

PREGNANCY PATHWAY

A Mother's Journey

A mother's guide to pregnancy



VALLEY HEALTH PARTNERS

Congratulations on Your Pregnancy

The next nine months are an exciting time for you and your partner as your family is about to grow. We believe you are the most important member of our health care team.

We give you this booklet to help you record your pregnancy information and begin to take an active part in your care. This booklet outlines how we plan to care for you during this special time. It also gives tips and information that you may read at any time. Please bring this with you to all of your prenatal visits.

Our service promise to you, we will:

- Make quality care and quality service our top priorities.
- Listen and be responsive to your needs.
- Be respectful of your time that you have set aside for us.
- Be attentive to your concerns, fears and wishes.
- Provide a caring and professional environment.

The **MyVHPonline** portal will be useful to you throughout your pregnancy. To learn more, go to **MyVHPonline.org**.

Name:.....

Date of birth:

Last menstrual period: / /

Estimated due date: / /

Test	Date	Results
Blood type/Rh		
Antibody screen		
RhoGAM injection if Rh negative		
Hemoglobin		
Group B strep culture		
Other test		



Prenatal Visits

During your routine appointments, we will monitor you closely. At each visit we will check your blood pressure and monitor your weight. At some of your visits you may have your urine tested for protein and sugar. We will also listen to the baby's heartbeat at each visit once you are past 12 weeks of your pregnancy.

Special events I want to remember:

Date I first felt the baby move: / /

Thoughts

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Notes/questions

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Valley Health Partners Center for Women's Medicine

Health care and services for each stage of a woman's life

Valley Health Partners (VHP) Center for Women's Medicine provides comprehensive health care and specialized services for women of all ages.

VHP Center for Women's Medicine offers obstetrics and gynecology, regardless of the fact patients may not have insurance or are unable to pay.

The practice provides care by specialists who are educated to treat high-risk pregnant women in one convenient location. Ultrasounds are performed on-site, and services are available to help women get the care they need: transportation to and from visits, a nurse care manager to help navigate their care, outreach services to identify individual needs, a therapist and social workers to help patients integrate continuity of care in the community.



Looking for More Information?

We partner with Lehigh Valley Health Network (LVHN) to offer a variety of programs such as: raising a family, childbirth, breastfeeding, parenting and more.

Call 610-402-1600 or visit [LVHN.org/raisingafamily](https://www.lvhn.org/raisingafamily) to find more information on our partner programs and to schedule a class.

More resources

valleyhealthpartners.org/cwm



Reasons to Call the Office

- **Bleeding:** Light brown spotting may be normal with pregnancy. Any bleeding that resembles a period is concerning, so please call right away.
- **Nausea or vomiting:** Some nausea and vomiting in early pregnancy are common. If you cannot keep fluids down for more than 24 hours, you are at risk for dehydration.
- **Pain:** Light cramping and “stretching pains” in early pregnancy are also common. If pain becomes severe, please call the office.
- **Contractions:** If you are less than 37 weeks pregnant and have abdominal pain (cramping) that occurs more than four times per hour, you may need to be seen in the office.
- Severe swelling of the face, feet or hands.
- Continuous or severe headaches.
- Any changes to your vision.
- Fever of 100.4 degrees Fahrenheit or higher, or chills.
- Pain or burning with passing your urine.
- You are 23 weeks or more pregnant and your baby is not moving as much as normal.

Nutrition for You

Important nutrients for a healthy pregnancy

- **Water:** Drink at least eight glasses a day
- **Folic acid:** Green leafy vegetables, liver (in moderation), orange juice, legumes (such as beans, peas or lentils) and nuts
- **Vitamin A:** Carrots, dark leafy greens, sweet potatoes
- **Iron:** Lean beef and pork, clams, oysters, dried fruits, beans, green leafy vegetables, sardines, fortified cereals
- **Calcium:** Milk, yogurt, cheese, ice cream, fortified orange juice and cereal, dark leafy vegetables
- **Vitamin B12:** Liver (in moderation), meat, fish, poultry, milk
- **Vitamin C:** Citrus fruit, leafy greens, sweet potatoes
- **Vitamin D:** Vitamin D-fortified milk and fatty fish, such as salmon

Avoid these foods

- Fish high in mercury, such as shark, swordfish, mackerel, tilefish, orange roughy (limit to 12 ounces of fish or seafood per week)
- Raw or undercooked meats
- Luncheon meats, hot dogs, bologna or other deli meats
- Unpasteurized milk, juice or soft cheeses
- Raw or undercooked eggs
- Caffeine (limit to 1-2 servings per day)





Nutrition for Baby

Breast milk is the best food for your baby. Breastfeeding your baby is good for you and your baby whether it is for a few days, weeks, months or a year. There are many benefits to breastfeeding, such as:

- Natural immunities (protection from infections) are passed to the baby through breast milk.
- Breast milk is already rich in brain-building nutrients such as omega-3s (DHA and ALA).
- Breast milk is easier on baby's digestion.
- Breastfeeding increases emotional bonding.
- Breast milk is always ready and it's free.

Choosing whether or not to breastfeed your baby is a very personal decision. We will support you with whatever decision you make.

Health Benefits of Breastfeeding for Mom and Baby

Benefits for mom

- Decreases risk for breast and uterine cancer and risk for adult onset diabetes
- More rapid weight loss
- Nursing forces mom to rest

Benefits for baby

- Aids in preventing childhood obesity, asthma and heart disease
- Increases iron absorption
- Helps prevent infection

Breastfeeding support groups

- VHP Breastfeeding Support Group: 610-969-1600
- La Leche League: 800-LALECHE (525-3243)
- VHP Center for Women's Medicine: 610-402-1600

Your Maternity Care Pathway

First trimester: 5-8 weeks – First prenatal visit (in-person or on phone)

- Nurse visit
- Medical history reviewed
- Begin mother and baby education
- Prenatal blood work ordered: blood type and screen, complete blood count, hepatitis B and C, syphilis, rubella, HIV, urine culture and glucose screening if necessary

It is very important to have your blood work done early in pregnancy.

