

Rooming-In

Gone are the days when babies were lined up in a nursery and families peered in through windows. We now know through research the best place for your baby to stay following birth is right where he or she been for 9 months – with family!

Rooming-in means your baby stays with you in your room throughout your entire hospital stay. Once you leave the Labor & Delivery Unit, your baby will not be separated from you. You will remain together upon admission to the Mother/Baby Unit, all the way through discharge. You will have the opportunity to keep your baby with you all the time to bond and get to know one another.

When mothers and babies room together day and night, there are numerous benefits.

- Babies cry less. Being with mom is home for your baby.
- You get to know your baby better.
- You recognize early feeding cues such as rooting, lip movements and sucking on fingers or hands.
- Your baby is fed at the first signs of hunger.
- Your baby will nurse more frequently, which helps assure plenty of milk and decreases the use of supplements.
- Your breast milk comes in sooner and your breastfeeding duration increases.
- Moms have higher rates of exclusive breastfeeding.
- Your baby gains weight better and likely to have less jaundice.
- You and your baby sleep better.

Ochsner St. Anne Birthing Center
985-537-3211

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**Ochsner St. Anne
Family Birthing
Center**



We are pleased you have chosen us to be with you for your very special day – the birth of your child.

At Ochsner, we want to help you with the right start for your baby. Our staff is dedicated to providing the best services to you and your family for a positive and memorable birthing experience. Some of the important actions we do to welcome the newest member of your family include:

- Placing your baby directly on your skin immediately after birth—even after a C-section.
- Assisting you with feeding your baby right after birth so that your baby gets a big feeding right away.
- Teaching you to look for feeding cues which allows your baby to tell you how hungry he or she is.

Skin-to-Skin Contact

Immediately after birth, babies go skin-to-skin with their mother. Health experts agree that skin-to-skin contact immediately after birth is best for mother and baby. Your baby will be placed directly on your chest after birth and remain there until the first feeding is finished. This helps support a healthy transition from inside to outside life for your baby.

There are many benefits of frequent skin-to-skin contact:

- Prevents heat loss and maintains a normal body temperature for your baby. You are the best warmer!

- Your baby uses less energy which helps prevent low blood sugar and keeps your baby alert and engaged.
- Brings your baby's heart rate, breathing, and blood pressure back to normal after the excitement of being born.
- Comforts your baby, which decreases stress and the need for crying because he or she feels safe and secure.
- Protects from many infections your baby may come into contact with in the early days of life.
- Increases the likelihood of an early start and long-term breastfeeding success.
- Slows (and may even reduce) overall bleeding for you after delivery while stabilizing the hormonal shift after birth.
- Promotes early bonding and attachment between you and your baby.

Remember, mothers and fathers who hold babies skin-to-skin help keep the baby calm and cozy. The benefits of bonding and soothing likely continue well after birth.

Breastfeeding

How you feed your baby is a personal choice. Your Ochsner team supports your decision. We want to provide you with the most accurate information so you are making an informed decision and feel confident in choosing what is best for your baby and family.

The best thing you can do for yourself and your baby is to explore feeding

options – both your feelings about it and facts – now, before your baby is born. Breastfeeding offers many positive benefits. Your baby benefits from breastfeeding and your breast milk with less occurrence of:

- diarrhea
- infectious diseases
- respiratory infections
- ear infections

Breastfeeding may also decrease the incidence of SIDS, childhood obesity, and asthma. By breastfeeding, you also benefit with decreased bleeding after your baby's birth, an earlier return to pre-pregnancy weight, and even a decreased risk of breast cancer.

Preparing to breastfeed actually starts long before your baby arrives. Learn about breastfeeding. Go online, read books, take a class, and talk with other moms who have reached their breastfeeding goals. Get the support of your partner. Go to breastfeeding classes and read the information together.

Ochsner St. Anne offers free breastfeeding classes monthly. For more information on breastfeeding, contact our Certified Lactation Consultant at 985-537-8291.

You may also wish to gather a support team and ask friends or relatives who have breastfed if you can call them whenever you need help or support. Finally, ask your doctor about birthing choices and how they affect breastfeeding.

Pregnancy Checklist

In preparation for your newborn, we would like to provide you with a checklist to be completed before the birth of your baby.

FIRST TRIMESTER (1-12 weeks)

- Exercise and eat healthy
- Get plenty of rest on a daily basis
- If you smoke and/or drink alcohol, it is highly recommended that you stop.
- Look into your employer's policies on maternity leave
- Review and register for classes available at Ochsner St. Anne.

SECOND TRIMESTER (13-27 weeks)

- Start researching your childcare options if you will be returning back to work.
- Research and purchase the types of car seats that work well for your vehicle and your baby.
- Begin to encourage your support person to attend the childbirth and Breastfeeding class with you.
- Prepared childbirth/Lamaze (Date ____/____/____)
- Breastfeeding class (Date ____/____/____)
- Sibling (Big Brother, Big Sister Class) (Date ____/____/____)
- Continue exercise if allowed by your physician.
- Continue to follow the prenatal nutrition guide's recommendations to eating healthy.
- Schedule Infant CPR Class, call 985-537-8350 to register (Date ____/____/____)

THIRD TRIMESTER (24-40 weeks)

- Choose a pediatrician or family practitioner
- Pay attention to your baby's activity patterns and document on your kick count chart.
- Read the car seat manual and practice using the seat in your car.
- Practice the relaxation and breathing techniques you learned in the childbirth class with your support person
- For breastfeeding moms: Breastfeeding Class on (Date ____/____/____)
- Prepare baby's room at home and baby proof your house.
- Discuss circumcision with your doctor if your baby should be a boy.
- Pre-register at the hospital for the birth of your baby starting at 24 weeks.

Over-the-Counter Medicines Safe to Use during Pregnancy

Brand names and ingredients can change. Use the generic name (in parentheses) as the key for using these medicines. If you have questions or concerns, please call your physician.

Condition	Medicine
acne	Cetaphil® Gentle Skin Cleanser CeraVe™ Hydrating Cleanser Glytone® (benzoyl peroxide)
allergy	Alavert® or Claritin® (loratadine) Benadryl® (diphenhydramine) Zyrtec® (cetirizine) Allegra (180 mg)
constipation	Citrucel® or Unifiber® (methylcellulose) Colace® (docusate sodium) ex-lax® Maximum Strength Stimulant Laxative (sennosides) or Senokot® (senna) Fiberall® or FiberCon® (calcium polycarbophil) Metamucil® (psyllium) milk of magnesia (magnesium hydroxide) mineral oil (one ounce) in juice ClearLax®, MiraLAX® (polyethylene Glycol 3350)
cough (alcohol-free syrup)	Vicks® Nature Fusion™ Cough (dextromethorphan hydrobromide) Delsym® 12-Hour Extended-release Suspension (dextromethorphan polistirex) Coricidin® HBP Chest Congestion and Cough or Adult Robitussin® Peak Cold Cough and Chest (dextromethorphan, guaifenesin) Mucinex® (guaifenesin)
diarrhea	Imodium® (loperamide)
fever	Tylenol® (acetaminophen) Take 650 milligrams (mg) every four hours for temperature higher than 100.4 degrees F. If you have a fever for 12 hours, call your health care provider.
gas	Gas-X® Chewable Tablets or Maalox® Anti-Gas or Mylanta® Gas Maximum Strength Chewable Tablets (simethicone) Mylanta® Maximum Strength Liquid or Maalox® Advanced Maximum Strength Liquid (aluminum hydroxide, magnesium hydroxide, simethicone)
heartburn	Gaviscon® (aluminum hydroxide, magnesium carbonate) Maalox® tablets or Rolaids® or Titrilac® or Tums® (calcium carbonate) Take less than 2,000 mg. Maalox® Advanced Regular Strength Liquid or Mylanta® Regular Strength Classic Liquid (aluminum hydroxide, magnesium hydroxide, simethicone) Pepcid® AC (famotidine) Zantac® (ranitidine)

hemorrhoids	Anusol-HC® hemorrhoidal ointment or Preparation H® Hydrocortisone (hydrocortisone) Preparation H® (phenylephrine, pramoxine, glycerin, petrolatum) Tucks® pads (witch hazel)
nausea, vomiting, motion sickness	Emetrol® Syrup (phosphorated [phosphoric acid] carbohydrates [dextrose, fructose] syrup) Dramamine® (dimenhydrinate) ginger tabs (ginger) vitamin B-6 Take 25 mg four times a day. Sea-Band® Unisom® SleepTabs® (doxylamine succinate) Take one-half of 25 mg tablet and 25 mg of vitamin B-6 three to four times a day.
pain Call your clinic if your pain is in your abdomen (stomach).	Tylenol® (acetaminophen) Take 650 to 1,000 mg every four hours as needed. Do not take more than 4,000 mg in 24 hours. If you don't have relief in 24 hours, call your clinic.
rash Call your clinic if you have an allergic reaction, or no relief.	Aveeno® Soothing Bath Treatment (colloidal oatmeal) Caladryl® Clear® lotion (pramoxine, zinc acetate) or calamine lotion (calamine, zinc oxide) Cortaid® 1% (hydrocortisone) Gold Bond® Medicated Anti-itch Cream (menthol, pramoxine)
sinus congestion and cold	Clor-Trimetron® (chlorpheniramine) Coricidin® HBP Chest Congestion and Cough (dextromethorphan, guaifenesin) Ocean Mist® nasal spray (saline [sodium chloride] nasal sprays) Sudafed® (pseudoephedrine) Avoid in the first trimester. Avoid all products with phenylpropanolamine and phenylephrine.
sleep problems	Unisom® SleepTabs® (doxylamine succinate) Tylenol® PM (acetaminophen, diphenhydramine HCl)
sore throat	Cepacol® Maximum Strength Sore Throat Spray or Sucrets® lozenges (dyclonine hydrochloride) Chloraseptic® lozenges (benzocaine) or spray (phenol) Do not take longer than two days. Halls® or Robitussin® lozenges (menthol) Vicks® lozenges with honey (dextromethorphan hydrobromide)
vaginal yeast infection	Gynazole-1® (butoconazole) Gyne-Lotrimin® (clotrimazole) Monistat® 7 vaginal cream (miconazole)

Welcome Baby Softly with Skin to Skin

Skin to Skin Care immediately after your baby's birth helps your baby adjust to the outside world in many ways.

Skin to Skin Care helps babies to:

- Feel calmer with less stress
- Breathe easier as oxygen levels improve
- Calm their heart rate to a normal level
- Warm up to the ideal temperature
- Have more stable blood sugar levels
- Sleep better and longer
- Stimulate the growth of their brain
- Experience bonding with their parents
- Become more eager and ready to breastfeed (which is best for your baby)



Skin to Skin Care helps parents to:

- Bond and feel more comfortable with their baby
- Have mom's milk supply stimulated and increased

Skin to Skin Care in the first 1-2 hours of life is known as the *Magical First Hour*. This special time gives your baby the best start to this new life while parents more deeply experience the joy of a new baby.



How Will You Feed Your Baby?

Our goal is to provide accurate information for making an informed decision that is best for your family. Ask about:

- the benefits of breastfeeding
- putting baby skin-to-skin
- rooming-in with your baby
- advantages of cue-based feeding
- the importance of proper latch and positioning
- risks of supplementing baby with formula, milk, or water

At Ochsner, we understand feeding your baby is a personal choice.



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Major Pathogens That Cause Foodborne Illness

Campylobacter

Associated Foods

- Untreated or contaminated water
- Unpasteurized (“raw”) milk
- Raw or undercooked meat, poultry, or shellfish

Symptoms and Potential Impact

- Fever, headache, and muscle pain followed by diarrhea (sometimes bloody), abdominal pain, and nausea. Symptoms appear 2 to 5 days after eating and may last 2 to 10 days. May spread to the bloodstream and cause a life-threatening infection.

Cryptosporidium

Associated Foods/Sources

- Swallowing contaminated water, including that from recreational sources, (e.g., a swimming pool or lake)
- Eating uncooked or contaminated food
- Placing a contaminated object in the mouth
- Soil, food, water, and contaminated surfaces

Symptoms and Potential Impact

- Watery diarrhea, dehydration, weight loss, stomach cramps or pain, fever, nausea, and vomiting; respiratory symptoms may also be present.
- Symptoms begin 7 to 10 days after becoming infected, and may last 2 to 14 days. In those with a weakened immune system, including pregnant women, symptoms may subside and return over weeks to months.

Clostridium perfringens

Associated Foods/Sources

- Many outbreaks result from food left for long periods in steam tables or at room temperature and time and/or temperature abused foods.
- Meats, meat products, poultry, poultry products, and gravy

Symptoms and Potential Impact

- Onset of watery diarrhea and abdominal cramps within about 16 hours. The illness usually begins suddenly and lasts for 12 to 24 hours. In the elderly, symptoms may last 1 to 2 weeks.
- Complications and/or death occur only very rarely.

Listeria monocytogenes

Can grow slowly at refrigerator temperatures

Associated Foods

- Improperly reheated hot dogs, luncheon meats, cold cuts, fermented or dry sausage, and other deli-style meat and poultry
- Unpasteurized (raw) milk and soft cheeses made with unpasteurized (raw) milk
- Smoked seafood and salads made in the store such as ham salad, chicken salad, or seafood salads
- Raw vegetables

Symptoms and Potential Impact

- Fever, chills, headache, backache, sometimes upset stomach, abdominal pain, and diarrhea. May take up to 2 months to become ill.
- Gastrointestinal symptoms may appear within a few hours to 2 to 3 days, and disease may appear 2 to 6 weeks after ingestion. The duration is variable.
- Those at-risk (including pregnant women and others with weakened immune systems) may later develop more serious illness; death can result from this bacteria.
- Can cause problems with pregnancy, including miscarriage, fetal death, or severe illness or death in newborns.

***Escherichia coli* O157:H7**

One of several strains of *E. coli* that can cause human illness

Associated Foods

- Undercooked beef, especially hamburger
- Unpasteurized milk and juices, like “fresh” apple cider
- Contaminated raw fruits and vegetables, and water
- Person-to-person contact

Symptoms and Potential Impact

- Severe diarrhea that is often bloody, abdominal cramps, and vomiting. Usually little or no fever.
- Can begin 1 to 9 days after contaminated food is eaten and lasts about 2 to 9 days.
- Some, especially the very young, may develop hemolytic-uremic syndrome (HUS), which can cause acute kidney failure, and can lead to permanent kidney damage or even death.

Noroviruses (and other caliciviruses)

Associated Foods

- Shellfish and fecally-contaminated foods or water
- Ready-to-eat foods touched by infected food workers; for example, salads, sandwiches, ice, cookies, fruit

Symptoms and Potential Impact

- Nausea, vomiting, and stomach pain usually start between 24 and 48 hours, but cases can occur within 12 hours of exposure. Symptoms usually last 12 to 60 hours.
- Diarrhea is more prevalent in adults and vomiting is more prevalent in children.

***Salmonella* (over 2,300 types)**

Associated Foods

- Raw or undercooked eggs, poultry, and meat
- Unpasteurized (raw) milk or juice
- Cheese and seafood
- Fresh fruits and vegetables

Symptoms and Potential Impact

- Stomach pain, diarrhea (can be bloody), nausea, chills, fever, and/or headache usually appear 6 to 72 hours after eating; may last 4 to 7 days.
- In people with a weakened immune system, such as pregnant women, the infection may be more severe and lead to serious complications including death.

Toxoplasma gondii

Associated Foods/Sources

- Accidental contact of cat feces through touching hands to mouth after gardening, handling cats, cleaning cat’s litter box, or touching anything that has come in contact with cat feces.
- Raw or undercooked meat.

Symptoms and Potential Impact

- Flu-like illness that usually appears 10 to 13 days after eating, may last months. Those with a weakened immune system, including pregnant women, may develop more serious illness.
- Can cause problems with pregnancy, including miscarriage and birth defects.

Vibrio vulnificus

Associated Foods

- Undercooked or raw seafood (fish or shellfish)

Symptoms and Potential Impact

- Diarrhea, stomach pain, and vomiting may appear within 4 hours to several days and last 2 to 8 days. May result in a blood infection. May result in death for those with a weakened immune system, including pregnant women, people with cancer or liver disease.



40 Reasons To Go the Full 40

Nobody likes to be rushed—especially babies!

Your baby needs a full 40 weeks of pregnancy to grow and develop. While being done with pregnancy may seem tempting, especially during those last few weeks, inducing labor is associated with increased risks including prematurity, cesarean surgery, hemorrhage and infection. Labor should only be induced for medical reasons—not for convenience or scheduling concerns. Baby will let you know when she's ready to emerge. Until then, here are 40 reasons to go at least the full 40 weeks of pregnancy:

Finish Healthy & Well

1. **End right by starting right**—keeping all of your prenatal appointments helps ensure a healthier ending
2. **Savor the journey**—soon you will meet your baby
3. **Let nature take over**—there are fewer complications and risks for both you and baby through natural birth
4. **Recover faster** from a natural birth than cesarean, which is major abdominal surgery that causes more pain, requires a longer hospital stay and a longer recovery
5. **Birth a brainier baby**—at 35 weeks your baby's brain is only 2/3rds the size it will be at term
6. **Set her thermostat**—baby will better regulate her temperature when born at term
7. **Boost breastfeeding**—term babies more effectively suck and swallow than babies born earlier
8. **Delight in those kicks and flips**—marvel at the miracle of the life inside
9. **Enjoy your convenient excuse** for every mood swing and crazy craving
10. **Nourish your body**—a healthy diet and breastfeeding will help you lose the baby weight
11. **Let others carry** the groceries, mail, packages just a while longer
12. **Indulge in “we” time** before you're a threesome or more
13. **Sport your bump**—as your belly increases, so do your chances of getting a great seat almost anywhere

The nurses of AWHONN remind you not to rush your baby—give her at least a full 40! www.GoTheFull40.com

Manage Your Risks

14. **Eat healthfully**—indulge occasional cravings without remorse
15. **Give baby's development the benefit of time** since you may not know exactly when you got pregnant
16. **Let baby pick her birthday**—if she decides to emerge after 37 weeks there's no need to try to stop your spontaneous labor
17. **Skip an induction**—which could lead to cesarean—by waiting for labor to start on its own
18. **Reduce your baby's risks** of jaundice, low blood sugar and infection by waiting until he's ready to emerge
19. **Build your baby's muscles**—they'll be strong and firm, and ready to help him feed and flex at term
20. **Maximize those little lungs**—babies born just 2 or more weeks early can have twice the number of complications with breathing
21. **Ignore people who say an induction** is more convenient. Nothing is convenient about a longer labor and increasing your risk of cesarean
22. **Respond to requests to speed baby's birth** with the facts that inductions often create more painful labors and can lead to cesarean surgery
23. **Let others do the heavy lifting**—and the extra housecleaning
24. **Splurge on pedicures**—or ask a friend to do them for you, especially when you can't see or touch your feet
25. **Relish in the fact that right now you're the perfect mom**—your healthy pregnancy habits are growing baby the best possible way
26. **Finish well**—more time in the womb usually means less time in the hospital

Enjoy This Time

27. **Relax!** Babies are usually so much easier to care for in the womb
28. **Shamelessly wear comfy, stretchy clothes**
29. **Postpone changing the eventual 5,000+ diapers** baby will use
30. **Be out and about** without having to buckle, unbuckle, rebuckle baby into her car seat or stroller while running errands
31. **Carry your most stylish purses** especially the ones too small to hold diapers and wipes
32. **Relish parenting**—right now you know exactly where baby is and what he's doing
33. **Snooze when you can**—what sleep you're currently getting is actually quite a lot compared to the interruptions ahead
34. **Massage remains a must**—ask your partner to help ease the aches
35. **Enjoy nights out** without paying for a babysitter
36. **Indulge in shopping** without the added responsibilities of baby in tow
37. **Redecorate your house** around your nursery's theme
38. **Prop up your paperback**—your burgeoning belly peaks at just the right reading height
39. **Make the best-possible birth experience**; don't rush it
40. **Write your own healthy reason**—if it gets baby a full 40 weeks of pregnancy it deserves to be on this list



AWHONN
PROMOTING THE HEALTH OF
WOMEN AND NEWBORNS



The A to Z's of Your Pregnancy





Congratulations—having a baby is one of the most exciting adventures in life. We are pleased you chose Ochsner to share this important time with you and your family. Although every person and every birthing experience is unique, this A to Z Guide will help inform you of the most common changes to expect during and after your pregnancy.





A

Allergies

Many women have seasonal allergies. If you experience seasonal allergies during pregnancy, you can take Benadryl®, Claritin®, or Zyrtec®. If you have an allergic skin reaction, contact your doctor.

B

Backache

Almost all pregnant women have backaches during their pregnancy. Backaches are often related to stretching of the ligaments that hold the uterus in place. Backaches can also be caused by stretching of the back muscles as they support the weight of the baby as it grows. Here are some comfort measures:

- o Maternity belt
- o Warm heating pad
- o Warm bath
- o Regular strength Tylenol
- o Massage

Breastfeeding

Breastfeeding is the best nutrition for your baby. Breastfeeding also protects your baby from different illnesses. Studies have shown that breastfed babies get sick less often. When they reach school age, breastfed babies perform better in school. Newborns tolerate breast milk better than formula. Breastfeeding also decreases your bleeding after delivery by shrinking your uterus. It is a natural process, but it often takes some time for you and your new infant to get the hang of things. Here are some helpful hints:

- o Try breastfeeding as soon as your baby is born. Beginning immediately increases the success of breastfeeding and creates a bond between you and your baby.
- o Do not get discouraged! Most women don't produce a significant amount of milk until 3 to 4 days after delivery.
- o Continue to take your prenatal vitamins while breastfeeding.
- o Stay well hydrated by drinking 8 to 10 glasses of water every day.

While breastfeeding, if you have fever, redness of the breasts, or fullness that is not relieved by pumping or expressing your milk, contact your doctor. Your doctor should discuss breastfeeding with you before delivery. Breastfeeding is not recommended for women with certain medical conditions.



Breast tenderness

Breast tenderness is common in pregnancy, especially in the beginning. This tenderness is related to the hormone changes that occur in the first trimester. Your breasts may become larger. You may also notice darkening of the nipples. As your pregnancy continues, it is not uncommon to produce milk, even before you deliver. To relieve breast tenderness and heaviness, wear a good support bra.



Colds and congestion

Nasal congestion during pregnancy can be normal. To relieve congestion, you may use Ocean® nasal spray, a saline nasal spray, or Sudafed® sparingly. Do not use antihistamines because they may make the congestion worse. You can also try using a humidifier.

Constipation

Constipation is very common throughout all stages of pregnancy. Here are some tips to overcome constipation:

- o Drink plenty of water: 8 to 10 glasses of water per day.
- o Eat plenty of foods that are rich in fiber, such as raw fruits, vegetables, whole-grain breads, and cereals. Avoid cheese and bananas because they may slow down your bowel movements.
- o Use Metamucil® or Citrucel® as needed.
- o Try a stool softener such as Colace® or Dulcolax®.

