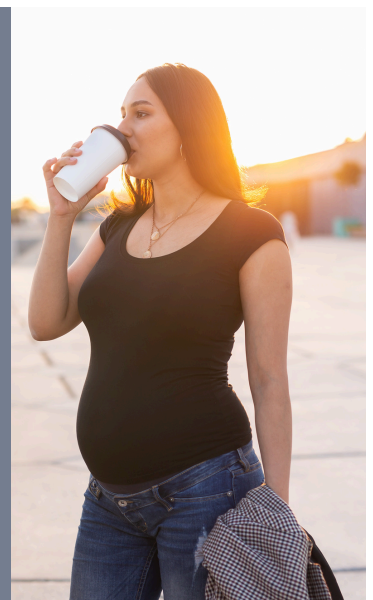
You also have the option to pursue genetic screening and/or testing. You will meet with our OB nurse navigator to explore these options. Please request a "Guide to Genetic Testing and Screening" at your first appointment if you did not receive one, or visit the pregnancy education page on our website.



## Morning Sickness

Morning sickness can happen any time of day. It affects 70 - 85% of women in their first trimester. Below are some suggestions that can help improve or relieve nausea related to morning sickness.

- Eat crackers or dry toast before you get up out of bed
- Eat small frequent meals high in protein, try bland foods
- Stay well hydrated
- Try ginger tea or ginger capsules (250 mg as needed)
- Take your prenatal vitamin at bedtime
- Wear sea sickness bands on your wrists
- Take half a Unisom with 25 mg of vitamin B6 (up to four times a day). Unisom may cause drowsiness. If you cannot tolerate the drowsiness, you may still take vitamin B6, without Unisom, up to four times a day.



## SECOND TRIMESTER

Months four to six (weeks 14-27) mark your second trimester. This is the time in your pregnancy where you may feel physically more like yourself again. During the second trimester, you may develop breast tenderness, a growing belly, and skin changes. Your baby will begin to move and hear.

Regular doctor visits remain very important during the second trimester. Write down your questions and bring them with you to your appointments.

### LABORATORY TESTING

Laboratory testing continues in your second trimester. Additional labs and treatment may be necessary based on your risk factors and blood type. Routine blood tests include:

- Complete blood count (CBC)
- Glucose tolerance test (diabetic testing)
- Optional testing/screening (second trimester screen or AFP) as desired

### FETAL MOVEMENT

If this is your first baby you might start feeling the first flutter of movement around 20 weeks gestations. Some women, particularly those who have had a child in the past, may feel the baby move sooner. Movements can sometimes be described as flutters, bubbles, rolling, or stretching in your uterus.

### PRENATAL CLASSES

Your second trimester is the time to schedule prenatal classes. Check the hospital website for class times and dates and for contact information: [www.CarsonTahoe.com/childbirth-support](http://www.CarsonTahoe.com/childbirth-support).



### PRETERM LABOR

Preterm labor is labor any time before 37 weeks. Preterm labor can happen without warning even if you have no known risk factors; however, your doctor will let you know if you are at increased risk. It is important to listen to your body.



#### *When to Call your Doctor*

Call your doctor right away if you notice any of these signs or symptoms:

- Uterine tightening, cramping or contractions (greater than 6 per hour or closer than every 10 minutes)
- Leaking of clear fluid either as a gush or constant trickle
- Vaginal bleeding

#### *If you are Concerned, Call*

**Monday - Friday**  
**8:00AM - 4:30PM**  
Carson Medical Group  
775.883.3636  
**All Other Times**  
Labor & Delivery  
775.445.5130



# THIRD TRIMESTER



The third trimester (weeks 28-40) marks your last few months of pregnancy. This time can be physically and emotionally challenging. Changes during the third trimester may include backaches, swollen ankles, and increasing anxiety. Your baby will likely start to open his or her eyes and start gaining more weight.

During the third trimester, you will start to meet with your doctor more frequently. He or she may check for cervical changes and assess the baby's position. Continue to write down and ask questions; we want you to feel as prepared as possible for your labor and delivery.

## LABORATORY TESTING

**Group Beta Strep (GBS) Test** – We test all women for this bacteria between 35 and 37 weeks of pregnancy using a small Q-tip swab. If you are found to be GBS positive, or have other risk factors related to GBS, we will plan to give you IV antibiotics during labor. This will help prevent your infant from developing GBS disease.

You can find out more information about GBS at the CDC website:  
[www.CDC.gov/groupbstrep/about/fast-facts.html](http://www.CDC.gov/groupbstrep/about/fast-facts.html)



## FETAL MOVEMENT

Once you have reached 28 weeks of pregnancy, you should be feeling the baby move regularly every day. If you are not feeling your baby move like normal, please call us right away. After hours please call the hospital labor and delivery unit. Your doctor will give you information on fetal kick counts and may request that you come in for an evaluation.

