YOUR GUIDE *through* PREGNANCY

TAHOE FOREST WOMEN'S CENTER

TAHOE FOREST
HEALTH SYSTEM

Welcome to TAHOE FOREST WOMEN'S CENTER

We are grateful to partner with you on your pregnancy journey. The purpose of this packet is to provide information to help guide you through your pregnancy and the postpartum period. Pregnancy can be a time of intense emotional and physical stressors. Although it may feel like there are many things out of your control, there are some things you do have control over – some of these include making healthy choices for nutrition and attending all your prenatal appointments. We hope you find this guide to be a useful tool while navigating this time.

We are here for you. Congratulations!

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MEET *the* TEAM

Dr. Emily Bevan

Dr. Emily Bevan joined Tahoe Forest Health System in 2024. Dr. Bevan's extensive background includes a residency in Obstetrics and Gynecology at the University of Massachusetts Medical School. She earned her medical degree from The Royal College of Surgeons in Ireland and holds a Bachelor of Arts in French with minors in chemistry and dance from the University of Washington. She is an experienced and board-certified obstetrician and gynecologist who brings a wealth of knowledge and a deep commitment to women's health. Dr. Bevan loves exploring the outdoors with her family and enjoys skiing, biking and hiking. She also plays the piano and loves to travel.

Dr. Shawni Coll

Dr. Coll was appointed to the Tahoe Forest Health System medical staff in 2004. She completed her medical education at Western University of Health Sciences, and her Obstetrics and Gynecology residency at the Kern Medical Center and University of Washington Medical School. Dr. Coll is certified by the American Board of Obstetrics and Gynecology. Dr. Coll's interests are her three children and family, running, reading and being outdoors.

Dr. Sarah Fletcher

Dr. Fletcher joined Tahoe Forest Health System in 2021 after working for many years at Kaiser in Sacramento. She completed her medical education at the University of New Mexico, School of Medicine, and her Obstetrics and Gynecology residency at the University of California Davis Medical Center. Dr. Fletcher is certified by the American Board of Obstetrics and Gynecology. She enjoys skiing, hiking and running throughout the region, and regularly practices yoga. Dr. Fletcher and her husband are delighted to be raising their two boys in the mountains.

Dr. Kristy Howard

Dr. Howard joined Tahoe Forest Health System in 2021. She completed her medical education at Midwestern University – Chicago College of Osteopathic Medicine and her Obstetrics and Gynecology residency at Rush University Medical Center. Dr. Howard is certified by the American Board of Obstetrics and Gynecology. She is originally from the Pacific Northwest, but always dreamed of moving to the Tahoe area. In her free time she enjoys hiking, skiing and spending time with her husband and three kids.

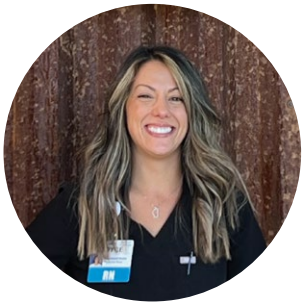
Dr. Cara Streit

Dr. Streit became part of the Tahoe Forest Health System in 2017. She completed her medical education at University of Nevada, Reno and her Obstetrics and Gynecology residency at University of California Davis Medical Center. Dr. Streit is certified by the American Board of Obstetrics and Gynecology. Dr. Streit is a Tahoe native and was born at Tahoe Forest Hospital. She returned to the Truckee-Tahoe area with her husband and two children. Dr. Streit and her family enjoy Nordic and alpine skiing, backpacking, and trail running.

Dr. Peter Taylor

Dr. Taylor has lived and practiced in Truckee since 1987. He completed his medical education at University of California Davis and his Obstetrics and Gynecology residency at St. Francis Hospital and Medical Center. Dr. Taylor is certified by the American Board of Obstetrics and Gynecology. He enjoys cycling, hiking and cross country skiing. Occasionally he fells a tree. He is married and has a son who is a cardiologist and a daughter who is a physical therapist.

Joyce Guglielmo, RN

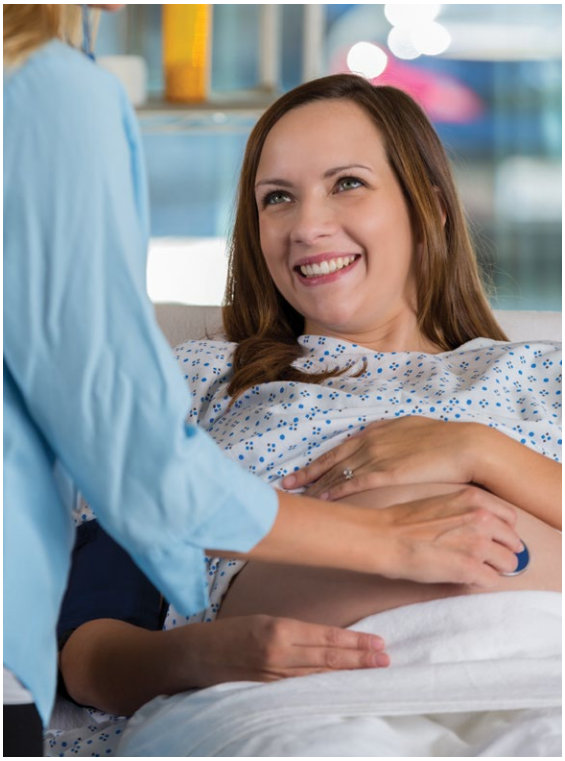


Joyce Guglielmo joined Tahoe Forest in 2016 as a Labor and Delivery Nurse. In 2022 she left to pursue travel nursing and returned in 2024. Joyce graduated from the University of San Francisco, CA with a Bachelors in Nursing and started her nursing career as a cardiac nurse at Renown Regional Medical Center, where she also received Labor and Delivery training. She enjoys spending her free time snowboarding, hiking, paddle boarding, doing carpentry projects and reading murder mysteries. She also spends her free time with her boyfriend and her dog, Ross.