If you go 5 days without a bowel movement or have significant pain, contact your doctor.

Contractions

Cramping or Braxton Hicks contractions are common in the second and third trimesters. Make sure you stay well hydrated. You may also find comfort from a warm bath. If you experience contractions every 5 minutes apart or closer for 2 hours, come to labor and delivery for assessment.

Cough

For relief from cough, you can try regular strength Robitussin®, Chloraseptic® spray, or any throat lozenges.



Cramping

Women commonly have abdominal cramping throughout their pregnancy. Cramping associated with pregnancy is often described as feeling similar to menstrual cramps. Early in the pregnancy, mild abdominal cramping is due to the growing uterus. Cramping can also be due to round ligament pain (defined later in this handout). In the late second trimester and third trimester, you may experience cramping due to Braxton Hicks. These are contractions of the uterus, but they are not associated with labor. They can be worse with activity or when you are dehydrated. Make sure you drink 8 to 10 glasses of water every day. If the cramping becomes more intense or you experience the cramping every 5 minutes apart or closer for 2 hours, contact your doctor immediately.



Dental procedures

Bleeding gums are common during pregnancy. However, if you have painful gums or teeth, consult your dentist. Most dental procedures can be performed safely during pregnancy with a local anesthetic. Keep your teeth healthy during pregnancy by brushing twice a day, using dental floss, and having regular dental exams and cleanings.

Diarrhea

Your gastrointestinal tract may be more sensitive during pregnancy. That sensitivity can cause diarrhea after you eat certain foods. Relieve diarrhea with Imodium® or Kaopectate®. Stay well hydrated. If you have blood or mucus in your stool or the diarrhea persists for more than 48 hours, contact your doctor.

Diet

Maintain a healthy diet throughout pregnancy. Include grains, fruits, vegetables, dairy products, meats, and beans. Avoid fatty, greasy, and fried foods. Eat small frequent meals throughout the day and NEVER skip breakfast. Some foods you want to avoid during pregnancy:

- Avoid soft cheeses such as brie, Gouda, and feta. These cheeses are soft because they are not completely pasteurized. They can harbor bacteria that can be harmful to your baby.
- While fish has omega acids that are good for the pregnancy, you want to avoid shark, swordfish, king mackerel, and tilefish because they can be high in mercury. Limit canned tuna and salmon to once per week.
- Avoid packaged meat such as ham, bologna, and hotdogs. These products can also harbor bacteria that can be harmful. Eat them only if they are fully cooked.
- Avoid raw meat and raw fish such as sushi.



Dizziness/faintness

During pregnancy, it is common to become dizzy or lightheaded when you stand for long periods or change positions, such as moving from sitting to standing. Dizziness usually occurs in the second trimester. Make sure you drink plenty of water, and avoid standing still for long periods of time. If dizziness does not improve, contact your doctor immediately.

E

Exercise

You can and should exercise during pregnancy. However, you should not start a new exercise routine. When you are exercising, your heart rate should not exceed 140 beats per minute. Do not lift anything heavier than 10 to 15 pounds. Do not exercise for more than 15 minutes in areas that are hot, humid, or not well ventilated. After the fourth month of pregnancy, avoid exercises that require you to lie on your back. Avoid exercises that will cause trauma to your abdomen, such as horseback riding, downhill skiing, wrestling, etc. Swimming is permissible, but diving is not. If you experience excessive contractions, bleeding, loss of fluid, or decreased fetal movement, contact your doctor immediately.

G

Gas and bloating

Gas and bloating are common during pregnancy. Here are some helpful hints:

- Pay attention to the foods that give you gas and avoid those foods.
- Eat small, frequent meals instead of big, heavy meals.
- Avoid fried, fatty, and greasy foods.
- Avoid constipation (see Constipation).

H

Hair

Often, the hormonal changes during pregnancy cause your hair to break. You may also notice increased shedding during the post-partum period. These changes are normal. Relaxer, perms, and hair dyes can be applied after the first trimester.

Headaches

Headaches can be common during pregnancy. There are different types of headaches:

- Tension headaches are characterized by pain usually in the back and sides of the head that becomes worse with stress. Tension headaches are best treated by taking regular strength acetaminophen, drinking plenty of water, and resting.



Headaches (cont.)

- You may experience headaches associated with pain under the eyes or around your face. These are most likely sinus headaches and are best relieved with regular strength acetaminophen, alternating cold and warm compresses, or a humidifier.
- Migraine headaches are often accompanied by nausea and vomiting. Light and sound make migraine pain worse. If you experience this type of headache, consult your doctor.

Any time you experience a headache associated with blurry vision or a headache that is not relieved by acetaminophen, consult your doctor immediately. This headache may be caused by elevated blood pressure.

Heartburn

During pregnancy, the stomach does not empty as quickly as it does when you are not pregnant. This increases the production of gastric juices that can lead to heartburn. Here are some helpful hints:

- Avoid spicy foods.
- Remain upright for at least one hour after eating.
- Use antacids such as Tums® or Rolaids®.
- Take over-the-counter Zantac® twice per day.

If your heartburn is not relieved by these modifications, contact your doctor.

Hemorrhoids

As the pregnancy continues and you experience more pelvic pressure, you may also develop hemorrhoids. Hemorrhoids can be painful. Here are some hints to help the pain:

- Avoid constipation (see Constipation).
- Use hemorrhoid creams such as Annusol® or Preparation H®.
- Use astringents such as Tucks® Medicated Pads.

If pain persists or you experience excessive bleeding, contact your doctor.



Leg cramps

Muscle spasms in the calf, especially at night, are common during pregnancy. Try massaging the calves, stretching, or applying a warm heating pad. If your leg cramps do not improve or only occur in one leg, contact your doctor.