# LABOR

Sometimes it can be difficult to determine when you are in labor. Labor contractions occur in a regular pattern and get closer over time. You may feel pain in your back or pelvis that is similar to menstrual cramping and increases in intensity over time. Braxton Hicks or “practice” contractions can start weeks before labor actually begins. These “practice” contractions can be very painful. Every woman feels pain differently and each pregnancy can differ as well. See the table below to help determine if your contractions are true labor contractions.

TYPE OF CHANGE	FALSE LABOR	TRUE LABOR
TIMING OF CONTRACTIONS	Often irregular and do not get closer together (Braxton Hicks)	Come at regular intervals and, as time goes on, get closer together; each lasts about 30-70 seconds
CHANGE WITH MOVEMENT	Contractions may stop when you walk or rest or may even stop with a change of position	Contractions continue, despite movement
STRENGTH OF CONTRACTIONS	Usually weak and do not get much stronger (may be strong and then weak)	Increase in strength steadily
PAIN OF CONTRACTIONS	Usually felt only in the front	Usually starts in the back and moves to the front

## When Should I Go to the Hospital?

You should plan to go to the hospital in any of the following situations:

- If your water breaks (a gush or constant trickle of clear fluid)
- If you have “true labor” contractions at least every 5 minutes, lasting 1 minute each, for at least 1 hour (remember 5-1-1)
- If the baby is not moving like normal
- If you are bleeding from your vagina (bright red or heavy)
- If you have constant or severe pain with no relief between contractions

## Where to Call When You're in Labor

Call the hospital labor and delivery unit to let them know you are coming or if you have any questions.

Monday - Friday  
8:00 AM - 4:30 PM  
Carson Medical Group  
775-883-3636

All Other Times  
Labor & Delivery  
775-445-5130



# WHAT TO EXPECT FOR YOUR DELIVERY

Anticipating the arrival of your new baby is an exciting time and not knowing what to expect is normal. We recommend packing your hospital bag several weeks before your actual due date (see packing list on page 17). Remember to follow any special instructions your doctor has given you and if you have questions, ask.

## ARRIVING AT THE HOSPITAL

If you arrive at the hospital between 5:00 AM and 9:00 PM, use the front door of the hospital and take elevator "B" to the 3rd floor. Turn to your left for Women's Services and use the intercom to let the staff know you are there.

If you arrive at the hospital between 9:00 PM and 5:00 AM, please use the emergency room entrance. Staff will escort you to Women's Services.

Once you arrive to the labor and delivery floor, you will be escorted to the triage room where you will be evaluated for labor. The nurses will assess you and report to the on-call doctor for Carson Medical Group. If you are admitted, you will be moved to a labor room where you will remain throughout your stay. If you have scheduled a cesarean section or induction, you will be escorted directly to your room.

Once you are admitted, the nurses will go over your plan of care with you. They will be monitoring you and your baby and keeping the doctor updated. Please discuss any special requests or concerns with your doctor ahead of time.

Note that the hospital policy is to allow one visitor with you while you are in the triage room and three visitors/support people in your room once you are admitted. Children under 12 are only permitted if they are siblings of the baby. There is a couch in your room for your support person to stay overnight as you desire.



## *Your Delivery*

Your delivery, whether vaginal or cesarean, will be attended by the physician on call for Carson Medical Group. There will be a nurse present for you and one for your baby. The OB tech will assist the doctor and based on your risk, additional staff may be present.

We encourage you to attend Carson Tahoe's Childbirth Education Courses to best prepare you for your birth experience.

SIGN UP ONLINE FOR CHILDBIRTH CLASSES AT [CARSONTAHOE.COM/CHILDBIRTH-SUPPORT](https://CARSONTAHOE.COM/CHILDBIRTH-SUPPORT)





# A BABY FRIENDLY CENTER

## Carson Tahoe Regional Medical Center

Our physicians deliver babies and admit our patients to Carson Tahoe Regional Medical Center, a Baby-Friendly facility.

Working together with the hospital staff, the Women's and Children's Center continues to merit the highly respected international designation as a Baby-Friendly birth facility.

The nurses work closely with your Carson Medical Group physicians to provide the best care possible. They are there to support you through your labor and delivery, vaginal or cesarean, and to assist you with feeding and caring for your baby.

The Baby-Friendly Hospital Initiative was launched by Unicef and the World Health Organization to give mothers the information, confidence, and skills necessary to successfully initiate and continue breastfeeding their babies or safely feed with formula.