Holly Bosse, RN

Holly Bosse joined the Tahoe Forest Health System in 2021. She completed her nursing education at Carrington College in Reno, NV. She has a background in Pediatric nursing and is also a Certified Lactation Counselor. She enjoys trail running with her dogs, snowboarding, backpacking and spending time with her husband and three children.

CONTACTS



Tahoe Forest Women's Center - (530) 587-1041
Nights, weekends and holidays there is an answering service that will connect you with the on-call doctor

Tahoe Forest Labor and Delivery - (530) 582-3280
Please call if you are on your way to the hospital to alert our staff

Tahoe Forest Lactation Line - (530) 582-3247

Perinatal Care Coordinator - (530) 582-3297

911 if there is a medical emergency

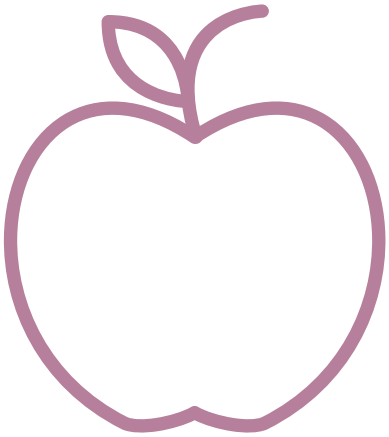
988 suicide and crisis lifeline

MyChart
This gives you access to view your test results and email your doctor. MyChart is for NON-URGENT questions and is not monitored overnight, on weekends and holidays. Learn more at **TFHD.com/mychart**.

NUTRITION

Eating well is one of the best things you can do for your pregnancy. Good nutrition helps you handle the extra demands on your body as your pregnancy progresses. The goal is to balance getting enough nutrients to support the growth of your fetus and maintaining a healthy weight.

- Aim for 10 cups of water per day
- Take a prenatal vitamin with a minimum of 400 mcg of folic acid each day. Certain pregnancies may require more folic acid, please discuss with your doctor.
- Ensure your prenatal vitamin also contains at least 30 mg of iron each day
- Limit caffeine to 200 mg a day or less
- Food Safety
  - Wash fruits and vegetables before eating raw or cooking
  - Reheat hot dogs and luncheon meats/cold cuts/fermented or dry sausage, even though precooked



Helpful Websites:
acog.org/womens-health/faqs/nutrition-during-pregnancy

www.myplate.gov — Interactive, healthy eating resources from the U.S. Department of Agriculture (USDA)

FOOD *to* AVOID

Foods we recommend avoiding in pregnancy:

- Raw or undercooked meats and seafood (sushi)
- Raw sprouts
- Unpasteurized juice, cider and dairy – read labels for the word “pasteurized,” especially on soft cheeses
- Commercially pre-made meat or seafood salad (such as deli chicken, ham, or tuna salad)
- Refrigerated smoked seafood
- Refrigerated pâté or meat spreads from a deli or meat counter
- Fish high in mercury like swordfish, ahi, shark and mackerel
- Foods that contain raw eggs like cookie dough, egg nog, some homemade salad dressings, meringue and mousse
- Energy drinks and soda
- Most herbal products or supplements

EXERCISE

If you are healthy and your pregnancy is normal, it is safe to continue or start regular physical activity.

Regular exercise* during pregnancy benefits you and your fetus in key ways including:

- Reduces back pain
- Eases constipation
- May decrease your risk of gestational diabetes, preeclampsia and cesarean birth
- Promotes healthy weight gain during pregnancy
- Improves your overall fitness and strengthens your heart and blood vessels
- Helps you to lose baby weight after your baby is born

**We recommend avoiding skiing, snowboarding, and mountain biking after 16 weeks.*

To learn more, go to:
acog.org/womens-health/faqs/exercise-during-pregnancy

ALCOHOL

It is important to avoid alcohol during your pregnancy. Don't worry if you had a few drinks before you knew you were pregnant.

CIGARETTES

If you use tobacco, we encourage you to quit early on in your pregnancy journey. Quitting tobacco helps your baby grow and reduces long-term conditions such as asthma, respiratory infections, and learning disabilities later in life. It also reduces the risk of SIDS.

If you smoke, no matter how careful you are, nicotine and other toxins can be introduced to your baby's environment from your skin and clothes. It is also important to encourage other smokers in the home to quit. Nicotine is passed through breast milk which can make babies agitated, restless and cause diarrhea and vomiting.

E-cigarettes

E-cigarettes are not regulated, so it is hard to know what kinds of chemicals they contain or how much. E-cigarettes often contain nicotine and have been linked to premature birth, low birth weight, miscarriage and stillbirth, so it is best to avoid using e-cigarettes or vaping while you're pregnant.

Marijuana

There is not enough information to know if a specific amount of marijuana is safe during pregnancy. Marijuana is linked to problems with pregnancy and your baby's development. Some babies exposed to marijuana during pregnancy go through withdrawal after birth. Edibles do not appear safer than smoking marijuana. Although CBD products do not contain THC and will not make you feel high, this doesn't mean they are safe to use during pregnancy or breastfeeding. Avoid marijuana while breastfeeding since it crosses into breast milk.

If you are concerned about tobacco, alcohol, or substance use, please reach out.

Call (530) 587-1041 or talk to your doctor.

SEX

Intercourse is safe unless your provider tells you otherwise. You may experience spotting after sex. If spotting continues or if you are worried, call your provider to check in. You do not need to worry about harming your baby through intercourse. Your uterus, amniotic sac and cervix all protect the baby. Sex may feel different during your pregnancy due to increased blood flow to your pelvic area and breasts. Some enjoy sex more during pregnancy, and others don't like the change. You may experience Braxton Hicks contractions after sex. This is normal and safe.

It is always okay to say "no" to sex.

MENTAL *health*

Pregnant people who have a history of anxiety or depression are at higher risk of mood disorders during pregnancy and in the first year postpartum. If you think you may want additional support during your pregnancy and/or in the postpartum period, consider establishing a relationship with a therapist now. Mood and anxiety disorders are treatable during pregnancy.

National Maternal Mental Health Hotline - (833) 852-6262

IMMUNIZATIONS

Everyone has the opportunity to protect babies and themselves by getting vaccinated! We recommend the annual influenza (flu) and COVID vaccines. All pregnant people should also receive Tdap in the third trimester. Finally, RSV vaccine is recommended in the third trimester between September and January. It is also important that your partner and other children in the home are up to date with their vaccines and any family members who will be in close contact with your baby.

TRAVEL

Once an intrauterine pregnancy is established, there is no reason to put off taking trips during a healthy pregnancy.

Tips for Traveling:

- Always buckle up
- If traveling by car, get out every 2 hours to take a short break that involves movement to get your blood moving well
- Most airlines allow pregnant people to fly up to 37 weeks
- Schedule a prenatal checkup shortly before you leave on your trip
- Keep travel flexible
- If traveling internationally, check the CDC website for country-specific recommendations on travel during pregnancy

COMMON PREGNANCY COMPLAINTS & MEDICATION

No medication is absolutely safe in pregnancy.
Call your provider with sudden, severe, or prolonged pain.

Complaint	...but why?!	Recommendations
Back Pain	• Strain from pregnancy weight gain • Abdominal muscles stretched and weakened • Change in the curvature of the spine • Production of the hormone relaxin which allows for pelvic relaxation in preparation for birth	• Get regular exercise • Wear low-heeled shoes with good arch support • Place a board between the mattress and box spring if your bed is too soft • Squat down, bend knees and keep the back straight when lifting • Sit in chairs with good back support • Sleep on your side with pillows between your legs • Apply heat, cold or massage to the painful area in your back • Take Tylenol 325 mg up to 1 gram every 8 hours. Do not exceed 3 grams in 24 hours. **Please contact our office:** If these measures are not helpful, you have shooting pain down your legs, and/or develop numbness or weakness in your legs
Common Cold	• Typically due to a virus	• Symptoms typically resolve within 10 days and typically do not require antibiotics • Increase rest • Drink plenty of water (64-96 oz/day) • Cool mist humidifier • Saline nasal spray for congestion • Honey or honey-containing preparations for cough. You may also take guaifenesin (Mucinex, Robitussin cough syrup. • Sugar free throat lozenges for sore throat • Take Tylenol 325 mg up to 1 gram every 8 hours. Do not exceed 3 grams in 24 hours. **Please contact our office:** If symptoms are severe, persistent, or accompanied by a fever please get tested for COVID and influenza

Complaint	...but why?!	Recommendations
Constipation	• Compression on rectum by uterus • Pregnancy hormones slow digestion	• Light exercise such as walking • Drink plenty of water (64-96 oz/day) • Prune juice • High fiber grains, raw vegetables and fruit, beans • Supplemental fiber such as Metamucil or Citrucel • If you have not had a bowel movement for 3 days then use Miralax
Headaches	• May be due to hormonal changes • May be a symptom of preeclampsia after 24 weeks	• Increase rest • Ensure adequate water intake • Apply heat, cold or massage to the back of the neck • Take Tylenol 325 mg up to 1 gram every 8 hours. Do not exceed 3 grams in 24 hours. **Please contact our office:** If your headache is not alleviated with Tylenol
Heartburn	• Growing uterus pushes up on stomach • Pregnancy hormones weaken the sphincter between the stomach and esophagus allowing stomach acid to leak into esophagus • Pregnancy hormones slow digestion	• Avoid lying down within 3 hours of eating • Avoid eating 3 hours prior to bedtime • Try small, frequent meals and avoid greasy, spicy and acidic foods • Prop body up with pillows at bedtime • Stay hydrated • Tums, Maalox, or Mylanta if taking several per day then you may try over-the-counter Pepcid 10 mg up to 2 tablets daily
Hemorrhoids	• Constipation • Increased pressure on rectum and perineum • Increased blood flow and pressure causing restriction and pooling of blood flow in veins	• Treat constipation • Soak in warm bath • Apply ice pack, witch hazel or hemorrhoid cream to rectum for relief