Miscarriage

Unfortunately, miscarriage is the unhappy side of pregnancy, and it is common. Miscarriage is not your fault or your partner's fault. Most of the time, miscarriage results from the genetic information not coming together in the right way. It will not affect your next pregnancy. However, if you have had two or more miscarriages, discuss this with your doctor. Also, you should be aware of the signs of miscarriage:

- Bleeding – Some bleeding during pregnancy is a result of the increased dilation of blood vessels. However, if you have bleeding that soaks through a sanitary pad, contact your doctor.
- Cramping – As stated earlier, cramping can be a sign of growth. However, if you have cramping associated with bleeding, contact your doctor.

Pregnancy loss is a difficult life event. If you are having difficulty coping, consult your doctor for more information on the Little Footprints Grief Support Group offered here at Ochsner.

Mood swings

Mood swings are a normal part of pregnancy. They are caused by pregnancy hormones. You may be happy one minute and sad the next. These are normal changes. However, if you are extremely sad, cry a lot, cannot sleep, are not eating, or if you feel like hurting yourself or someone else, consult your doctor immediately!



Nausea

Nausea and vomiting are common during the early stages of pregnancy. These symptoms usually occur at the beginning of pregnancy and resolve in the second trimester. Here are some helpful hints:

- Eat crackers or dry toast before sitting up in the morning.
- Avoid sudden movements. Get out of bed slowly.
- Eat small frequent meals. Avoid fatty, greasy, and spicy foods.
- Stay hydrated. If you cannot tolerate water, try Sprite.
- Try ginger in any form: ginger ale, ginger snaps, or ginger tablets.
- Take 25 mg of Vitamin B6 twice a day with half a Unisom® tablet.

If your vomiting persists for more than 24 hours, contact your doctor for further advice.



Nosebleeds/bleeding gums

Because of the increased dilation of the blood vessels during pregnancy, nosebleeds and bleeding gums can occur. These conditions do not usually require medical treatment. However, if the bleeding persists, contact your doctor.



Palpitations

Palpitations can occur during pregnancy. You may feel as though your heart is racing or skipping a beat. While palpitations can be normal, if they are associated with chest pain, shortness of breath, or fatigue, contact your doctor immediately.

Prenatal visits

Prenatal care is essential to having a happy, healthy pregnancy. Whether you choose a physician, a nurse practitioner, or a nurse midwife, your provider will be the guide to a healthy baby. During your prenatal visit, your provider will listen to the baby's heart and make sure your baby is growing appropriately. You will have different laboratory tests performed, including testing your blood type, checking for anemia, and testing for different infections. You will need to see your provider every 4 weeks until you are 28 weeks pregnant. Then you will see your provider every 2 weeks until you are 35 weeks pregnant. After 35 weeks, you will see your provider every week until you deliver.



Round ligament pain

Two ligaments come from the front of the uterus and end in the vagina. These are known as the round ligaments. As the uterus grows and stretches, these ligaments stretch. Pain is often associated with this stretching. It can be a sharp, stabbing pain usually in the lower pelvis or the vagina. The pain is worse when you move from sitting to standing or walk for long periods. Round ligament pain can be helped or avoided by the following:

- Using a warm (NOT HOT) heating pad
- Taking a warm bath
- Taking regular strength Tylenol®
- Wearing a maternity belt
- Staying well hydrated by drinking water



Salivation and spitting

Some women experience increased salivation during pregnancy. This condition is known as ptyalism. Decrease your saliva by using nonmedicated throat lozenges, sucking candy such as peppermint, or eating crackers. Ptyalism may resolve by the second trimester or may last throughout the pregnancy.

Sex

In most cases, it is safe to continue sexual intercourse throughout pregnancy. You may find a decreased desire during pregnancy, and this is normal. You may find an increased desire during pregnancy, and this is also normal. Avoid sex if you have bleeding, your water bag is ruptured, or you have been diagnosed with a placenta previa or an incompetent cervix.

Shortness of breath

Toward the end of pregnancy, many women experience shortness of breath. The uterus is enlarging and the diaphragms are unable to lower, making it feel like you are unable to catch your breath. However, if you experience wheezing or dizziness, or if you are unable to catch your breath, contact your doctor immediately.

Skin changes

Hormone changes throughout the pregnancy affect the melanocytes and cause darkening of several areas of the body. Some women's faces darken, causing a pregnancy mask. This condition is known as melasma. Some women experience darkening of the areola around the nipple. Often, a dark line appears on the abdomen from the belly button to the pubic symphysis. This line is known as the linea nigra. Stretch marks can also form during pregnancy. Most of these skin changes will fade after pregnancy. You may minimize the appearance of stretch marks by using cocoa butter lotion, Vitamin E oil, or other over-the-counter products.

Swelling

As the uterus gets larger, it lies on the inferior vena cava, diminishing the return of blood flow. This often leads to swelling in your ankles and feet, and sometimes in your hands. Swelling in your hands may lead to a condition known as carpal tunnel syndrome, resulting in pain in your wrists.



Swelling (cont.)

You can improve swelling with these techniques:

- Avoid salty foods.
- Elevate your feet higher than the level of your heart.
- Avoid standing for long periods.
- Wear loose clothes.
- Wear wrist braces, especially at night, for carpal tunnel syndrome.

If you experience swelling in your face, headaches, blurry vision, or swelling in one calf only, contact your doctor immediately.



Tiredness

Fatigue during pregnancy can be normal. Fatigue is most pronounced at the very beginning of pregnancy and again towards the end. Make sure you get adequate sleep and rest. While most of the time fatigue is normal, it can also be a sign of anemia. Consult your doctor for more information.

Travel

Travel during pregnancy is safe. However, you should always check with your doctor before traveling. During pregnancy, you are at increased risk for blood clots, so you should walk around every 1-2 hours during travel. Always wear a seatbelt when traveling in the car. Place the shoulder strap across your chest and place the waist belt underneath your belly. You should avoid flying after 35 weeks.



Urinary symptoms

Frequent urination during pregnancy is normal. Hormone changes at the beginning of pregnancy increase the frequency of urination. Pressure from the uterus and the baby at the end of pregnancy decreases the capacity of the bladder—also leading to frequent urination. Because of the increased pressure, it is not uncommon to lose urine unexpectedly. However, if you experience burning when you urinate, blood in your urine, fever, chills, or pain associated with urination, contact your doctor.



Vaginal discharge

Hormonal changes during pregnancy can cause vaginal discharge of varying consistencies. However, if you have itching, irritation, or a foul odor, contact your doctor.

Varicose veins

Varicose veins occur because of dilation of the blood vessels during pregnancy. Varicose veins may occur on the legs or even the vulva. Avoid standing for long periods, elevate your feet at night, and wear support hose during the day.



Weight gain

While you should not diet during pregnancy, there is an expected amount of weight you should gain during your pregnancy. It is based on your pre-pregnancy weight.

Pre-pregnancy Body Mass Index (kg/m ²)	Expected Weight Gain
Underweight <19	28 – 40 lbs
Normal weight 19 – 24.5	25 – 35 lbs
Overweight 25 – 29.9	15 – 25 lbs
Obese >30	11 – 20 lbs

Weight gain during pregnancy: reexamining the guidelines. Institute of Medicine of the National Academies. May 2009.



When to Call the Doctor

Any of the following signs may be a warning that you need medical care:

- Severe headache with blurred vision or spots before your eyes
- Unrelieved abdominal pains
- Marked swelling in your upper body (face or hands)
- Sudden weight gain in just a few days
- Severe stomach pains or cramps, perhaps with nausea or diarrhea
- Vomiting persisting for more than 24 hours
- Chills or fever of more than 100 degrees
- Any slight bleeding from the nipples, rectum, bladder or vagina (some vaginal bleeding is normal after a pelvic examination)
- Sudden or slow fluid release from the vagina
- Regular contractions, becoming stronger as time progresses
- No fetal movement for 24 hours after 28 weeks
- Bloody coughing
- Painful or burning urination
- Double vision

Important Phone Numbers

The Ochsner staff is available 24 hours a day to take care of you. Don't hesitate to call your doctor's office if you experience any of the symptoms listed above. On weekends, holidays and after-hours, you may call the hospital where you have decided to deliver.

Women's Clinic	985-537-3211
Labor and Delivery	985-537-8297
Childbirth Education	985-537-2335
Lactation	985-537-8291

Ochsner St. Anne, 4608 Hwy 1, Raceland, LA 70394

To schedule a tour of the
Ochsner St. Anne, please call
985-537-2335

Item: 55097
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Tips for Pregnant Moms

Making healthy food choices along with regular physical activity will help fuel your baby's growth and keep you healthy during pregnancy.

What's on Your Plate?

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, fat-free or low-fat dairy products, and lean protein foods.

Making Healthy Food Choices

- **Make half your plate fruits and vegetables.** Choose a variety, including dark-green and red and orange vegetables and beans and peas.
- **Make at least half your grains whole.** Choose whole grains in place of refined grains.
- **Switch to skim or 1% milk.** Choose fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.
- **Vary your protein food choices.** Choose seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- **Use oils to replace solid fats where possible.**
- **Make choices that are low in "empty calories."**

What are "empty calories"? They are calories from added sugars and solid fats in foods. Some foods with empty calories:

- | | | | | |
|---------------------|------------|---------------|--------------------|-------------------|
| • Candy | • Desserts | • Fried foods | • Ice cream | • Sugar-sweetened |
| • Sweetened cereals | • Biscuits | • Hot dogs | • Soft drinks/soda | fruit drinks/tea |



Visit Your Doctor Regularly — Doctors Recommend



- Pregnant women and women who may become pregnant should avoid alcohol, smoking, and drug use.
- Take a prenatal vitamin and mineral supplement every day in addition to eating a healthy diet.
- Feed your baby only breast milk for the first 6 months.

How Much Weight Should I Gain?

The total amount of weight gained depends on your weight when you become pregnant. If your weight was in the healthy range, you should gain between 25 and 35 pounds. If you were overweight or underweight before becoming pregnant, the advice is different. Check with your doctor to find the total amount that is right for you.

You should gain weight gradually—1 to 4 pounds **total** during the first 3 months and 2 to 4 pounds **per month** during the 4th to 9th months.

Daily Meal Plan

The Plan shows slightly more amounts of food during the 2nd and 3rd trimesters because you have changing nutritional needs. This is a general Plan. You may need more or less than the Plan.*

Food Group	1st Trimester	2nd and 3rd Trimesters	What counts as 1 cup or 1 ounce?
Eat this amount from each group daily.*			
Vegetables	2½ cups	3 cups	1 cup raw or cooked vegetables or 100% juice 2 cups raw leafy vegetables
Fruits	2 cups	2 cups	1 cup fruit or 100% juice ½ cup dried fruit
Grains	6 ounces	8 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal
Dairy	3 cups	3 cups	1 cup milk 8 ounces yogurt 1½ ounces natural cheese 2 ounces processed cheese
Protein Foods	5½ ounces	6½ ounces	1 ounce lean meat, poultry, or seafood ¼ cup cooked beans ½ ounce nuts or 1 egg 1 tablespoon peanut butter

* If you are not gaining weight or gaining too slowly, you may need to eat a little more from each food group. If you are gaining weight too fast, you may need to cut back by decreasing the amount of “empty calories” you are eating.

Get a Daily Plan for Moms designed just for you.
Go to www.ChooseMyPlate.gov for your Plan and more.
Click on “Pregnant & Breastfeeding Women.”



Being Physically Active

Unless your doctor advises you not to be physically active, include 2½ hours each week of physical activity such as brisk walking, dancing, gardening, or swimming.

The activity should be done at least 10 minutes at a time, and preferably spread throughout the week. Avoid activities with a high risk of falling or injury.

Seafood Can Be a Part of a Healthy Diet.

Omega-3 fats in seafood have important health benefits for you and your unborn child. Salmon, sardines, and trout are some choices higher in Omega-3 fats.

- Eat 8 to 12 ounces of seafood each week.
- Eat all types of tuna, but limit white (albacore) tuna to 6 ounces each week.
- Do not eat tilefish, shark, swordfish, and king mackerel since they have high levels of mercury.

Learn about other nutrition assistance programs:
<http://www.benefits.gov/>

Consejos para Mamás Embarazadas

Elegir alimentos saludables junto con actividad física le ayudará a estimular el crecimiento de su bebé y la mantendrá sana durante el embarazo.

¿Qué Hay en Su Plato?

Antes de comer, piense en qué y cuánta comida va a poner en su plato, taza o tazón.

Durante el día, incluya comida de todos los grupos de alimentos: vegetales y verduras, frutas, granos enteros, productos lácteos libres o bajos en grasa, y alimentos con proteínas magras.

Elegir Alimentos Saludables

- **Llene la mitad de su plato con frutas y vegetales.** Elija una variedad, incluyendo vegetales verde oscuro, rojas, naranjas, frijoles (judías) y chícharos (guisantes).
- **Que al menos la mitad de sus granos sean enteros.** Elija granos enteros en lugar de granos refinados.
- **Cambie a leche descremada o al 1%.** Elija leche y productos lácteos libres o bajos en grasa, como leche, yogurt, queso o bebidas de soya fortificadas.
- **Varíe su selección de alimentos proteínicos.** Elija mariscos, carne magra y aves, huevos, frijoles (judías) y chícharos (guisantes), productos de soya, nueces y semillas sin sal.
- **Cuando sea posible reemplace grasas sólidas con aceites.**
- **Seleccione alimentos bajos en "calorías vacías."**

¿Qué son "calorías vacías"? Son calorías de los azúcares y grasas sólidas añadidos a los alimentos. Algunos alimentos con calorías vacías:

- | | | | | |
|-----------------------|------------|------------|------------------|---------------------|
| • Dulces | • Postres | • Frituras | • Helado | • Bebidas de frutas |
| • Cereales endulzados | • Galletas | • Hot dogs | • Refrescos/soda | o té azucaradas |



Visite a Su Médico Regularmente — Los Médicos Recomiendan



- Las mujeres embarazadas y las que puedan quedar embarazadas deben evitar el alcohol, fumar o usar drogas.
- Tome diariamente un suplemento prenatal con vitaminas y minerales, además de mantener una dieta sana.
- Alimente a su bebé únicamente con leche materna durante los primeros 6 meses.

¿Cuánto Peso Debería Aumentar?

La cantidad total del aumento de peso depende de su peso cuando se embarazó. Si su peso estaba dentro del rango saludable, debe aumentar entre 25 y 35 libras.

Si tenía sobrepeso o estaba por debajo del peso antes del embarazo, la recomendación es distinta. Consulte con su médico para saber su cantidad total correcta.

Debe aumentar de peso gradualmente—de 1 a 4 libras totales durante los primeros 3 meses y de 2 a 4 libras al mes durante los meses 4 a 9.

Plan Diario de Alimentación

El plan muestra cantidades un poco mayores de comida durante el segundo y tercer trimestre porque usted tiene necesidades nutricionales cambiantes. Este es un plan general. Puede ser que necesite más o menos de lo que marca el plan.*

Grupo Alimenticio	1er Trimestre	2º. y 3er. Trimestre	¿Qué se considera 1 taza o 1 onza?
Consuma esta cantidad de cada grupo al día.*			
Vegetales	2½ tazas	3 tazas	1 taza de verduras crudas o cocidas o jugo 100% 2 tazas de vegetales de hoja crudas
Frutas	2 tazas	2 tazas	1 taza de fruta o jugo 100% ½ taza de fruta seca
Granos	6 onzas	8 onzas	1 rebanada de pan 1 onza de cereal listo para comer ½ taza de pasta, arroz o cereal cocido
Lácteos	3 tazas	3 tazas	1 taza de leche 8 onzas de yogur 1½ onzas de queso natural 2 onzas de queso procesado
Alimentos Proteínicos	5½ onzas	6½ onzas	1 onza de carne magra, ave o mariscos ¼ taza de frijoles cocidos (judías cocidas) ½ onza de nueces o 1 huevo 1 cucharada de mantequilla de cacahuete (mani)

* Si no está aumentando de peso o lo hace muy despacio, puede que necesite consumir un poco más de cada grupo alimenticio. Si está aumentando demasiado rápido, puede ser que necesite reducir la cantidad de "calorías vacías" que está consumiendo.

Obtenga un Plan Diario para Mamás diseñado sólo para usted.
Visite www.ChooseMyPlate.gov para su plan y más.
Haga clic en "Pregnant & Breastfeeding Women."



Estar Físicamente Activa

A menos que su médico le aconseje que no esté activa físicamente, incluya 2½ horas cada semana de actividad física como caminar rápidamente, bailar, actividades de jardinería o nadar.

La actividad debe hacerse al menos 10 minutos a la vez, y de preferencia a lo largo de la semana. Evite actividades con alto riesgo de caídas o lesiones.

Los Mariscos Pueden Ser Parte de Una Dieta Sana.

Las grasas Omega-3 en los mariscos tienen beneficios importantes de salud para usted y su bebé aún no nacido. Salmón, sardinas, y trucha son algunas de las variedades más ricas en grasas Omega-3.

- Coma de 8 a 12 onzas de mariscos a la semana.
- Coma todos los tipos de atún, pero limite el atún blanco (albacora) a 6 onzas por semana.
- No coma blanquillo, tiburón, pez espada ni macarela rey debido a que contienen altos niveles de mercurio.

Conozca acerca de nuestros programas de asistencia nutricional:
<http://www.benefits.gov/>