## What Does Baby-Friendly Mean?

- Your baby will immediately be placed skin to skin with you after delivery and will remain on your chest for at least one hour or until they are done feeding. Skin to skin contact helps your baby to regulate heart rate, breathing, and temperature along with improving bonding and decreasing fussiness. Skin to skin contact also encourages your baby's interest in feeding and helps stimulate the release of hormones to support the breastfeeding mother. (Medical care will not be delayed. If your baby needs extra medical attention, he or she will be immediately evaluated by the nurses and a physician will be consulted.)
- Routine baby measurements and medications will be delayed until your baby has finished feeding and bonding while skin to skin with you.
- Your baby will room-in with you 24 hours per day. This encourages bonding and allows you to more comfortably care for your new baby in a setting with trained professionals readily available to answer your questions and provide valuable information.
- For a vaginal delivery, you will labor, deliver, recover, and go home from the same room. For a cesarean delivery, you will spend the first 1-2 hours post-delivery in the recovery room with your baby and will be transferred together, to the room you were admitted to, for the remainder of your stay.
- All of the nurses have received special training in breastfeeding and are there to help you succeed.
- Pacifiers and formula are only given per your request or if medically necessary.
- International Board Certified Lactation Consultants are available upon request or as ordered by your doctor.
- This facility has passed a detailed on-site inspection and has spent years attaining this highly esteemed designation.



For more information on the Baby-Friendly Hospital Initiative please visit:  
[www.BabyFriendlyUSA.org](http://www.BabyFriendlyUSA.org)





## AFTER YOUR DELIVERY



### BIRTH CERTIFICATE, CONFIRMATION, & SOCIAL SECURITY CARD

After your baby is born, the hospital staff will gather information for your baby's birth certificate. The hospital sends that information to the state health department. If you are not married, Nevada state law requires both parents to sign a "Declaration of Paternity" before the father's name can be added to the birth certificate. The hospital will mail you a separate packet that contains a birth confirmation sheet. This sheet is not the official birth certificate; however, this sheet will enable you to begin obtaining your baby's health insurance. The packet also includes instructions for obtaining your baby's official birth certificate and social security card. For questions about the birth certificate or social security card process, please call Carson Tahoe Regional Medical Center's birth clerk at 775-445-8000.

### GOING HOME

We want to send you home feeling confident in caring for yourself and for your new baby. Most new mothers go home at least 24 hours after a vaginal delivery and at least 48 hours after a cesarean delivery. Your doctor and your baby's doctor will check in with you each day. Please communicate with your nurses so they can keep your doctors informed if changes or questions arise.

### VACCINATIONS

Part of going home is ensuring that you and your baby will have the best chance at staying healthy. Your doctors at Carson Medical Group recommend you receive the following vaccinations which will be offered by your nurse:

- Tdap vaccines (to prevent whooping cough) are recommended for you and everyone who will be near your baby during the first 6 months. If you did not receive this vaccine during pregnancy, we encourage you and one other caregiver to be vaccinated before discharge.
- Flu vaccines are offered to new mothers October-June. If you did not receive this vaccine during pregnancy, we encourage you to get it. Other caregivers may get this vaccine outside of the hospital.
- Rubella vaccines are recommended for all mothers who are not immune. The nurses will have this information from our office.
- Pneumococcal vaccines (to prevent pneumonia) are recommended for anyone with a high risk of asthma or for anyone who smokes.



# MEDICAL CARE FOR YOUR NEWBORN

Carson Medical Group has pediatricians and family medicine physicians who are happy to care for your newborn in the hospital and beyond. Our providers offer routine well checks as well as acute care as needed. Call our office to schedule a "Baby Talk" if you would like to meet a provider before you decide who will be caring for your newborn or you can meet the on call physician the day your baby is born. Please see our website for a full list of providers.

## Carson Medical Group Pediatricians and Family Medicine Physicians



CARSONMEDICALGROUP.COM



PEDIATRICS 775.885.2229

FAMILY PRACTICE 775.882.1324



CARSON CITY, RENO, MINDEN



## PREVENTATIVE CARE

Carson Medical Group pediatricians and Family Practice physicians recommend that all babies receive the following medications in the hospital after delivery:

- Vitamin K (to assist the baby's immature liver with clotting)
- Erythromycin (to prevent bacteria from causing blindness)
- Hepatitis B vaccine (1st in a series of 3 to prevent hepatitis B)

Please visit our website to view the Carson Medical Group vaccine policy.

