



*Women's Care*  
— *of Lake Cumberland*  
A Part of Cumberland Family Medical Center, Inc.

*Congratulations &  
Welcome to Pregnancy!*



*Specializing in Obstetrics and Gynecology  
for over 30 years!*

*Thank you for choosing Women's Care of Lake Cumberland  
We look forward to serving you during your pregnancy.*

## *About Our Office...*

### *Appointments*

Call our office at (606) 678-0705 or make subsequent appointments while checking out after each of your office visits.

### *Telephone Calls*

If you have questions between visits, please do not hesitate to call the office. Our nurses are experts at handling many women's health problems. You may be asked to leave a message. Every effort will be made to return your call the same day. In case of emergency, call 911 or go to the nearest emergency department.

We request that you limit your after hour calls to true emergencies. If you need to contact us after hours, please first call the labor and delivery triage area at 606-678-3145. You may also call 606679-7441 and the physician on call will be paged.

333 Bogle Street  
Somerset, KY 42503  
Office: (606) 678-0705

## *About Your Care*

### **Prenatal Visits**

Your first OB visit is very important. We will obtain a thorough medical history on you and the father-to-be. Your weight, height and blood pressure will be taken. A urinalysis and pap smear will be performed. A brief trans-vaginal ultrasound may also be done.



We will calculate your due date. This date becomes a “monitoring progress” date. Your pregnancy is measured in weeks and an average term pregnancy is 280 days or 40 weeks from the first day of your last menstrual period. It is important to remember that only 5% of babies are delivered on their due date, although most are born within two weeks of the expected day.

**Due Date = Last period (1st day) minus 3 months plus 1 week**

**(Example: Last period beginning on September 12th would make the due date June 19th)**

You will be given an order to have your blood drawn for prenatal laboratory work. These routine-screening labs will check for hepatitis B and C, HIV, reactive plasma reagent (screens for syphilis), varicella, immunity to rubella (German measles), blood type and screen, and complete blood count. You will also be offered cystic fibrosis screening.

### *Subsequent Visits*



On follow-up visits, we will check your weight and blood pressure. A Doppler will be used to hear the baby's heart tones.

Fetal activity and the size and growth of the baby will be checked. Around 20 weeks, a routine ultrasound is scheduled in our office. An ultrasound uses sound waves to make a picture of the baby moving inside your uterus. Ultrasound tests are used to determine if the baby is developing properly, check the baby's heart rate, and confirm the baby's position and size.

Between twenty-four and twenty-eight weeks you will be screened for diabetes. We recommend you not eat or drink anything sugary for at least 4 hours before coming for the 1-hour glucose test. The 1-hour glucose tolerance test involves drinking a SUPER sugary drink and having your blood drawn one hour later. This will measure your blood sugar level. If the test reveals a high level of glucose in your blood, a more extensive three-hour glucose test will be conducted. You will also be checked for anemia at this time.

If your blood type is Rh negative, you will receive a RhoGAM injection around 28 weeks. This will keep your body from forming antibodies that could fight against your baby's blood if it is Rh positive. You will have this injection again after delivery, if your baby is Rh positive.

### **Genetic Testing**

Genetic testing is offered to every patient. A more specific test can be done based on your personal or family history.

Penta testing is a set of blood tests performed between 15 and 20 weeks to assess a baby's risk for Down syndrome as well as certain spinal cord defects. If the testing is abnormal patients are often referred to a high-risk specialist for further testing.

Cystic Fibrosis is a genetic condition that affects the respiratory and digestive system. 1 in 29 Caucasians, 1 in 45 Hispanics and 1 in 65 African-Americans carry a gene for this disease. Parents can be tested for this condition at any time with a blood test.

Sickle Cell Anemia is common in the African-American population and can be tested for with a blood test.

Other genetic testing would be recommended based upon family history and could include genetic counseling, ultrasound or amniocentesis.

Remember that no lab test is perfect. An abnormal result is not 100% in predicting a problem with the baby.

### **Vaccinations**

Seasonal influenza vaccine (flu shot) is recommended during flu season. This can be taken at any time during pregnancy.

Tdap is a combination vaccine that protects against three potentially life-threatening bacterial diseases; tetanus, diphtheria, and pertussis (whooping cough). This should be taken between 27 and 35 weeks of pregnancy.

## *Everyday Information*

### **Dental Care**

Caring for your teeth during pregnancy is very important and a routine dental examination and treatment is encouraged. Due to hormonal changes, you are more susceptible to cavities, bleeding gums, and gum infections. Tell your dentist that you are pregnant. Local anesthesia injections are safe, but avoid general anesthesia/nitrous oxide IF possible. Use a lead apron if x-rays are necessary.

### **Educational Programs**

There are two classes offered at Lake Cumberland Regional Hospital. For more information or to register call (606) 678-3145 or (606) 378-3176. You may also log on to [www.WCOLC.com](http://www.WCOLC.com).

- Breastfeeding Basics - provides instruction in the techniques and management of breastfeeding.
- Prenatal - gives you an idea about what to expect at the hospital. This includes breathing and relaxation exercises and birthing options that are available.



### **Exercise**

Common sense should guide you regarding exercise. Keeping fit can help prevent back pain, may increase stamina during labor and may speed up your recovery after delivery. When an activity is associated with significant discomfort, it should be discontinued. Your heart rate should remain below 140 beats per minute. If you are not use to exercise, increase your level gradually. Also drink plenty of water and avoid getting overheated or dehydrated.

### **Hot Tubs/Saunas/Whirlpools**

Please avoid these due to the risk of overheating. However, warm baths are safe during pregnancy.

### **Nails**

You may polish your nails and have a professional manicure.

## **Nutrition**

You are eating for two but this only means about an extra 300 calories per day. It is important to have proteins, calcium and omega-3 fatty acids in your diet.

## **Painting/Cleaning**

We recommend that you use only latex paint and that you avoid paint strippers. Keep the area well ventilated where you are cleaning or painting.



## **Seafood**

Seafood is a great source of DHA, which helps build your baby's brain and eyes. You should limit yourself to 2-3 servings of seafood each week. The only fish to avoid are shark, swordfish, king mackerel, tilefish, and albacore tuna.

## **Sexual Relations**

For healthy pregnant women without complications, sex is safe up to delivery.

## **Swimming**

Swimming is fine and may be helpful for sore muscles, back pain, and swelling. Sunburn can make you feel terrible during pregnancy. Use sunscreen. Swimming in a lake, ocean, or pool is safe.

## **Tanning**

Tanning beds are not healthy for you anytime, but should be avoided during pregnancy.

## **Toxoplasmosis**

You should avoid cleaning cat litter boxes and eating undercooked meat due to the risk of exposure to toxoplasmosis. This is a potentially harmful infection, which could cause your unborn baby to suffer permanent eye and neurological damage.



## **Travel**

Travel during pregnancy is not considered harmful for a normal pregnancy, but long tiresome trips should be avoided. The Federal Aviation Administration (FAA) recommends that you do not fly after 36 weeks of pregnancy. Limit cruise ship travel after 20 weeks of pregnancy. When you travel by car, wear your seatbelt low over your hips. Stay within two hours of the hospital during your last month.

## **Smoking**

Please DO NOT smoke during pregnancy. Tobacco smoke is a major source of carbon monoxide, which can interfere with the oxygen supply to the fetus. Your baby will have twice the level of carbon monoxide that you have. Smoking increases the risk of premature delivery, stillborn infants and miscarriages. Smoking even results in a ten times increased risk for SIDS (Sudden Infant Death Syndrome).



## **Weight Gain**

You should gain about 20 to 25 pounds during pregnancy. Most of the weight gain should come in the last two trimesters. If you were overweight before pregnancy, you should gain 15 to 25 pounds. If you were underweight you should gain 28 to 40 pounds.

## **Vitamins**

Be sure to take your prenatal vitamins throughout your pregnancy. A multivitamin that contains 400 to 800 micrograms of folic acid and DHA will greatly reduce the risk of birth defects.

## **Zika Virus**

An infection with the Zika virus during pregnancy can cause severe fetal brain defects. The Zika virus is primarily spread through infected mosquitos. Take measures to avoid mosquito bites during pregnancy. Do not travel to areas of active Zika virus transmission.