First trimester: 9 weeks – Prenatal visit

- First visit with provider
- Physical exam
- Confirm low- or high-risk pregnancy
- Genetic testing options reviewed
- Ultrasound done for due date
- Review lab work
- Continue with mother and baby education

Second trimester: 14 weeks – Prenatal visit

- Check heart tones
- Review common symptoms of pregnancy

Second trimester: 16-18 weeks – Nurse phone visit

Second trimester: 20 weeks – Level 2 ultrasound

Performed by our maternal fetal medicine (MFM) team

- Check heart tones
- Review ultrasound
- Review common symptoms of pregnancy

Second trimester: 24 weeks – Prenatal visit

- Check heart tones
- Order prenatal blood work to be done between 26 to 28 weeks, including: glucose screening, blood count, syphilis serology, type and screen if needed
- Review education materials for mother and baby, including: 24-week packet, warning signs for preterm labor, baby-friendly hospital, tetanus, diphtheria and pertussis (Tdap) vaccine, and prenatal classes

Third trimester: 28 weeks – Prenatal visit with nurse

- Check heart tones
- Review lab results
- Review labor, episiotomy, contraception options and ensure third trimester video is completed
- Tetanus, diphtheria and pertussis (Tdap) vaccine
- Provide maternal preference list for review at next visit
- Car seat safety and safe sleeping review
- Warning signs review:
valleyhealthpartners.org/cwm

Third trimester: 32 weeks – Prenatal visit

- Check heart tones
- Review mother and baby education material
- Register for prenatal classes if interested
- Review labor and episiotomy
- Review rooming in, skin to skin, and baby-friendly hospital
- Discuss and sign delivery consents
- Return and discuss maternal preference list

Third trimester: 34 weeks – Prenatal visit

- Check heart tones
- Baby-friendly education including breastfeeding recommendations, rooming in and learning about breastfeeding supply and demand
- Review warning signs and symptoms including preterm labor precautions, preeclampsia education and fetal movement
- Prepare patient for vaginal exam with cultures at next visit
- Review tours and classes are complete
- Visitation, video and photography policy review
- Selection of pediatrics or family medicine provider
- Health insurance review

Third trimester: 36 weeks – Prenatal visit

- Check heart tones
- Review signs and symptoms of labor
- GBS (Group B Strep) culture completed

Third trimester: 37 weeks – Nurse phone visit

Third trimester: 38 weeks – Prenatal visit

- Check heart tones
- Review mother and baby education

Third trimester: 39 weeks – Prenatal visit

- Check heart tones
- Review labor signs and symptoms
- Fetal movements
- Cervical exam if indicated

Third trimester: 40 weeks – Prenatal visit

- Check heart tones
- Schedule antenatal testing to assess fetal well-being (baby's health)

Third trimester: 41 weeks – Prenatal visit

- Antenatal testing performed and results reviewed
- Schedule induction of labor

Postpartum: Phone call visit with nurse about a week after delivery

- Check general well-being of mom and baby
- Check how baby is feeding
- Discuss emotions
- Review warning signs

Postpartum visit: 4 weeks after delivery

- Discuss emotions
- Assess physical healing
- Discuss resuming normal activities
- Review contraception options

General Pregnancy Information

To do or not to do...

Do:

- Count fetal kicks as directed by your provider beginning in the third trimester
- Exercise in moderation; no high-impact activities
- Take a prenatal vitamin daily. Look for a vitamin with 800 mcg of folic acid. Please talk with your provider at your visit if you need a chewable vitamin.
- Call your provider right away for:
 - menstrual-like cramping
 - heavy bleeding
 - severe headache
 - vomiting for more than 24 hours
 - contractions (more than 4-6 per hour for two hours)

- Always wear a seat belt
- Eat a well-balanced diet; drink 8-10 glasses of water every day
- Check with your provider about what you can and cannot lift
- Enjoy sexual activity as desired
- Enjoy bathing and swimming as desired
- Attend prenatal classes
- Get a flu shot

Do not:

- Smoke, drink alcohol or use drugs
- Take long, very hot baths, or use saunas or whirlpools
- Take Advil, Motrin, Aleve (or their generic counterparts) or aspirin (unless your health care provider tells you otherwise)

Frequently Asked Questions

Q Am I allowed to exercise? Yes, if you have been exercising, you may continue to do so if you are comfortable. If you have not been doing any exercise, examples of safe aerobic activities are walking, swimming or using an elliptical machine. It is important that you listen to your body. If you are having unusual symptoms, please stop. We suggest you avoid activities with a high risk for falling, such as skiing and horseback riding.

Ask the nurse for more information about the MyVHPonline exercise program designed for pregnant and postpartum moms.



Q Is it safe to travel? Before traveling, please call our office for a note stating you are pregnant. It is safe to travel in an airplane until you are 36 weeks. When flying, keep hydrated, get up often to stretch your legs to avoid blood clots, and go to the bathroom frequently to avoid urinary tract infections. If you are leaving the country, please call our office to discuss the need for vaccinations and other important information.

Q What if I need dental work? We encourage dental health visits. If your dentist would like a letter stating what kind of dental work is OK and what is not OK for you, please call our office.

Q What if I am exposed to an infectious disease? Please call our office. More testing (such as blood work) may be needed.

Approved Medications for the Following Symptoms

Nausea or morning sickness: Stay hydrated with water, Gatorade, