

# Women's Healthcare Associates of Athens, LLC

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355 Hawthorne Lane  
Athens, Ga. 30606  
[www.womenshealthcareassociates.com](http://www.womenshealthcareassociates.com)



## Welcome to Pregnancy!

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## What's In This Packet?

Please use the information in this packet & the book provided to answer any questions you may have. The internet is also a great resource. If you have further questions that are not addressed in the packet or book, feel free to contact us!

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# Welcome

Women's Healthcare Associates is a **collaborative** practice that offers care from a **variety** of experienced practitioners, including physicians, certified nurse midwives, a physician assistant, and a nurse practitioner who have **specialized in obstetrics and gynecology**.

## What is a midwife?

A certified nurse-midwife (CNM) is a registered nurse who has completed an accredited nursing program and graduate-level training in midwifery, and has passed a national certification exam.

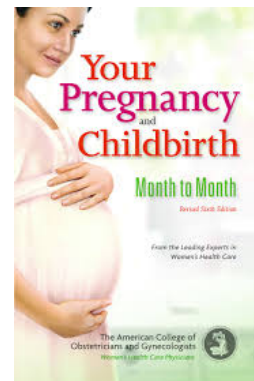
## **Midwives...**

- Provide individualized, women-centered care
- Are experts in women's health and provide care through all stages of a woman's life
- Can provide pregnant women with comprehensive prenatal care
- Can offer a skilled, attentive presence during labor



# Congratulations on Your New Baby!

The following packet and book ("*Your Pregnancy and Childbirth*") provide you with everything you need to know about **delivery procedures, what to expect at appointments/during each month of your pregnancy, available resources, safe medications, advice on nutrition & exercise, vaccinations, and much more...**



*We hope you find this packet and book useful however, we are more than happy to answer questions you have beyond the information in this packet and in your book!*

# A Quick Guide to “Your Pregnancy and Childbirth: Month to Month”

The book we provided you includes important information about your pregnancy and childbirth. Make sure you are reading it throughout your pregnancy, as it includes **helpful tips & advice, answers to common questions, and links to online resources.**

## Common Concerns During Pregnancy & Corresponding Book Pages

**Infection Protection** (Chapter 30—pg. 515-539)

**Safe Medications** (Chapter 21—pg. 389-403)

- See Safe Medications page in packet

**Illness** (Chapter 21—pg. 389-403)

- Colds will last 3 times longer (humidifier is helpful)
- Call if your temperature is above 101 or if you are producing colored mucous for > 1 week
- Nausea, Vomiting, or Diarrhea—clear liquids for 24 hrs (Gatorade, Ginger ale, etc.)

**Dietary** (Chapter 17—pg. 313-327)

- Eat small meals more frequently.
- Healthy weight gain—discuss with your provider
- Caffeine, NutraSweet, Splenda—OK in moderation
- Hydration—very important! Increase water intake. (8-10 glasses per day)

**Activity** (First half of book, month by month)

- Exercise is important!
  - Walking, bicycling, swimming, jogging, tennis...
- NO skiing, horseback riding, hot tubs
- Sit Ups—only those done at a tilt and not done past 24 weeks of pregnancy
- Travel—stay within 1 hour of the office during the last month of pregnancy
- Intercourse—as long as its comfortable; can cause spotting
- Painting and Hair coloring/Perm—OK in well ventilated spaces
- Tanning Beds, Drinking Alcohol, Smoking—AVOID!

## Tips & Reminders

- If you have any questions or concerns, visit the book's index first (pg. 623-661). Chances are, you'll find what you were looking for!
- Familiarize yourself with the terms from the book's glossary (pg. 593-613). Knowing these terms will help keep you informed during your appointments and throughout your pregnancy.
- The first half of the book provides information about your changing body & tips for management, nutrition, and exercise during **each week** of your pregnancy. Read these chapters as your pregnancy progresses to stay more in tune with your body.