Complaint	...but why?!	Recommendations
Insomnia	• Frequent urination • Anxiety • Discomfort/active baby	• Regular sleep schedule • Limit liquids prior to bedtime • Avoid caffeine after noon • Warm bath before bed • Body pillow for sleeping • Limit screen time prior to bed • Unisom (doxylamine): ½ -1 tablet at bedtime
Leg Cramps	• Increased pressure on nerves leading to leg cramping - Slowed blood circulation	• Massage legs • Walking, stretching • Straighten leg and flex foot toward you to relieve cramps **Please contact our office:** If you have redness, warmth, and/or pain in your calf, back of the knee, thigh, or groin
Nasal Congestion	• Pregnancy hormones and increased blood flow • May be due to environmental allergies	• May not need treatment if no prior history of allergies • Cool mist humidifier • External nasal dilator strips at nighttime • Saline nasal spray 1-2 times daily • Over-the-counter anti-histamine (Zyrtec or Claritin)

Complaint	...but why?!	Recommendations
Nausea and Vomiting	• Thought to be related to hormones in pregnancy, specifically HCG (human chorionic gonadotropin)	• Eat small, frequent meals • Avoid foods or smells that make you feel sick • Use acupuncture or acupressure bands like Sea bands • Smell fresh lemon, ginger, mint or orange • Safe over-the-counter medication: - Vitamin B6: 50 mg three times a day, and - Unisom (doxylamine): ½ -1 tablet at bedtime **This takes regular use for one week to be helpful* - If you still have nausea, you can take an additional half tablet in the morning (it may make you sleepy) or we can prescribe a long-acting formulation of these medications **Please contact our office if you:** • Throw up every day • Have blood in your vomit • Are losing weight • Have pain or cramps in your belly • Feel dehydrated. Signs include dark yellow urine, dizziness when you stand up and infrequent urination.
Nosebleeds	• Pregnancy hormones and increased blood flow	• Cool mist humidifier • Stay well hydrated
Varicose Veins	• Increased blood flow and pressure causing restriction and pooling of blood flow in veins	• Elevate legs when possible • Reduce standing times • Try compression socks or stockings

TESTS *and* EXAMS DURING PREGNANCY

First Trimester

- We request that you try to meet every provider at least once during your prenatal visits
- Your first appointment is typically around 8-10 weeks
- There is a follow up visit at 12 weeks
- Your first appointment may include a breast and pelvic exam
- During a pelvic exam, it may be recommended that you have a Pap test (screening for cervical cancer) if you have not had one in the past 3-5 years
- A pelvic ultrasound may be performed in the office to confirm your due date. This is done with a vaginal ultrasound probe as this is the best way to see the structures necessary to confirm an early intrauterine pregnancy.
- **Blood testing will be ordered at your initial appointment. Tests include:**
  - Blood type
  - Complete blood count (to screen for anemia and to check your platelet count)
  - Screening for diabetes
  - Screening for urinary infection
  - STI panel
- You may elect to have a second ultrasound performed between 11-14 weeks. This ultrasound may detect abnormalities with your pregnancy earlier than if you wait for the 20 week anatomy ultrasound. This ultrasound measures the thickness on the neck of the fetus (called nuchal translucency). When this thickness is increased, there is a higher chance of a chromosomal abnormality, genetic syndrome, or birth defects. This specialized ultrasound is performed by maternal-fetal medicine (MFM or perinatologist) specialist in Reno, NV or Sacramento, CA. Please inform your OB-GYN if you would like a referral for this ultrasound.

Genetic Testing

Whether or not to undergo genetic screening and testing is a personal choice.

- **Preconception genetic carrier screening**
  This screening blood test checks the PARENTS prior to conception to identify couples at risk for having an affected offspring. If both the egg source and the sperm source are carriers of the same genetic condition, this test enables these couples to make informed reproductive choices. Please consider this test and talk to your doctor if you have a family history of a single gene birth defect (like Cystic Fibrosis, Tay Sachs, or Sickle Cell Anemia).
- **Prenatal genetic screening**
  Prenatal genetic screening gives parents-to-be information about whether their fetus is at higher risk of certain genetic disorders. There are two types of prenatal tests for genetic disorders:

  1. **Prenatal screening tests:** These tests can tell you the chances that your fetus has an abnormal number of chromosomes and a few other disorders.
  2. **Prenatal diagnostic tests:** These tests can tell you whether your fetus actually has certain disorders. These tests are performed on cells from the fetus or placenta and are obtained through amniocentesis or chorionic villus sampling (CVS).

Both screening and diagnostic testing are offered to all pregnant women.

How do I decide if I should do genetic testing?

It is your choice whether to have prenatal genetic testing. Your personal beliefs and values are important factors in the decision about prenatal testing. It can be helpful to think about what you would do if a diagnostic test result comes back positive.

Some parents want to know beforehand if their child will be born with a genetic disorder. Knowing beforehand allows the option of deciding not to continue the pregnancy. If you choose to continue the pregnancy, knowing beforehand gives you time to prepare for having a child with a disorder. There is no right or wrong answer. Talk with your doctor or a genetic counselor about your test results.

Genetic Testing

Scan for Horizon™ screening options

Horizon™ | Comprehensive, actionable carrier screening

Horizon™ Advanced Carrier Screen looks at **your DNA** to screen for inherited genetic conditions, such as cystic fibrosis, spinal muscular atrophy, and fragile X syndrome. The test determines **your chance of having a child with these or other conditions.** Results are typically available in two weeks.

Panorama™ | Noninvasive prenatal testing (NIPT)

Scan to learn more about Panorama™ NIPT

Unlike the conditions screened for by Horizon™ carrier screen, Panorama™ Noninvasive prenatal testing (NIPT) screens for **genetic changes that happen by chance and are not typically inherited**.

During your pregnancy, your blood contains DNA from both you and your baby's placenta. Panorama™ NIPT looks at the placenta DNA to see if there is evidence of certain chromosomal conditions, such as Down syndrome, that could affect your baby's health.

Results are typically available in one week. You will receive a personalized risk report that indicates if your pregnancy is at high or low risk for the screened conditions.

Second Trimester

- Office visits typically at 16, 20, and 24 weeks
- **AFP testing**
  Maternal serum alpha-fetoprotein (MS-AFP) screening is performed between 15 and 20 weeks. It looks at your blood for a protein made in the developing fetus. This may show whether the fetus has a birth defect called a neural tube defect. The most common type of neural tube defect is open spina bifida (opening in the spine).
- **Anatomy scan**
  This ultrasound takes place around 18-22 weeks into your pregnancy. This ultrasound looks for structural abnormalities. During this ultrasound you may find out the sex of your baby (if you did not already find out with the first trimester genetic testing), but of course you can also keep the sex of your baby a surprise. While ultrasounds can significantly improve our ability to assess a pregnancy for certain abnormal findings, they cannot see all abnormalities or problems.
- **Glucose testing**
  This test measures the level of glucose (sugar) in your blood. A high blood sugar level may be a sign of gestational diabetes, which can cause problems during pregnancy. For this test, you drink a special sugar mixture provided by the lab. One hour later, blood is collected and sent for testing. If your blood sugar level is high, you will have a second glucose test to confirm whether you have diabetes.

  Initial glucose testing is usually performed between 24 and 28 weeks of pregnancy, but may be done earlier if you have certain risk factors. If you are diagnosed with gestational diabetes, you will meet with a nutritionist who will help you develop a plan for diet management. You will also be taught how to self-monitor your blood glucose levels. Some women require medication to treat gestational diabetes.

- **Complete Blood Count**
  This is repeated to screen for anemia and check your platelet count.
- **Antibody Testing and Rhogam**
  This is checked if your blood type is Rh negative. Rhogam is given in the clinic at 28 weeks for most pregnant people who are Rh negative. You also need Rhogam if you experience vaginal bleeding during pregnancy and are Rh negative.

Third Trimester

- Office visits typically every two weeks from 28-36 weeks and then weekly until delivery
- **Group B streptococcus** (Group B strep or GBS)
  GBS is a common bacteria found in the digestive, urinary and reproductive tracts of many healthy adults. Anyone can be a carrier of GBS, it does not cause a serious illness in adults and it is not a sexually transmitted infection. It is found in 10-30% of pregnant women.

  At 36 weeks of pregnancy, we will test for the presence of GBS at your appointment. This is performed by placing a swab in your vagina and anus. If you test positive for GBS, you will receive antibiotics during your labor or after your water breaks through an IV to decrease the risk that this is passed to your newborn baby.
- **Ultrasound**
  At 36 weeks your provider will use an abdominal ultrasound probe in the office to confirm the position of your baby. If your baby is not head down, the doctor will discuss your options – external version (a maneuver used to attempt to rotate your baby to head down) and or/scheduling a cesarean birth.
- **Cervical Exam**
  At 39-40 weeks your provider may offer to check your cervix for dilation and effacement.
- **Fetal Non-stress Test**
  A fetal non-stress test is a test of fetal well-being that measures what happens to your baby's heart rate in response to its own movement. A sensor will be strapped to your belly to pick up your baby's heart rate. This test is performed in certain circumstances during pregnancy.
- **Amniotic Fluid Check**
  Also called amniotic fluid index (AFI) or maximum vertical pocket (MVP) measures the amount of amniotic fluid in the uterus. A low amniotic fluid level can indicate ruptured membranes, placental problems or other complications. This test is performed in certain circumstances during pregnancy.

BABY'S MOVEMENT

Most pregnant people start to feel a gentle flutter around 16-20 weeks. As your baby gets bigger, the types of movements you feel often change. Babies have active times and quiet periods that you will probably start to notice as your baby grows. If you have not felt the baby move in a while or if you have any concerns, you can do a fetal movement count.

Tips for Fetal Movement Counting:

- Empty your bladder
- Drink some cold water
- Lay on your side in a quiet setting
- Normal fetal movement is feeling 10 or more movements in two hours
- You can count any time of day, but it helps to choose a time when you've noticed your baby is active
- You may use an app or pen and paper to help keep track of your baby's normal pattern of movement
- Kicks, twists, rolls, flutters, twitches and turns all count, but hiccups should not be counted

Call your doctor immediately if you are concerned about your baby's movement or go to labor and delivery. Please do not wait overnight if you think something is wrong. Do not feel silly reporting decreased fetal movement. If you have any questions about your baby's movement, please ask!

WHEN *to* CALL YOUR DOCTOR

CALL 911 ANYTIME YOU THINK YOU NEED EMERGENCY CARE if you have:

- **Heavy vaginal bleeding**
- **Severe belly pain**
- **Chest pain**
- **A seizure**
- **Passed out** (lost consciousness)
- **See or feel the umbilical cord**
- **Think you are about to deliver your baby and do not feel you can make it to the hospital**

Call your doctor at (530) 587-1041 if you have:

- **Vaginal bleeding**
- **Belly pain**
- **A fever**
- **Are dizzy or lightheaded**
- **Redness, warmth and/or pain in your calf, back of the knee, thigh, or groin**
- **Possible symptoms of preeclampsi**a (over 20 weeks of pregnancy)
  - Sudden swelling in your face, hands or feet
  - Severe headache
  - New vision problems
  - Pain in the upper belly, usually under the ribs on the right
  - Nausea or vomiting
  - Shortness of breath
- **Think your water broke**
  - Sudden or constant leakage of fluid from your vagina
- **Think you are in labor**
  - If you are **less than 37 weeks** and are feeling more than four contractions per hour for two consecutive hours
  - If you are **more than 37 weeks** and are feeling regular contractions, less than 5 minutes apart, which are difficult to talk and walk through
- **Symptoms of an urinary infection**
  - Pain or burning when you urinate
  - Flank pain (pain below your ribcage on your back)
  - Blood in your urine

Call your doctor at (530) 587-1041 if you have:

- **Symptoms of a vaginal infection**
  - Vaginal odor, itching, or burning
- **Symptoms of heart problems**
  - New shortness of breath
  - New or increased swelling in your legs
  - Sudden weight gain (more than 5 pounds in one week)
- **You feel sad or anxious for more than a few days**
- **You have a skin rash, itching, or color changes**
- **You have other concerns about your pregnancy**

Please be sure to attend all of your appointments and call your doctors if you are having problems.

RESOURCES

- **American College of Obstetricians and Gynecologists (ACOG):** www.acog.org/womens-health/resources-for-you
- **Breast pumps:**
  - **Hygeia:** www.hygeiahealth.com/pro
  - **Aeroflow**: aeroflowbreastpumps.com/breast-pumps
  - **Edgepark**: www.edgepark.com/breast-pumps-and-supplies/c/L1-23
- **California Prenatal Screening Program:** www.cdph.ca.gov/Programs/CFH/DGDS/Pages/pns/patientinformation.aspx
- **Centers for Disease Control (CDC):** www.cdc.gov/pregnancy
- **La Leche League:** llli.org
- **March of Dimes:** www.marchofdimes.org/find-support/topics/pregnancy
- **Mother To Baby:** mothertobaby.org
- **Natera Prenatal Screening Program (the genetic testing company we use):** www.natera.com/womens-health
- **Spinning Babies:** www.spinningbabies.com
- **Tahoe Forest Wellness (pre and postnatal classes):** tfhd.com/baby-me
- **Women, Infant and Children Program (WIC):** www.cdph.ca.gov/Programs/CFH/DWICSN

Helpful HANDOUTS

JOSEPH FAMILY CENTER FOR WOMEN & NEWBORN CARE

Birthing with Confidence

Our goal is to make you as prepared as possible to welcome your baby into the world! This class provides the tools you need to labor and birth naturally, with minimal intervention and/or without medication. The class covers what to expect in all the stages of labor, relaxation techniques, labor positions, breathing techniques, as well as medication, interventions, an overview of cesarean section, and a tour of the Labor & Delivery Department at Tahoe Forest Hospital. Your partner/coach will learn how to support you during your birthing experience. Class is offered in-person and virtually. $125. Pre-registration required.

Nutrition Counseling for Pre and Post Pregnancy

Feed your body and baby for optimal health! Our Registered Dietitian Nutritionists will review your health goals and any medical conditions to personalize a plan based on your needs, health concerns, activity patterns, and lifestyle. Get guidance on managing pregnancy symptoms (ie: nausea, constipation), healthy and delicious foods to meet increased nutrient needs (ie: Calcium, Vitamin D, iron, folate, Omega-3 fats), and healthy weight gain. Learn how to meet all nutrition needs for you and your baby, and if you are breastfeeding, how to fill your plate with key nutrients that support recovery and boost your energy. Get ideas for smart food choices that are quick and easy to fit into your lifestyle as a new mother. Individual consults start at $110 and are scheduled based on your needs. Follow ups available to stay on track throughout your new journey as a parent.

Mama's Meet Up: Infant Feeding Support Group

Hands-on breastfeeding support for new moms and their infants! This informal support group will help you as you transition into the fourth trimester and is provided by registered nurses, international board-certified lactation consultants, and certified lactation educators.

Kings Beach *(New location!)*
Sierra Community House, 265 Bear Street, Kings Beach, CA
Mondays, 9:30 am – 11:30 am

Truckee
10875 Pioneer Trail, 2nd floor, Truckee, CA
Fridays, 10:30 am – 12:00 pm

Direct Lactation Line: (530) 582-3247

This program is supported by the Tahoe Forest Community Health and is offered at no cost.

TAHOE FOREST *Wellness* BABY & ME

Virtual Baby Friendly 101

Informing all expectant parents about birthing at Tahoe Forest Hospital.

Class includes:

- Education on Baby Friendly practices at Tahoe Forest Hospital
- Bonding with your baby during the first “magical” hour
- Rooming in to understand baby’s needs from the start
- Benefits of breastfeeding and importance of human milk
- Proper latch and transfer of milk
- Opportunity to connect with other expecting parents before delivery
- Information provided by a lactation specialist

When: 2nd Tuesday of the month, 5:30 pm – 6:30 pm

We offer this class **FREE** of charge because we care about improving the health of our community. Preregistration required. For more information, call (530) 587-3769 or email wellness@tfhd.com.