## NEWBORN CARE CLASSES

Classes are available at Carson Tahoe Hospital. Visit their website to register: [www.CarsonTahoe.com/childbirth-support](http://www.CarsonTahoe.com/childbirth-support)



## INFANT CAR SEATS

You will need to show hospital staff your rear-facing car seat prior to discharge home from the hospital. Plan to get a car seat well before your due date. Practice using the seat in your car before your baby arrives.

## TIPS FOR BUYING A CAR SEAT

- Know whether your car has the LATCH system (hooks manufactured into the seats of the car designed specifically for car seats)
- Try locking and unlocking the buckle and try changing the lengths of the straps when you are in the store
- Try the seat in your car to make sure it fits
- Read the labels to check weight requirements
- Do not buy a used car seat if you do not know its history (never use a car seat that has been in a car crash)
- Check the expiration date on used seats and monitor the date on the new ones

## LOCAL CAR SEAT SAFETY CHECKS

Did you know that 3 out of 4 car seats are installed incorrectly? The following local centers offer inspections by appointment:

### Ron Wood Family Resource Center



[Ronwoodcenter.org](http://Ronwoodcenter.org)



775.884.2269



2621 NORTHGATE LN.,  
STE. 62  
CARSON CITY, NV

### REMSA Education & Training



[REMSAHealth.com/outreach/safety-seats](http://REMSAHealth.com/outreach/safety-seats)



775.858.5700



400 EDISON WAY, STE. B  
RENO, NV

# EXPECTANT PARENT CHECKLIST

It is a good idea to pack what you'll need at the hospital well in advance of your due date. Some suggested items are listed below:

# MOTHER

- ☐ Picture ID
- ☐ Insurance card
- ☐ Phone and charger
- ☐ Medication list with dosages
- ☐ Sleepwear
- ☐ Bathrobe
- ☐ Socks/slippers
- ☐ Underwear
- ☐ Loose fitting and comfortable maternity clothes to wear home
- ☐ Nursing bra/pads
- ☐ Toothbrush & toothpaste
- ☐ Shampoo
- ☐ Lip balm
- ☐ Lotion
- ☐ Hairbrush
- ☐ Deodorant
- ☐ Breath mints
- ☐ Non-perishable snacks
- ☐ Book/magazine
- ☐ Eyeglasses/contact lenses
- ☐ Music with audio cord for built-in speakers

## SUPPORT PERSON

- Picture ID
- Phone and charger
- Camera and charger  
(note: videotaping the delivery is not permitted)
- Toothbrush & toothpaste
- Comfortable clothes
- Book/magazine/music
- Non-perishable snacks
- Money for snacks and vending machines

## WHAT NOT TO BRING

- Jewelry
- Valuables

## NEWBORN

- ☐ Infant car seat
- ☐ Two onesies
- ☐ Newborn hat
- ☐ Socks
- ☐ Burp cloth
- ☐ Receiving blankets
- ☐ Going home outfit

## THE HOSPITAL PROVIDES

- ☐ Diapers
- ☐ Wipes
- ☐ Breast pump if needed
- ☐ Receiving blankets to use while there
- ☐ Newborn hat
- ☐ Baby shampoo
- ☐ Medications

## OTHER TASKS / NOTES

[illegible]

# POSTPARTUM

The postpartum period is the time following the birth of your baby. Often new mothers will be extremely tired, sore, and emotional. This is all very normal. You, your baby, and your family are all adjusting to a new normal. Your body just went through delivery and your hormones are adjusting.

The amount of time you spend in the hospital will depend on your health and your baby's health. If you had a vaginal delivery, plan to spend at least 24 hours in the hospital, if not longer. You will need to follow up with your doctor 6 weeks after delivery. If you had a cesarean section, plan to spend at least 48 hours in the hospital, if not longer. You will need to follow up with your doctor 2 weeks and 6 weeks after delivery.

The lining of the uterus that your body sheds after delivery is called lochia. After delivery, the lochia will be heavy, bright red and may contain small clots. With time the flow should get lighter and change to pink or brown. After a couple of weeks, lochia is often light-brown or yellow. However, it is normal for lochia to lighten and then develop a surge of bright red. This discharge may continue for up to 6 weeks. Remember to use sanitary pads only during this time; do not put anything in your vagina unless instructed by your doctor.

\*Our doctors encourage you to wait until your 6 week checkup before resuming sexual intercourse. If you are not going to wait, talk to your doctor about birth control. Some women can become pregnant during this time period even while breastfeeding.

## Warning Signs

Your body goes through many normal changes as it starts to return to its pre-pregnancy state; however, not all discomforts are normal. Please call your doctor if you experience any of these symptoms:

- Fever more than 100.4
- Nausea and vomiting
- Pain or burning during urination
- Increased bleeding (soaking through a maxi pad in an hour for two consecutive hours)
- Severe pain in your lower abdomen
- Pain, swelling, and tenderness in your legs
- Chest pain and coughing or gasping for air
- Red streaks on your breasts or painful new lumps in your breasts
- Pain that doesn't go away or that gets worse from a perineal tear, episiotomy, or abdominal incision
- Redness or discharge from a perineal tear, episiotomy, or abdominal incision
- Vaginal discharge that has a foul odor
- Severe headache with visual changes (seeing spots or stars)

## Breastfeeding



Carson Tahoe Hospital has excellent resources for breastfeeding. You can ask breastfeeding questions or request a consult with a Certified Lactation Consultant by calling the **Breastfeeding Warmline at 775-445-7249.**

The hospital also holds weekly group sessions for breastfeeding support. Visit their website for more information:

[www.CarsonTahoe.com/child-birth-support](http://www.CarsonTahoe.com/child-birth-support)



**Sierra Nevada Lactation** is another option for lactation support. They offer in-home, office, or virtual consults. Visit their website for more information

[www.SierraNevadaLactation.com](http://www.SierraNevadaLactation.com)





# PERINATAL MENTAL HEALTH

## POSTPARTUM BLUES

About 2-3 days after childbirth, some women begin to feel depressed, anxious, and upset. You may feel angry with your new baby, your partner, or your other children. You also may cry for no clear reason, have trouble sleeping, eating, and making choices, or question whether you can handle caring for a baby. These feelings, often called the postpartum or baby blues, may come and go in the first few days after childbirth. The postpartum blues usually get better within a few days or 1-2 weeks without any treatment. If symptoms last longer, it is important to notify your health care provider.

## PERINATAL MENTAL HEALTH DISORDERS

Perinatal mental health disorders (PMHDs) have been identified in women of every culture, age, income level, and ethnicity. We use the term "perinatal" for the period of pregnancy and the first year after a baby is born. Research shows that PMHDs can appear during pregnancy or days or even months after childbirth, and do not usually resolve without treatment.

Although the term "postpartum depression" is often used, there are many disorders that can affect mothers during pregnancy and postpartum. Without appropriate help, poor maternal mental health can have long term and adverse implications for mother, child, and family. It is estimated that one in five women and one in ten men suffer from PMHDs.

Fortunately, there are many treatment options. The recovery rate for this type of illness is very high. It is important to remember that the symptoms are temporary and treatable with skilled professional care and social support. With help you will be well.

If you think you may have postpartum depression, or if your partner or family members are concerned that you do, it is important to see your healthcare provider as soon as possible. Those closest to you are often the first to recognize the signs. Do not wait until your postpartum checkup to talk to your doctor; your doctor wants to see you as soon as you recognize symptoms.

If you have a history of depression at any time in your life or if you are taking an antidepressant, tell your health care provider early in your prenatal care. Your health care provider may suggest that you begin treatment right after you give birth to prevent postpartum depression. If you were taking antidepressants before pregnancy, your health care provider can assess your situation and help you decide whether or not you should continue taking medication during your pregnancy.



*You are not alone.  
You are not to blame.  
With help, you will be well.*

## RESOURCES

### Carson Medical Group

View and print the CMG Maternal Mental Health Resource Guide

<https://carsonmedicalgroup.com/pregnancy-education/>



### Postpartum Support International

[www.Postpartum.net](http://www.Postpartum.net)



## REFERENCED MATERIAL



### INFORMATION IN THIS GUIDE WAS ADAPTED FROM:

- Baby Friendly USA
- Mayo Clinic
- Postpartum Support International
- The American College of Obstetricians and Gynecologists (ACOG)
- U.S. Centers for Disease Control and Prevention (CDC)

Notes



# CONTACT INFORMATION



## Important Phone Numbers

Carson Medical Group  
Obstetrics & Gynecology  
775-883-3636

Carson Tahoe Regional Medical Center  
Labor & Delivery  
775-445-5130



VISIT OUR  
WEBSITE



CARSONMEDICALGROUP.COM



## Additional CMG Services

Pediatrics 775-885-2229  
Family Medicine 775-882-1324  
Ear, Nose, and Throat 775-884-3687  
CMG Plus Walk-In Clinic 775-283-4004

## Lab Draw

Medical Parkway 775-461-2413  
Monday - Friday  
8:00AM - 4:30PM (Lunch 11:45AM - 1:00PM)  
Old Hot Springs Road 775-461-2204  
Monday - Friday  
8:00AM - 4:30PM (Lunch 12:00PM - 1:00PM)



Carson Medical Group