## What to Expect at Appointments

- ❖ Urine Specimen, Weight and Blood Pressure **at each visit**
- ❖ **Beginning At 12 weeks:** Heart tones with Doppler at each subsequent visit
- ❖ **Between 11-13 weeks:** 1<sup>st</sup> Trimester Fetal Nuchal Translucency (optional)
- ❖ **Between 18-22 weeks:** Detailed Fetal Ultrasound
- ❖ **Between 24-28 weeks:** Glucose Challenge Test (blood work)
- ❖ **At 28 weeks:** Visits begin every 2 weeks; Rhogam injection, if needed; Tdap vaccine offered
- ❖ **At 35-37 weeks:** Group B Strep Cultures (vaginal)
- ❖ **At 36 weeks:** Weekly visits begin

***NOTE:** If you have any **Disability or FMLA forms** that need to be completed by your physician, please bring these **around 32 weeks**. It may take 2-3 weeks to have these completed.*

## Disability Form Completion Policy

We are happy to complete disability forms for you. **Please give the forms to the front desk staff.** Due to the growing number of forms that need to be completed and the time involved, our office has instituted the following policy. **There will be no exceptions to this policy.**

1. Forms are completed in the order they are received. **All patient information must be completed before we can accept the forms.**
2. Forms cannot be completed until your most recent office visit has been completed. This may increase the time it takes to complete the forms.
3. Please do not give the forms directly to the providers at any time.
4. When dropping off or faxing forms to us, please include the information for how you would like to receive your completed forms. Please specify: by fax, mail, or pickup.

Charges:

- ❖ \$15 per form for 2 week turn around
- ❖ \$25 per form for 1 week turn around
- ❖ \$50 per form for next day turn around



# Exercise In Pregnancy

## Is it safe?

**Yes!** If you are healthy and your pregnancy is normal (without complications) it is safe to continue to exercise or begin exercise if you have never regularly exercised before. \*

Until recently, pregnancy has sometime been thought of as a time where women were encouraged to take it easy, and lay off exercise. However, research has actually shown that **physical inactivity during pregnancy increases your risk for a complicated pregnancy**. Not exercising for 9 months can cause excessive weight gain, pregnancy induced high blood pressure, and gestational diabetes. All of these have long term health consequences. Excessive gestational weight gain increases your chances for retaining extra pregnancy weight and being overweight. Preeclampsia and/or pregnancy induced high blood pressure increases you risk for blood pressure problems later in life. Gestational diabetes increases your risk for Type 2 diabetes and for your child.



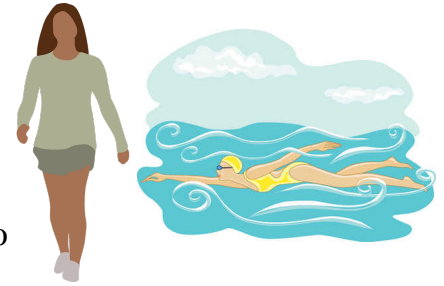
## Benefits

- Reduces back pain
- Eases constipation
- Helps you lose baby weight after baby is born
- Promotes healthy weight gain
- Improves sleep quality
- Decreases risk for gestational diabetes, preeclampsia, and cesarean delivery (which can harm you and your baby)
- Strengthens your heart and blood vessels, promotes general fitness and well-being
- Improves mental health

# Exercise In Pregnancy

## Exercise Goal

**An overall goal would be to exercise 20-30 minutes daily,** or at least most days a week. The American College of Obstetricians and Gynecologists recommends exercising at a moderate-intensity level. Some examples of great ways to get active are *walking, swimming, water aerobics, stationary cycling, and modified yoga and Pilates.*



Even if you have never exercised before, pregnancy is a great time to start! Start slow and build up strength. Walking for just 5 to 10 minutes is more beneficial than not exercising at all.

Things to avoid would be: *contact sports, hot yoga, scuba diving, skydiving, and any activities that you could fall during (like snowboarding).*

### Where to go in Athens?

Thrive, ReBlossom, and Good JuJu all provide pregnancy yoga classes.

## Who shouldn't?

There are certain complications during pregnancy that can worsened by exercise. If you have any of the following exercise may not be recommended:

- Preeclampsia
- Placenta Previa after 26 weeks (where the placenta partially or totally covers the mother's cervix)
- Cervical insufficiency or cerclage (if the cervix is weak, some women have a cerclage procedure to sew the cervix together during pregnancy to decrease the risk for preterm labor)
- you begin
- Preterm labor or preterm ruptured membranes
- Certain heart or lung conditions
- Severe anemia

\*Talk with your doctor about exercising before

### References:

- American Pregnancy Association. "Cervical Cerclage: Benefits and Risks." *American Pregnancy Association*, 14 July 2016, [americanpregnancy.org/pregnancy-complications/cervical-cerclage/](http://americanpregnancy.org/pregnancy-complications/cervical-cerclage/).
- Artal, R., & O'Toole, M. (2003). Guidelines of the American College of Obstetricians and Gynecologists for exercise during pregnancy and the postpartum period. *British Journal of Sports Medicine*, 37(1), 6-12. doi:10.1136/bjism.37.1.6
- Mayo Clinic Staff. "Placenta previa." *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 17 May 2017, [www.mayoclinic.org/diseases-conditions/placenta-previa/symptoms-causes/svc-20352768](http://www.mayoclinic.org/diseases-conditions/placenta-previa/symptoms-causes/svc-20352768).
- Mayo Clinic Staff. (2016, June 09). Pregnancy and exercise: Baby, let's move! Retrieved February 21, 2018, from <https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-and-exercise/art-20046896?pg=1>
- Schlosberg, Suzanne. "18 Billion Benefits of Exercise During Pregnancy." *Fit Pregnancy and Baby*, Fit Pregnancy and Baby, 3 Apr. 2017, [www.fitpregnancy.com/exercise/prenatal-workouts/18-billion-benefits-exercise-during-pregnancy](http://www.fitpregnancy.com/exercise/prenatal-workouts/18-billion-benefits-exercise-during-pregnancy).
- The American College of Obstetricians and Gynecologists. (2015, December). Physical Activity and Exercise During Pregnancy and the Postpartum Period. Retrieved February 21, 2018, from <https://www.acog.org/Clinical-Guidance-and-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Physical-Activity-and-Exercise-During-Pregnancy-and-the-Postpartum-Period>
- The American College of Obstetricians and Gynecologist s. "Women's Health Care Physicians." *Exercise During Pregnancy - ACOG*, July 2017, [www.acog.org/Patients/FAQs/Exercise-During-Pregnancy](http://www.acog.org/Patients/FAQs/Exercise-During-Pregnancy).

# Genetic Screening Coverage

You've been given information on genetic screening by your provider. If you select to have one or all optional screening tests performed, you may call your insurance company to verify coverage before your next scheduled appointment. Our office uses outside labs for blood testing therefore, we are unable to check coverages.

Please note, the following diagnosis codes are for patients that do not have a medical indication that would require genetic screening. If you have a personal or family history of genetic disorders/birth defects, are in the advanced maternal age (35 & older) category, or if you have a medical diagnosis that may require special testing, let your provider know so that you may obtain the correct diagnosis code to be given to your insurance company to help determine coverage. Provide your insurance company with the **DIAGNOSIS CODE** and **each CPT CODE** to check coverage. Listed below are genetic screening options offered by our practice.

**First Trimester Serum Screening:** Can indicate risk of Down Syndrome (trisomy 21) and Edwards Syndrome (trisomy 18) in an unborn child (*performed ONLY from 11 weeks 5 days to 13 weeks 6 days of pregnancy*).

- Diagnosis Code: Z36
- CPT Code: 84163, 84702

**Cystic Fibrosis Carrier Screening:** Blood test used to determine pregnant mother's CF carrier status and whether an unborn child is at risk of having Cystic Fibrosis (*performed at any time during pregnancy*). This test will only need to be completed once; your carrier status will not change.