## *Discomforts and Illnesses During Pregnancy*

### **Colds/Sinus Infections**

Antibiotics are drugs that fight bacteria, but viruses cause colds. A decongestant (Sudafed or Afrin Nasal Spray) can help you breathe if your nose is blocked. Nose sprays are more effective but shouldn't be used more than a week. A steam vaporizer may make you feel better. An expectorant (plain Robitussin) can help your cough and your chest congestion. Lots of water helps loosen secretions. Tylenol can help aches, sore throat, and feverish feelings. Throat spray and lozenges can soothe your throat. Frequent sips of warm liquids and saltwater gargles may also help. You can take an antihistamine if you need something to help you sleep, but otherwise they are for allergies. If you have allergies and need medications, it is safe to use Allegra, Zyrtec or Clartiin. There is no good medicine to stop a runny nose – that's your immune system trying to flush out the virus.

### **Constipation**

Drink at least eight glasses of water daily. Eating more fresh fruits (especially strawberries and blueberries), vegetables and whole grain foods may help prevent constipation. Maintain a regular exercise program. Miralax, Surfak, Colaseor Milk or Magnesia may be helpful.

### **Diarrhea**

Drink liquids to avoid dehydration. Avoid dairy products. Try eating rice, bananas or toast. Immodium may be helpful. Call our office if it is severe.

### **Headaches**

Rest in a dark room and drink fluids, try relaxation techniques, massage, and or hot/cold compresses. Tylenol 325-650 mg every four to six hours may be helpful.

### **Heart Burn**

Acid contents can reflux into the esophagus and cause discomfort. Tums, Mylanta, Pepcid and Zantac are considered safe but Pepto-Bismol is not.

### **Leg Cramps**

Wear comfortable flat-heeled shoes. Avoid crossing your legs and elevate them whenever possible. If you experience a leg cramp, flex your foot back and pull your toes toward your head. Soak your legs in a warm tub before bed.

### **Lice**

Nix is safe to use to treat lice.



### **Listeriosis**

This is an infectious disease caused by bacteria that is transmitted by some foods. Symptoms include sudden onset of fever, headache, muscle cramps, abdominal pain, nausea, diarrhea, and vomiting. The listeria bacteria can infect the fetus during pregnancy, causing a spontaneous abortion, stillbirth, or an infected newborn. Avoid Mexican style or goat cheese, Brie, Camembert, and blue-veined cheeses unless they say “pasteurized”. Fruit can be a culprit of listeria. Be sure to wash fruits and vegetables well.

### **Nasal Congestion**

You may find using a humidifier, drinking fluids, using a saline nasal spray, or gargling salt water to be helpful. Sudafed may also be helpful.

### **Nausea**

It is also called morning sickness (which can happen during any time of the day) and affects many pregnant women in their first trimester. If you feel sick in the morning, try eating saltine crackers before you get out of the bed. Eating four or five small meals each day rather than three larger meals may also help. This may keep your stomach from getting too full or too empty.

### **Nose Bleeds**

Avoid overheated air, excessive exertion and medicated nasal sprays. Blow your nose gently. Saline spray and Vaseline or Vicks are fine. A cool mist humidifier may also help.

### **Swollen Hands/Feet**

Avoid restrictive clothing and long periods of standing and elevate your legs throughout the day. Drink at least 8 glasses of water daily and limit sodium intake.

### **Vaginal Discharge**

Cervical mucous increases as pregnancy progresses. Wear cotton underwear and a panty liner. Avoid tight pants or jeans. Call the office if you have itching, a change in color or consistency of discharge or a foul smelling discharge.

### **Vaginitis**

Vaginitis is an irritation of the vagina or vulva and may be caused by a yeast infection. Monistat 7, Monistat 3, and Gyne-Lotrimin are considered safe to use for treatment.

### **Varicose Veins**

Avoid long periods of standing and crossing your legs. Walking with periods of rest, wearing support hose, and elevating your legs may be helpful.

## *WARNING SIGNS*

### **Preterm Labor**

Warning signs for preterm labor include an increase or change in vaginal discharge, pelvic or low abdominal pressure, abdominal cramps with or without diarrhea and regular contractions that do not subside with rest.

