



Mason Health
Mason General Hospital • Mason Clinic

WELCOME and CONGRATULATIONS ON YOUR PREGNANCY!

Mason Health Prenatal Guide

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Anticipated course of prenatal care

Routine appointments are once a month until 28 weeks (6 months), then every two weeks until the final month when the visits are EVERY week. You can request an additional appointment if you need to or we may call you in for more appointments as well depending on your individual circumstances. We recommend starting care 6 to 8 weeks after your last menstrual cycle.

If you choose, you may see one provider consistently throughout your pregnancy or see all of them during your prenatal visits. Near the end of your pregnancy when your appointments are closer together you will likely see a variety of providers. We highly recommend you see everyone at least once so you will know a familiar face once it comes time to deliver your baby. You unfortunately cannot choose who will deliver your baby, but your baby will! When they decide to be born, whichever doctor is on call will deliver your baby.

Ultrasounds

A minimum of two ultrasounds are performed during your entire pregnancy, if you are first seen by a doctor before 20 weeks. The first is done for dating purposes. The second ultrasound is around 20 weeks (5 months) to look at the anatomy of the baby, and if you like they can try to see the sex of the baby at this ultrasound. Both ultrasounds are typically performed at Mason General Hospital. Additional ultrasounds are performed only if medically necessary and we will discuss the reasons with you at that time.

Exercise/Weight Gain/Nutrition

For a woman starting pregnancy at the recommended weight for her body, BMI 18.5-24.9, the expected weight gain is between 25 to 35 lbs. If you are overweight (BMI >25.0), between 11-25 lbs is recommended or if you are underweight, (BMI <18.5), between 28-40 lbs.

Small frequent meals may prevent nausea and hypoglycemia (low blood sugar). In addition, it is very important to drink plenty of water to prevent headache, nausea, fatigue and cramps.

Aerobic exercise, such as walking, running and swimming is encouraged and typically weight lifting should be restricted to less than 40 pounds. It is advisable not to start an entirely new training program that exceeds these recommendations if you are not used to exercising. Avoid activities that have a high chance of impact to your abdomen, such as horseback riding, skydiving, contact sports.

Sexual intercourse

It is safe during pregnancy and will not harm the baby unless we tell you otherwise. If you are bleeding or having contractions, we may ask you to abstain for a length of time.

Travel

Airplane travel is safe during pregnancy, but after 36 weeks (8 mos) some airlines may require medical clearance. Make sure you move about the cabin every few hours.

More common is car travel - make sure you always wear your seatbelt. Avoid placing your belt across your pregnant abdomen, make sure the lap belt is underneath and the shoulder belt off to side of your belly and across the middle of your chest.

Toxins: Cats and Food Handling

To avoid a parasitic infection (Toxoplasmosis) or a bacterial infections (Listeria, Salmonella):

- Do not change cat litter, make sure you wash your hands before you eat
- Make sure all meat is well-cooked. If you eat hotdogs or deli meats. they should be reheated until steaming hot.
- Wash all fruits and vegetables
- Avoid raw sushi, smoked seafood, raw eggs, unpasteurized milk
- Avoid fish with high levels of mercury (shark, swordfish, king mackerel, and tilefish). Canned, chunk light tuna (not albacore), salmon, Pollock and catfish generally has a lower amount of mercury so can safely eat up to 12oz per week while pregnant (2 meals).
- Avoid soft cheeses – feta, brie, camembert, bleu veined cheeses, queso fresco, queso blando and panela

Special Programs

- Nurse Family Partnership: program for women who are having their first baby. If you enroll, a registered nurse will visit in your home throughout pregnancy and continue to visit until baby is 2 years old.
- Maternity support services and infant Case Management programs. It includes counseling, infant case management, lactation consultation, nutrition assistance, nurse care, unlimited community resources.

You will receive a call from either one of these two programs once you have been referred.

If you would like more detail on any of the above subjects, please ask at one of your prenatal visits. Write down your questions to talk about at each prenatal visit or if you have an urgent need please feel free to call MGH Mountain View Women's Clinic at 360-426-0955.

Over The Counter Medications Safe in Pregnancy

Pain reliever:

- Tylenol

Cough and cold:

- Guaifenesin (Mucinex, Robitussin)
- Dextromethorphan (Delsym)
- Cough Drops
- Saline Nasal Spray
- Benadryl
- Saltwater Gargles

Antacids:

- Tums

- Maalox
- Pepcid AC
- Roloids
- Mylanta
- Zantac

Anti-Diarrheal:

- Imodium AD

Insomnia:

- Benadryl (ok for short-term use)
- Unisom

Nausea:

- Dramamine
- Vitamin B6 with Unisom

Constipation:

- Methylcellulose (Citrucel)
- Colace
- Milk of Magnesia
- Metamucil

Avoid Sudafed and decongestants*Nausea & Vomiting During Pregnancy**

Nausea and vomiting in early pregnancy is a common complaint. For some women the symptoms may continue throughout pregnancy. No one is sure what causes these symptoms, but they are thought to be caused by normal hormonal changes in pregnancy. Although bothersome, nausea and vomiting is usually not a serious problem. However if you are unable to keep any water in your stomach for 24 hours you should call the clinic.

The following suggestions have been helpful for alleviating the symptoms of nausea and vomiting:

- Keep crackers or dry toast by the bed to eat before arising in the morning.
- Change position slowly after eating/sit upright about 1 hour after eating.
- If you are taking prenatal vitamins or iron temporarily stop them.
- When you restart your prenatal vitamins try taking them at night before you go to sleep.
- Eat a high protein snack before bed.
- Drink fluids separate from solid foods (wait an hour after eating, then drink fluids).
- Eat frequent small meals instead of three meals a day so your stomach always has food in it.
- Use acupuncture (SeaBands) to relieve symptoms. These are wristbands that are worn continuously on both wrists that are available at drug stores.
- Add ginger to your diet. Try ginger capsules (2 capsules, 500mg per day) or foods with ginger such as gingerbread, gingersnaps or ginger ale.
- Vitamin B6 (25 mg three times a day). Add ½ tab of Unisom at night and during the day, but it might make you drowsy.

For most women the symptoms of nausea and vomiting decrease as your pregnancy progresses. If your symptoms worsen, please remember to call Mountain View Women's Health at 360-426-0955.

Dental Work and Pregnancy

Proper dental care before, during, and after pregnancy is important for you and your baby. Pregnancy hormones can sometimes cause the gums to swell, which makes it easier for food to become trapped between teeth. The health of your teeth and gums can affect your growing baby.

Dental Care Recommendations

To help prevent infection and maintain healthy teeth and gums, routine cleanings and examinations are recommended throughout the pregnancy.

Dental Care Considerations

- Tell your dentist if you are pregnant or want to become pregnant.
- If you are pregnant, routine X-ray exams should be avoided until after your baby is born. However, they do not need to be avoided if you are trying to become pregnant.
- If you need an emergency procedure that includes a dental X-ray exam during pregnancy, very low levels of radiation will be emitted from the X-ray machines. Lead aprons can be used for protection of the chest, abdomen, and thyroid.
- Your dentist will help you weigh the risks and benefits of dental procedures during pregnancy. If possible, it is best to have dental procedures (such as cavity fillings and crown repair) during the second trimester of pregnancy or after the baby is born.
- If you and your dentist decide to postpone a procedure for any reason, your dentist can suggest treatment to reduce the chance of infection until the procedure is performed.



Mason General Hospital **Birth Center**

Welcome to the Birth Center!

Thank you for choosing to have your baby with us. We are excited to share this special memory with you and your family!

We understand this is a time of great anticipation and excitement. We hope that your tour today helped to answer any questions you may have had. Our staff are here 24/7 and always available to answer any questions you may have at **360-427-9558**.

During your tour, you will receive a copy of [A New Beginning](#) book on how to care for yourself and your baby after you deliver. We highly encourage you to review the book before you come in to deliver. We also recommend viewing the following videos on YouTube: Global Health Media Breastfeeding in the First Hours After Birth, Global Health Attaching Your Baby at the Breast, and SMHC WIS Period of Purple Crying, (https://www.youtube.com/watch?v=1cL3_qVY-14), an 18-minute video that all parents must watch.

Why Choose Mason General Hospital?

It's simple. We have a very caring service in labor and delivery.

One on one care, from the latest pain control medications (i.e. epidural) to natural birth; you are in control with your personal birthing plan.

Moms' needs are met

One of the important aspects of our labor and delivery department is giving mothers various options in prenatal, delivery, and newborn care. Mothers-to-be now have the choice of using a local obstetrician, a local pediatrician, or local family practice physicians.

We work with the practitioner and mother in implementing her selected birth plan.

We support our moms in how they want to give birth – from having the calming atmosphere of family present to requiring high tech assistance.

Our goal is to support the mother and family members in sharing a positive birth experience by providing individualized, highly-skilled care.

Special features of Mason General Hospital

- ✓ Safe and secure nursery and rooms
- ✓ Families are welcome and encouraged to be part of the special event
- ✓ One-on-one care during labor by highly-trained obstetrical registered nurses
- ✓ Birth is in a home-like setting- private labor and delivery rooms complete with Jacuzzi-type bath tubs, and mother-baby rooms
- ✓ Baby stays in the room with mom
- ✓ Breastfeeding support/instructions even after discharge

- ✓ Comprehensive education after delivery for mom and baby care at home.
- ✓ Follow-up phone calls after mom and baby go home to make sure all is going well.
- ✓ Free use of in-room telephone for local calls
- ✓ Complimentary steak dinner for mom and her partner
- ✓ Complimentary MGH certificate with all the birth information and a copy of baby's footprints

Our Visiting Hours: (during labor)*

Our visiting hours are 8 a.m. to 1 p.m. and 3 p.m. to 8:30 p.m. Your immediate labor support people are welcome to be with you during your labor, however we ask that in-and-out traffic after visiting hours is kept to a minimum to respect the need for quiet and privacy of you and other patients.

Our Visiting Hours: (after you have the baby)*

After you have had the baby, visiting hours are 8 a.m. to 1 p.m. and 3 p.m. to 8:30 p.m. 1 to 3 p.m. is quiet time for parents to sleep, bond with baby or have education with their nurse. One support person can stay with you 24/7. We encourage you to take the opportunity to sleep when your baby sleeps, even during the day, during your stay and when you go home. You can expect to be in the hospital 1-2 days after a vaginal delivery and 2-3 days after a Cesarean.

What entrance to use:**

- Mon-Fri: 6 a.m. – 8:30 p.m., use main entrance
- Sat/Sun 8 a.m. – 8:30 p.m., use main entrance
- All other times use the Emergency Department entrance

Word to the wise:

Please consider waiting to call family or post on social media until after your delivery and you are ready for family and friends to come and join you for this precious and special occasion.

Again, we thank you for choosing us. We look forward to seeing you again soon!

****Call the Birth Center during periods of viral outbreaks (such as COVID-19) to get up-to-date information on visitor guidelines. All visitors, such as family members and friends who come to the hospital, and especially to The Birth Center, should be free of fever, coughing, sneezing, vomiting, diarrhea or other contagious illnesses.***

*****An alternate entrance may be used during periods of viral outbreaks (such as COVID-19). Please call 360-427-9558 for instructions on an alternate entrance.***

What to Bring to the Hospital:

For Mom:

- Download a music playlist for labor
- Tennis ball for massage, any other “tools” to help you focus in labor. We have yoga balls.
- Personal care items: lip balm, toothbrush, toothpaste, comb/brush, personal grooming items (We have soap, shampoo, lotion, toothpaste and toothbrushes - but you may prefer your own.)
- Robe, socks, slippers
- Nursing bra or comfortable supportive bra
- Bra pads if breastfeeding (may need enough for a few days if formula feeding)
- Maternity clothes for going home
- Breastfeeding (Boppy or other brand) pillow

For Baby:

- **Car Seat - *install the base in your car per the manufacturer's and your car manual instructions. Practice inserting and removing the carrier part. Bring the carrier part to The Birth Center at MGH the day of discharge, and we will help with adjustments to the straps after the baby is placed in it the first time.*** Another excellent YouTube video is *Baby Center Infant Car Seat Installation*, www.youtube.com/watch?v=FXZhHYcZpqq&feature=youtu.be (We strongly recommend having the installation checked at a free car seat check locations. Local and the Olympia Auto Mall dealers sponsor checks, and some police and fire stations can do them.)
- "Going Home" outfit - undershirt, gown or outfit, booties and a hat
- 1 - 2 receiving blankets

- Bunting bag or heavy blanket - depending on weather
- If formula feeding - have formula, bottles, nipples ready at home
- Burp rag (cloth diaper works well)
- Baby book to have guests sign (so you have a list of visitors)

Breastfeeding Support:

Here at Mason Health, we want to help you breastfeed your baby. We have on-staff Lactation Consultants and our birth center nursing staff are trained to help you with your breastfeeding needs. We will help support you breastfeeding your baby by placing your baby skin-to-skin for the first hour or more after birth, assist you with breastfeeding within the first hour of birth and as needed throughout your stay, and rooming in 24/7.

The benefits of breastfeeding:

Breast milk provides the ideal nutrition for infants. It has a nearly perfect mix of vitamins, protein, and fat -- everything your baby needs to grow. And it's all provided in a form more easily digested than infant formula. Breast milk contains antibodies that help your baby fight off viruses and bacteria.

Breastfeeding lowers your baby's risk of having asthma, allergies or SIDS. Plus, babies who are breastfed exclusively for the first 6 months, without any formula, have fewer ear infections, respiratory illnesses, and bouts of diarrhea. They also have fewer hospitalizations and trips to the doctor.

Breastfeeding has been linked to higher IQ scores in later childhood in some studies. What's more, the physical closeness, skin-to-skin touching, and eye contact all help your baby bond with you and feel secure. Breastfed infants are more likely to gain the right amount of weight as they grow rather than become overweight children. The American Academy of Pediatrics says

breastfeeding also plays a role in the prevention of SIDS (sudden infant death syndrome).

For the mother, breastfeeding burns extra calories, so it can help you lose pregnancy weight faster. It releases the hormone oxytocin, which helps your uterus return to its pre-pregnancy size and may reduce uterine bleeding after birth. Breastfeeding also lowers your risk of breast and ovarian cancer and diabetes.

Since you don't have to buy and measure formula, sterilize nipples, or warm bottles, it saves you time and money. It also gives you regular time to relax quietly with your newborn as you bond.

Colostrum is the earliest breastmilk produced, beginning in mid-pregnancy (12-18 weeks) and is continually produced for the first few days after baby's birth. It is thick, sticky, concentrated milk and is usually yellow, clear or white, although it could be other colors as well. It is made up of immune factors, protein, sugar, and fats.

Source: WebMD, American Academy of Pediatrics, American College of Obstetricians and Gynecologists

The Importance of Colostrum:

Colostrum gives your baby immunity to the germs that are in the surrounding environment. It is protective, coating the intestines to fence these germs out so they cannot be absorbed into your baby's system.

This barrier seals your baby's insides, preparing your little one for a healthy life. Colostrum also kills harmful microorganisms and provides protection from inflammation. It is a laxative as well, and will help clear your baby's system of the meconium (black stool) that has built up while baby was inside of you. Early clearing of meconium helps to reduce jaundice. In healthy full-term babies, colostrum helps to prevent low blood sugar.

Colostrum is important for all babies, and it is particularly important to preterm, immature babies. Premature babies receiving their own mother's colostrum have significantly better health outcomes.

Colostrum is waiting for your baby at birth. Nursing in the first hour will yield a large colostrum feeding that is protective and satisfying for your baby. Remember that your baby's stomach is tiny at birth, so a large feeding may look very small! Learning to suck and swallow milk is easier in small amounts. If for some reason your baby cannot nurse in the early hours, hand express the colostrum so it can be fed to your baby. Hand expressing colostrum generally yields more volume than using a breast pump in the early hours.

The first day, most babies drink about an ounce, divided over several feedings. The amount your baby drinks will be increasing each day. Your colostrum will prepare your baby for the larger feeds ahead, and will fill the tiny stomach, as your own milk will be gradually increasing in amount each day! This will gently stretch your baby's stomach over the first week. By the fourth day, most babies will be drinking colostrum mixed with more mature milk. The colostrum will remain in the milk for the first few weeks.

Colostrum is the most important first food for all infants. Although it is available only in small amounts, it is a powerful food.

About Formula:

While you are staying with us in the Birth Center, we will monitor your baby's weight and hydration. There is rarely a need to supplement a newborn with formula, and the nursing staff or pediatrician will talk to you about supplementing if it becomes necessary. Although we will give your baby formula if it is needed, we try to avoid this because it interferes with the protective colostrum coating and can lead to allergies later. Another reason we try to avoid giving formula is that sometimes babies who are given a bottle or artificial nipple decide they don't want to attach to the breast, causing the breasts to become painfully swollen and full of milk.

Some babies will become fussy and act like they are not getting enough to eat, usually on the second or third day. Although you may be tempted to give your baby formula, it is much better to keep your baby skin to skin and offer frequent feedings of your colostrum. This will bring your milk in even more quickly. If you feel like you are not producing enough colostrum, talk to one of the lactation consultants about showing you how to hand express and feed this "liquid gold" to your baby. Remember, your baby only needs small amounts several times a day so his stomach has time to adjust to the larger amounts of milk that will be coming in a few days.

If you need support in your breastfeeding journey, tell your nurse or provider at the Birth Center. We have trained and certified lactation consultants on hand to help you and your baby!

Source: La Leche League International, Mason Health