- Diagnosis Code: Z36
- CPT Code: 81220

**Quad Screen:** Can indicate risk of Down Syndrome (trisomy 21), Edwards Syndrome (trisomy 18), or Neural Tube defects in an unborn child. If your risk is low, the quad screen can offer reassurance of a healthy pregnancy (*performed from 15 weeks to 21 weeks of pregnancy*).

- Diagnosis Code: Z36
- CPT Code: 82105, 82677, 84702, 86336

**Cell-Free DNA Testing:** Cell-Free DNA testing is a noninvasive prenatal screening, by blood, for *high risk pregnancies* to screen for genetic disorders in an unborn child. You must have a medical indication for this test (obtain the diagnosis code from your provider so you may check your insurance coverage). If you do not have a diagnosis, the self-pay price is \$350. Our practice offers testing by Harmony. To check your coverage, give your insurance the diagnosis code given to you by your provider and CPT code. If you'd like to check coverage and do not have a medical indication that requires testing, you may use the diagnosis code you see in above tests.

- Diagnosis Code: Ask provider
- CPT Code: 81420



# Local Pediatricians

It is important to choose your baby's pediatrician early. The following is a list of local pediatric sites where you can find pediatricians that **MAY** or **MAY NOT** be accepting new patients. Check with your insurance provider prior to calling the office. The Yellow Pages and online search engines are also great resources to locate other providers not listed here.

## Athens-Clarke County

### Athens Area Pediatrics

Address: 225 Hawthorne Park, Athens, GA 30606-2151

Phone: (706) 613-6136

Facebook: Athens Area Pediatrics

Rajiv Setia, MD & Holly Van de Voort, MD Pediatricians:

- Rajiv Setia, MD
- Holly M. Van De Voort, MD

### Athens Children's Clinic

Address: 1500 Oglethorpe Avenue Bldg. 600 Suite B, Athens, GA 30606

Phone: (706) 549-3426

Pediatricians:

- Holly Aldridge, MD
- Henry Garrard, MD
- Lacy D. McCurdy, MD

### Athens Kids Specialists

Address: 1500 Oglethorpe Avenue, Suite 100, Athens, GA 30606

Phone: (706) 543-9899

Facebook: Athens Kids Specialists

Website: <http://www.athens-kids-specialists.com/>

Pediatrician:

- Josephine T. Lopez, MD

### Athens Neighborhood Health Center

Address 1: 575 College Avenue, Athens, GA 30601

Address 2: 402 McKinley Drive, Athens, GA 30601

College Office Phone: (706) 546-5526

McKinley Office Phone: (706) 543-1145

Website: <http://www.athensneighborhoodhealth.com/>

Pediatricians:

- Kenny Esho, MD
- Paola Polanco, MD

### Athens Regional Medical Center Pediatrics at Resource Medical – Suite 600CD

Address: 1500 Oglethorpe Avenue Bldg 600 Suite CD, Athens, GA 30606atva

Phone: (706) 559-4188

Pediatricians:

- Margaret A. Sherman, MD
- Kristina Don St. Clair, MD
- Jon Udwardia, MD

### Piedmont Physicians at Resource Medical – Suite 2500

Address: 1500 Oglethorpe Avenue Suite 2500, Athens, GA 30606

Phone: (706) 548-7909

Pediatricians:

- Jeanne Martin, MD
- Melissa Martin, MD

### Piedmont Physicians at Resource Medical – Suite 3400

Address: 1500 Oglethorpe Avenue Suite 3400, Athens, GA 30606

Phone: (706) 613-6080

Pediatrician:

- Charles Braucher Jr., MD

### Dr. Glassman's Office

Address: 700 Sunset Drive, Suite 504, Athens, GA 30606

Phone: (706) 549-3943

Pediatrician:

- Alan Glassman, MD

### Reddy Pediatrics

Address: 1061 Dowdy Rd #202, Athens, GA 30606

Phone: (706) 208-3715

Facebook: Reddy Pediatrics

Website: <http://www.reddymedicalgroup.com/>

Pediatricians:

- Devon Carr, MD
- Venkatappa Neela Murthy, MD
- Victor Payton, MD

Updated February 2021

# Local Pediatricians

## Barrow County

### Barrow Pediatrics

Address: 561 Jefferson Hwy Winder, GA 30680

Phone: (770) 867-7616

Facebook: Barrow Pediatrics

Website: <http://barrowpediatrics.com/>

Pediatricians:

- Marian Colosimo, MD
- Sharon Taylor, MD

### Medlink Winder

Address: 133 W Athens St, Winder, GA 30680

Phone: (770) 867-6633

Website: <http://www.medlinkga.org/>

Pediatrician:

- Kathryn McCusker, MD
- Nirdesh Sharma, MD
- Jeralyn Smith, MD

## Jackson County (Jefferson)

### Braselton Pediatrics

Address: 1897 GA-211, Hoschton, GA 30548

Phone: (678) 820-7979

Facebook: Braselton Pediatrics

Website: <http://www.braseltonpediatrics.com/>

Pediatrician:

- Marc-Yriane Borieux, MD

### Jefferson Pediatrics

Address: 2610 Highway 129 N Jefferson, GA 30549

Phone: (706) 367-1010

Facebook: Jefferson Pediatrics

Pediatrician:

- Tammy Smith, MD

## Madison County

### Medlink Colbert

Address: 11 Charlie Morris Road, Colbert, GA 30628

Phone: (706) 788-2127

Website: <http://www.medlinkga.org/>

Pediatrician:

- Meredith Udell, MD
- Kelly Montgomery, MD
- Akilah Tomingas, MD

## Oconee County

### Hometown Pediatrics

Address: 1020 Jamestown Blvd Bldg 200, Watkinsville, GA 30677

Phone: (706) 769-0005

Website: <http://www.hometownpediatricsga.com/>

Pediatricians:

- David R. Sprayberry, MD
- Carrie C. Kelly, MD
- M. Tresa Chappell, MD

### Piedmont Physicians Pediatrics at Oconee Health Campus

Address: 1305 Jennings Mill Road Suite 230, Watkinsville, GA 30677

Phone: (706) 552-1700

Pediatricians:

- Gena D. Alexander-Albert, MD
- Katherine Ann Blackmon, MD
- Gloria Chu, MD
- Carolina Hsu, MD
- James Patrick Morrison, MD

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# Delivery – Hospital Options

## Piedmont Athens Regional

1199 Prince Avenue, Athens, GA 30606

Contact: (706) 475-5622 OR (706) 475-3320  
<http://www.athenshealth.org/BirthingCenter>

### Classes & Events Available

- Tour of Labor and Delivery Wing (Registration required)
- Childbirth Preparation
- Baby CPR and Choking
- Baby Care Basics
- 1-day After the Birth Class
- Breastfeeding Basics
- Breastfeeding: Beyond the Basics
- Car Seat Safety
- Sibling Class: Big Kids and Babies
- New Parent Support Group

### Location/Directions

1. To get to the Labor and Delivery wing, **park in Prince Parking** (at the corner of King and Prince avenues).
2. From the underground parking deck, enter the hospital using the lit entryway (**take the elevator to the 3<sup>rd</sup> floor**)
3. Once you exit the elevator, **take a left** and stop at the information desk ahead of you.