### **High Blood Pressure**

Toxemia or preeclampsia develops in fewer than 10% of pregnant women. The cause of this potentially serious condition is unknown. Warning signs of preeclampsia are raising blood pressure readings, right upper quadrant pain, blurred vision, persistent headaches, and significant swelling of hands, feet and face.

### **Bleeding**

Bright red bleeding with or without pain is not normal. If you have bright red bleeding that is heavier than a normal period come straight to the hospital.

## *Safe Medications During Pregnancy*

- Tylenol
- Plain Robitussin
- Plain Sudafed
- Unisom ½ AM, ½ PM
- Vitamin B6
- Immodium
- Claritin
- Allegra
- Zyrtec
- Tylenol PM
- Miralax
- Colace

## *Development of the Baby*

A baby starts out as a fertilized egg no bigger than the period at the end of this sentence. The baby will change and grow every single day. It will take 280 days or 40 weeks before the baby is fully developed. Pregnancy is often divided into three periods called trimesters.

### **First Trimester (0-12 weeks)**

By the end of the first month the baby will be one-half inch in length and weigh less than one ounce. Organs such as the heart, brain and lungs are beginning to form. The placenta and umbilical cord are developing. The umbilical cord carries nourishment to and waste away from the baby.

By the end of the second month the baby will be one and one-eighth inch in length and weigh less than one ounce. The arms and legs are starting to form. The head is large in proportion to the rest of the body because the brain is developing rapidly. Facial features become more pronounced.

By the end of the third month the baby will be four inches in length and weigh one ounce. The baby is called a fetus and teeth and lips begin to develop. The kidneys produce urine and tooth buds appear.

### **Second Trimester (13-28 weeks)**

By the end of the fourth month the baby will be seven inches in length and weigh five ounces. Eyelashes, fingernails, and toenails are forming. The baby has vocal cords and taste buds and can suck its thumb.

By the end of the fifth month the baby will be eight to twelve inches in length and weigh about one-half to one pound. Hair begins to grow and a protective coating of vernix (a white, greasy substance) covers the baby.

By the end of the sixth month the baby will be eleven to fourteen inches in length and weigh about one to one and one-half pounds. The baby can open and close its eyes, cough and hiccup.

### Third Trimester (29-40 weeks)

By the end of the seventh month the baby will be fifteen inches in length and weigh about two and one-half to three pounds. The baby's skin is red and wrinkled because there is practically no fat under it. The baby can respond to stimuli (pain, light, and sound).

By the end of the eighth month the baby will be sixteen and one-half to eighteen inches in length and weigh four and one-half to six pounds. The bones continue to harden as the baby develops and the baby can hear sounds outside your body.

By the end of the ninth month the baby will be twenty to twenty-two inches in length and weigh six to eight pounds. The baby will have smooth skin and the bones of the head will be soft and flexible for delivery.



## *Labor and Delivery*

**Bloody Show:** Discharge increases late in pregnancy, and sometimes mucous is mixed with blood. The show may happen as contractions start or may happen many days earlier as the cervix starts to thin.

### **False Labor**

- There is no bloody show.
- Contractions are irregular and not progressively closer together. Walking, changing activity or changing positions may relieve or stop the contractions.
- There is no change in cervix.

### **If Your Water Breaks**

We want you to come to the hospital when your water breaks. Even if you are not having contractions.

### **Actual Labor**

- A “bloody show” may be the first sign. It is usually associated with cramp-like pains.
- Contractions get stronger, occur more frequently and last longer.
- Walking, changing activity or changing position doesn't affect the intensity or frequency of contractions.
- Cervix dilates.

Please go to the hospital when your contractions are 5 to 7 minutes apart and have been happening for over an hour.

*Labor with the first baby varies with different patients, but on average lasts 12-14 hours. After the first baby, labor averages 5-6 hours.*

### **Pain Relief Options**

- Natural – no use of medications during labor. Used in conjunction with relaxation and breathing techniques.
- Epidural – anesthetic injected through a catheter in the lower back which numbs the lower abdomen, legs and birth canal.
- IV Narcotics – pain medications that are given through your IV.

## *Ways to Give Birth*

### **Vaginal Birth**

The first stage of labor starts with the onset of labor and is completed when the cervix is completely dilated to 10 centimeters. The first stage of labor can take quite a long time, especially with a first baby. This stage of labor could last twelve to fourteen hours.