Infant CPR classes

In this class, new parents and family members will learn how to recognize when a baby needs rescue breathing, how to perform CPR, how to care for an infant who is choking and how to use an AED. Participants will receive an Infant CPR manual and have hands on practice with an infant manikin. This one and a half hour class is appropriate for anyone who will be taking care of an infant, including the mother, father, and any caregivers like grandparents, friends or babysitters.

$75 per couple

Pregnancy Massage

A pregnancy massage is a therapeutic massage that uses light pressure to help relieve pain and promote relaxation during pregnancy. It is designed to be safe for the mother and baby. You will lie on a massage table in a position that’s safe for pregnancy, such as on your side with pillows between your legs and arms. Special attention can be focused on specific areas of your body that are fatigued, painful, or need relaxation – just let your therapist know what you need most.

60 minutes - $110

90 minutes - $150

Pediatric Nutrition Counseling

Receive evidence-based guidance on raising a healthy eater and foster a healthy relationship with food right from the start! Learn more about introducing solids to your infant, intuitive eating for kids, picky eating strategies, meal and snack ideas, and tips for managing meal time battles. Your Registered Dietitian will provide insight and support for your child’s nutrition needs. Individual consults start at $130 and follow-ups are scheduled as needed.

TAHOE FOREST HEALTH SYSTEM

10833 Donner Pass Road
Suite 102, Truckee
(530) 587-3769 | wellness@tfhd.com

TFHD.com/baby-me

SKIN-TO-SKIN *and* "ROOMING IN"

Skin-to-Skin and Rooming In with your baby: why is it so important?

SKIN-TO-SKIN

Skin-to-skin contact is usually referred to as the practice where a baby is dried and laid directly on their mother's bare chest after birth, both of them covered in a warm blanket and left for at least an hour or until after the first feed. Skin-to-skin contact can also take place any time a baby needs comforting or calming and to help boost a mother's milk supply.

- Calms and relaxes both mother and baby
- Regulates the baby's heart rate and breathing, helping them to better adapt to life outside the womb
- Stimulates digestion and an interest in feeding
- Regulates temperature
- Helps baby's immune system
- Supports breastfeeding and bonding

"ROOMING IN"

"Rooming-in" after birth is when your baby stays in your room with you, as opposed to spending the majority of the time in the hospital's nursery. This type of arrangement offers benefits for both you and your baby post-birth. Your baby staying in your room can help promote breastfeeding, encourage rest, increase safety, and allow you to ensure that your baby is cared for in the way that you prefer.

- Learning your baby's feeding cues and early signs of hunger, such as hands to mouth, rooting, smacking and licking of lips.
- Feeding "on cue," at least 8 times in 24 hours, helps to settle baby, keeps baby content, providing just the right amount of nutrition, ensuring mom has an appropriate milk supply for her baby.
- Breastfeeding early and often. Your nurse will assist you with feedings throughout your stay with the goal of obtaining that first latch within the first hour following birth, ensuring a proper latch each time to help with milk supply and breast health.
- Soothing your baby more quickly.
- More time for skin-to-skin care.

THE IMPORTANCE *of* BREAST FEEDING

Breastfeeding promotes health for both the breastfeeding parent and baby, now and in the future.

Breastfeeding is recommended by **The American Academy of Pediatrics** (AAP), the **World Health Organization**, and the **CDC**.

Breastfeeding helps protect your baby from:

- SIDS
- Lower Respiratory Tract Infections
- Persistent Diarrhea
- Asthma
- Eczema
- Crohn's and Ulcerative Colitis
- Obesity
- Diabetes
- Leukemia
- Tooth Decay

*For more info, visit the AAP website at **HealthyChildren.org** or scan the QR code.*

Additional Benefits

There are continued benefits from breastfeeding beyond one year, especially for the breastfeeding parent's health.

Some benefits include:

- Decreased bleeding after delivery
- Lowered risk of Type 2 Diabetes
- Increased weight loss after delivery
- Improved heart health
- Reduced risk of breast and ovarian cancer

LACTATION *support*

Tahoe Forest offers Lactation Consultation support from a lactation certified RN at least 3 days/week in addition to Obstetric RNs with extensive lactation training available 24/7 to promote successful breastfeeding.

Support is available after going home.

We can help!

Let us help you with your baby's feeding plan.

Lactation Line: (530) 582-3247

Perinatal Care Coordinator: (530) 582-3297

The American Academy of Pediatrics (AAP) recommends exclusive breastmilk for about the first 6 months, when foods are added. They support continued breastfeeding after solid foods are introduced as long as you and your baby desire, for up to 2 years or beyond.

Please note: There is no need for supplements beyond breastmilk, including water, tea, and sugar water. Adding supplementation may decrease milk supply, making it more difficult to breastfeed. If supplementation is necessary during the hospital stay, Tahoe Forest is proud to offer pasteurized Human Donor milk, providing human milk for human babies. We know that not everyone desires or can provide breastmilk to their baby. Tahoe Forest provides liquid formula upon parent request.

ABOUT FEEDING *your* NEWBORN

Babies will feed at least 8-12 times in 24 hours. Please feed your baby "on cue" as often and as long as they like. This way, your baby will be more content and have just the right amount to eat.

Learning your babies feeding cues will help prevent breastfeeding complications and support a healthy milk supply.

Get off to a good start...Our nurses will assist you with your latch and position in the hospital. A well attached baby will help you make enough milk and prevent nipple soreness or damage. Your baby will thrive with a good latch.

THE JOYS *of* BREASTFEEDING...*I wish someone had told me!*

Start breastfeeding right in the delivery room

Hold your baby skin to skin after delivery — this will provide a warm nurturing environment to get breastfeeding off to a good start. The baby will find the breast using all their senses, this can take up to an hour. It is important to feed your baby early and often-at least 8 times in 24 hours.

Latch

Both of you will benefit from good positioning and latch. Roll your baby belly to belly, and tickle the upper lip with your nipple. Wait for the baby to open wide and they will take a big mouthful. If it pinches, ask for help — we are here to support you!

"Rooming In"

Feed your baby "on cue," as often and as long as they like. This brings in a healthy supply of milk. Your baby will stay in your room throughout your hospital stay. Rooming in supports bonding and helps your baby recognize you.

Babies cry more on their second day of life

It is normal for your baby to want to feed more often on the second day, hold your baby skin to skin to soothe and offer the breast frequently. Your colostrum is rich in nutrients and the frequent feedings signal the body to make milk. Your milk is expected to come in on day 2-5.

Helpful Hints

1. In the first 3 weeks, do not skip breastfeeding sessions or use pacifiers. The best way to make more milk is to feed your baby.
2. If you are planning on using a bottle don't wait too long. Introduce the bottle between 4-6 weeks. Use your own breast milk and check in with a lactation specialist to balance bottle and breastfeeding.
3. Attend a support group and meet new moms!

WE CAN *help!*

Questions? Contact us!

Lactation Line:
(530) 582-3247

Perinatal Care Coordinator:
(530) 582-3297

*Check out our **Baby & Me** groups and classes at **tfhd.com/wellness** or scan the QR code.*

STEP-BY-STEP VIDEO GUIDANCE

Seeing is believing

Watch Informative, real-life breastfeeding videos on your phone or device. You **CAN** be successful with breastfeeding! Watch real life moms and babies in action to see how it's done and get used to the experience.

Warning: video contains graphic content

Here's how:

1. To access our recommended videos for Tahoe Forest expecting mothers, go to: **www.globalhealthmedia.org**
2. Click "Our Videos"
3. Select the heading labeled "Breastfeeding"
4. Watch "Positions for Breastfeeding" (for mothers). Direct link: **youtu.be/RiEa0NrpSek**
5. Watch: "Attaching Your Baby at the Breast" (for mothers). Direct link: **youtu.be/wjt-Ashodw8**
6. Watch "Breastfeeding in the First Hours" (for mothers). Direct link: **vimeo.com/348863569/65722290d8**

Scan here!

Positions for Breastfeeding

Attaching Your Baby at the Breast

Breastfeeding in the First Few Hours

VIRTUAL BABY FRIENDLY 101

Education on Baby Friendly Practices

Baby Friendly 101 is a free virtual class taught by one of our lactation nurses about delivering at Tahoe Forest Hospital and what you need to know about feeding in the first few days.

Class topics include:

- Education on Baby Friendly practices at Tahoe Forest Hospital
- Bonding with your baby during the first “magical” hour
- Rooming in to understand baby’s needs from the start
- Benefits of breastfeeding and importance of human milk
- Proper latch and transfer of milk

Available in English or in Spanish.

To register, call Tahoe Forest Wellness at **(530) 587-3769** or email **wellness@tfhd.com**

SCHEDULE A FACILITY TOUR *Today!*

Schedule a tour with the manager of The Joseph Family Center for Women and Newborn Care at Tahoe Forest Hospital.

Whether you're a first time parent or simply delivering at Tahoe Forest for the first time, consider taking advantage of an opportunity to walk through the facility, asking questions along the way.

The Nurse Manager will walk you through from Arrival to Discharge, providing you with important information specific to Tahoe Forest in an effort to assist you as you prepare for the arrival of your new addition.

Tours Available by Appointment

Monday - Friday from 9am to 3:30pm, based on availability.

Call to schedule **(530) 582-6632**

TAHOE FOREST
HEALTH SYSTEM

TFHD.com

HEALTHY BABIES

FREE Home Visiting Program in Nevada, Sierra, and Placer Counties

Visit our website here:

Healthy Babies provides trained home visitors to meet with pregnant and new parenting families to provide information, support, and services such as:

- Convenient Home Visits
- Supportive Activities
- My Baby's Development
- Help with Managing Stress
- Bonding with my Baby
- Depression
- Community Resources and Referrals
- Activities for Baby's Growth

Receive home visiting services from Healthy Babies: Provide your info below, or contact us at the phone number, email, or website below:

Name: _____

Email: _____

Zip Code: _____ Ph # _____

Due date or Baby's DOB _____ Parent DOB _____

Nevada County West: 530-559-6129 Truckee: 530-580-8805, ext. 2

Sierra County: 530-559-1844 Fax: 530-265-4410

Website– www.caofnc.org/Healthy-Babies/

Email: HealthyBabiesInfo@caofnc.org

Healthy Babies

Child Advocates – services that empower & protect

Healthy Families America – AFFILIATE –

parents as teachers