## St. Mary’s

1230 Baxter St., Athens, GA 30606

Contact: (706) 389-3000 OR (706) 389-3389  
<http://www.stmarysathens.org/services/women-and-maternity/family-birth-center/>

### Classes and Events Available

- Tour of Family Birth Center (no registration needed)
- The Journey after Delivery
- Breastfeeding and Baby Nutrition
- Sibling Class

### Location/Directions

1. To get to the Family Birth Center, park in the **Patient & Visitor Parking Deck** (the quickest entrance is from Baxter Street)
2. Use the crosswalk to **enter the main entrance** of the hospital (if you are coming after 8:30pm, enter from the emergency entrance)
3. Take **elevator A up to the 3<sup>rd</sup> floor**

## Tips & Reminders for delivery day

- Have your baby’s car seat installed early
- Pack clothes for both you and your baby to go home in—you will look about 6 to 7 months pregnant after delivery
- Don’t forget your personal items/toiletries
- Bring your photo ID and insurance information
- Bring things you may want while you wait (snacks, laptop, book, DVDs, music, chargers, etc.)
- Bring overnight items—pajamas, robe, slippers

# Vaccinations

The Centers for Disease Control and Prevention (CDC) recommends certain vaccines you should get before, during, and after pregnancy. You should receive your measles, mumps, rubella (MMR) vaccine **before** you are pregnant, and your tetanus, diphtheria, pertussis (Tdap), influenza (flu), and other vaccines **during** pregnancy (Refer to **chapter 30—pg. 515-539**—in your book “*Your Pregnancy and Childbirth: Month to Month.*”)

For questions about which vaccines you need, do some research on the web ([www.acog.org](http://www.acog.org), <https://www.cdc.gov/vaccines/pregnancy/hcp/guidelines.html>, [www.immunizationforwomen.org](http://www.immunizationforwomen.org)) & discuss with your provider.

## Tetanus, Diphtheria, Pertussis

**Pregnant women should get the Td or Tdap vaccine during pregnancy to prevent getting infected with the following bacteria:**

- **Tetanus (lockjaw):** causes painful muscle spasms and can lead to tightening of the jaw muscles so you cannot open your mouth or swallow.
- **Diphtheria:** causes a thick covering in the back of your throat and can lead to breathing problems, paralysis, heart failure, and sometimes death.
- **Pertussis (whooping cough):** causes severe coughing, vomiting, and disturbed sleep. It can lead to weight loss, rib fractures, and passing out.

**When should you get vaccinated?**

- Women should get the Tdap vaccine (which protects against tetanus, diphtheria, and pertussis) **for every pregnancy** to protect the baby from pertussis. Tdap can also be given after a severe cut or burn. One dose of Tdap should be routinely given at the age of 11 or 12.
- The Td booster (which protects against tetanus and diphtheria) should be given **every 10 years**.

**Who should NOT receive this vaccine?**

- Those who have had a life threatening allergic reaction to a dose of the vaccine
- Those who had a coma, or long or multiple seizures within 7 days after a dose, or severe swelling/pain after a dose
- Those who have epilepsy, another nervous system problem, or Guillain-Barré Syndrome.

## Influenza (Flu)

Because pregnant women experience changes in the immune system, heart, and lungs, they are at higher risk for severe illness from influenza. **Pregnant women should get the inactivated influenza vaccine—the flu shot—during pregnancy** (the live attenuated influenza vaccine—the nasal spray—is not recommended during pregnancy).

**Who should NOT receive this vaccine?**

- Those who have had a life threatening allergic reaction to a dose of the vaccine
- Those with Guillain-Barré Syndrome
- Those who are not feeling well

# Safe Medications

Most over-the-counter medications are generally safe to take during pregnancy however, some may increase the risk of birth defects. The following is a list of safe medications to use for various conditions (you may also consult **chapter 21—pages 389-403**—in your book “*Your Pregnancy and Childbirth: Month to Month*”). If you have any questions about a certain medication not on this list, please contact us.



## **General Medications**

- Regular strength Tylenol
- Benadryl

## **Nausea**

- Dramamine
- Emetrol
- Unisom
- Ginger Caps
- Vitamin B6—50 mL, 2 times a day

## **GI (Gastrointestinal)**

- Kaopectate
- Mylanta
- Maalox
- MiraLax—use sparingly
- Tums
- Prevacid OTC
- Prilosec or Zartac
- Gaviscon
- Dialose
- Milk of Magnesia—use sparingly
- Metamucil
- Colace or stool softener—up to 2-3 pills a day
- Pepto-Bismol—OK in 1<sup>st</sup> and 2<sup>nd</sup> trimesters only

## **Common Cold**

- Any Tylenol product (e.g. sinus, cold, flu, etc.)
- Robitussin plain or DM
- Sudafed
- Claritin 12 hr or 24 hr
- Mucinex
- Benadryl
- Vicks vapor rub
- Cough drops
- Hot shower
- Vaporizer

## **Nasal Spray**

- Flonase
- Afrin—No more than 3 days
- Ocean Spray
- Normal Saline

## **Topical Ointments**

- Benadryl cream
- Calamine
- Hydrocortisone



# Dietary Precautions

## Fish/Shellfish

### Pros & Cons:

- Seafood is a great source of protein, iron, zinc, and omega-3 fatty acid, which promotes your baby's growth and development.
- Some fish are high in mercury; too much mercury can damage your baby's nervous system and brain development.

### Safe Seafood:

- Salmon
- Anchovies
- Herring
- Sardines
- Trout
- Atlantic/Pacific Mackerel
- Shrimp
- Pollock
- Tilapia
- Cod
- Catfish
- Canned light tuna

### Recommendations:

- Limit white (albacore) tuna & tuna steak to 6 ounces a week
- Avoid shark, swordfish, king mackerel, and tilefish
- Don't eat raw fish or oysters
- Cook seafood until the internal temperature is 145° F (63° C).

## Listeriosis

According to the Centers for Disease Control and Prevention (CDC), pregnant women make up about 17% of listeriosis cases. Infection is most common during the 3<sup>rd</sup> trimester and can cause an increased risk of miscarriage, premature delivery, and stillbirths.

### Symptoms:

- Flu-like symptoms, headaches, muscle aches, fever, nausea, vomiting
- Please contact us if you think you may have listeriosis.

### Recommendations:

- Eat hard cheeses (e.g. cheddar, mozzarella) instead of soft cheeses (e.g. feta, Brie, camembert, Mexican style cheeses, unpasteurized cheeses).
- Do not eat refrigerated meat from stores, including hot dogs, lunch meat, deli meats, and meat spreads unless they are properly heated to steaming (or 160° F).
- Do not eat refrigerated, smoked seafood unless it is cooked thoroughly.
- Practice safe food handling and cook foods to proper temperatures.



### Proper Temperatures for Cooking Foods:

- Chicken: 165-180° F
- Eggs: 160° F
- Ground Beef: 160° F
- Pork: 160-170° F

### References:

- American Pregnancy Association (2015). Listeria and pregnancy. Retrieved from <http://americanpregnancy.org/pregnancy-complications/listeria/>. Accessed 17 January 2017.
- Mayo Clinic (2016). Pregnancy and fish: What's safe to eat? Retrieved from <http://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-and-fish/art-20044185>. Accessed 17 January 2017.

# Breastfeeding



Refer to **chapter 18—pg. 329-357**—in your book “*Your Pregnancy and Childbirth: Month to Month.*”

## Reminders & Recommendations

It is important to initiate breastfeeding as soon as possible to encourage ***skin-to-skin contact***.

### Why breastfeed?

- Early breastfeeding can help ***regulate healthy bacteria*** in the baby and *protect against short-term infections* like middle ear infection.
- Breastfeeding *reduces post-partum bleeding* and can help with ***weight loss***.
- Breastfeeding for longer than 6 months ***may increase infant IQ and cognitive development***.
- Breast milk is ***easier to digest than formula***.

*The MORE you **breastfeed**, the more milk you produce!!*

It is recommended that babies are **exclusively breastfed for at least 6 months**. This means ***only breast milk*** (no other foods or liquids).

For any problems, you may call:

- Your physician or midwife
- Healthy Mothers, Healthy Babies: Coalition of Georgia (770-451-0020)
- The lactation consultant at the hospital where you delivered

# Breastfeeding

## During Pregnancy

### **During pregnancy, your breast will change:**

- It may feel heavier and larger
- It may be more tender or sensitive to touch
- It may leak early milk (colostrum) during the 2<sup>nd</sup> & 3<sup>rd</sup> trimester
- The areola (dark area around the nipple) may become darker and may have small pimple-like bumps

### **TIPS:**

- Talk to your friends who have breastfed before
- Attend classes to learn more about breastfeeding
- Join a support group to talk to other mothers

## In the Hospital

### **TIPS:**

- Inform the nurse you plan on breastfeeding
- Begin **breastfeeding at delivery**
- Ask for help if you are having problems, or if it is painful
- Avoid using bottles or pacifiers
- Watch for hunger signs:
  - Sucking on fingers
  - Turning his/her head toward you when holding them
  - Opening mouth and rooting
  - Hiccupping
- Keep your baby with you as much as possible
- Sleep when your baby sleeps!
- If your baby sleeps more than 3 hours since the last feeding, wake him/her up.

## At Home

***At home, your breast will seem very full, usually by the 4<sup>th</sup> or 5<sup>th</sup> day.***

### **TIPS:**

- Your baby should:
  - Suckle and swallow during feedings
  - Breastfeed 8-12 times in 24 hours
  - Have 6-8 wet diapers & 3 or more stools a day after the 3<sup>rd</sup> day
  - Seem content after feeding
- Feed your baby frequently (this will soften your breast).
- If the baby is having trouble latching, try hand expressing or using a breast pump
- Apply warm towels to your breast between feedings to reduce swelling.

# Online Resources

The following is a list of websites you can use to find the answers to questions you may have about every facet of pregnancy. Each brief includes detailed information on what you can expect to find upon entry into that particular website.

- **[www.babycenter.com](http://www.babycenter.com)**

In addition to information such as nutrition and labor & childbirth, this website allows you to track the baby's development on a day-to-day scale and talk to experts regarding pressing issues and concerns. This link allows fathers to talk with other fathers. There are other areas of information pertaining to travel, sleep, and sex during pregnancy.

- **<https://www.verywell.com/pregnancy-4014665>**

This website includes an overview of pregnancy during each trimester and information about prenatal care, fetal development, childbirth and labor, complications, baby products and more. Additionally, recent and up-to-date articles that are reviewed by board-certified physicians are provided under each category.

- **<http://www.parents.com/>**

*Parents* is a magazine that provides readers with information about being a parent. This link is the website associated with the magazine. Topics addressed include getting pregnant, pregnancy, baby names, health, parenting, food, etc.

- **<https://www.cdc.gov/pregnancy/>**

The Centers for Disease Control and Prevention (CDC) is a government agency that overlooks several health departments that provide leading health research. The CDC pregnancy webpage is a great resource for informing yourself about pregnancy, learning tips for a healthy pregnancy, and reading credible scientific articles about pregnancy.

- **<https://mothertobaby.org/>**

This site allows you to talk to experts through a live chat, e-mail, texting, and calling; it is also offered in Spanish. The website provides current and ongoing pregnancy studies to learn about, as well as an opportunity to join a study. There are many quick and easy to read fact sheets available to stay informed about medications, vaccinations, common exposures, etc.

- **<https://parentsguidecordblood.org/en>**

This site provides detailed information about resources available, news, and personal stories about cord blood.

- **<http://www.acog.org/Patients>**

The American Congress of Obstetricians and Gynecologists (ACOG) is the leading expert in women's healthcare. This website provides fact sheets and answers to frequently asked questions, including but not limited to questions about pregnancy, labor, and postpartum care.

- **<http://www.thebump.com/>**

The Bump is a mobile app for first-time mothers, available on iTunes and Google play. This site lays out pregnancy myths, concerns, recommendations, and milestones for each trimester (and week-by-week).

- **<http://www.llli.org/>**

This link is for the international, nonprofit organization *La Leche League*. This organization is devoted to providing breastfeeding support, encouragement, and education around the world. The website includes links to breastfeeding support resources, publications, policies, and more.