The second stage of labor starts with the cervix becoming fully dilated and is completed with the delivery of the infant. The second stage of labor is much shorter than the first stage. The contractions are now very close together and the baby is being pushed out.

The third stage of labor begins after the delivery of the infant and is completed with the delivery of the placenta or afterbirth. This stage lasts only a few minutes and minimal pushing is needed.

### **Cesarean Birth (C-Section)**

Cesarean birth involves removal of the baby through the mother's abdominal wall. There are numerous reasons for cesarean deliveries. Some are known prior to labor, but many aren't identified until after labor begins and progresses. Any one or a combination of the following conditions can lead to a cesarean birth.

- **Abnormal Presentation** – The baby's position prevents normal head first delivery. Delivering a baby with a breech presentation (buttocks or legs as the presenting part) can cause risk to the baby's well-being. A baby in a transverse position (lying sideways in the abdomen) cannot be delivered vaginally.
- **Cephalopelvic Disproportion**- The baby's head or body is too large to pass through the birth canal.
- **Fetal Distress**- The baby's heartbeat may appear abnormal during labor, indicating possible trouble for the baby.
- **Maternal Bleeding**- The placenta can separate from the uterus prematurely and disturb the oxygen supply to the baby. Additionally, the placenta can become positioned over the cervix and prevent passage of the baby.
- **Maternal Medical Condition**- Toxemia, genital herpes, diabetes, heart disease and certain other medical conditions in the mother can lead to a Cesarean birth in some situations.
- **Previous Cesarean Birth**- The previous scar in the uterus may be weak and allow rupture of the uterus during labor.
- **Prolapsed Cord**- The baby's umbilical cord comes out of the vagina ahead of the baby and can endanger it by cutting off its oxygen supply.



## *Postpartum*

Most women spend 48 hours in the hospital after a vaginal birth. If you have a cesarean or any complications, you may stay longer.

### **Postpartum Discomforts**

- **Afterbirth Pains/Cramping-** These are due to the uterus contracting as it returns to normal size. They usually only last a few days. We recommend changing your position often, emptying your bladder frequently, using a heating pad and/or taking ibuprofen.

- **Bleeding-** It is called “lochia” and occurs in 3 stages. The first stage is bright red and may last for about 3 days. The second stage is a medium red and may last about 1-3 weeks. Finally, the last stage will be a brownish color and may last for approximately 3 weeks.

- **Constipation-**The pressure exerted during labor can cause the rectum to become numb and the muscles that push the bowel movements to be sluggish. Try increasing your fluid intake and fiber. You may also want to consider a stool softener.

- **Emotional Changes-** It is normal to feel exhausted, overwhelmed and sleep deprived. Your lifestyle has changed and fluctuating hormones might cause anxiety and feelings of helplessness. These “baby blues” are common, so expect that they might happen. Usually though, postpartum depression doesn’t last longer than a few days. If you find yourself unable to function, you have no interest in your baby, or can’t sleep or eat please call the office.

- **Loss of Bladder Control or Leakage of Urine-** This is often from decreased perineal muscle tone. Try doing Kegel exercises. In Kegel exercises, you tighten the pelvic floor muscles the way you would to stop the flow of urine in midstream. The muscles will pull together in the form of a figure 8, and the pelvic floor will lift slightly. You should hold these muscles tightly for two or three seconds and then release them. Repeat for several minutes twice a day.

### **Signs and Symptoms to Report after Delivery**

- Fever over 100.4
- Bleeding heavier than a menstrual period. Soaking more than one pad in an hour.
- Chest pain and/or cough
- Nausea and vomiting
- Burning, pain, urgency (frequent, strong desire to void) with urination
- Perineal pain and tenderness that does not subside
- Postpartum depression

**Postpartum Check** - At your six-week postpartum visit, your provider will evaluate to be sure your body is healing well and is returning to its pre-pregnant state. This is the time we will discuss your birth control options.

*We feel honored that you have chosen Women's Care of Lake Cumberland to take care of you during this exciting time. We look forward to caring for you during your pregnancy, labor and delivery and postpartum period and for all of your future women's healthcare needs.*



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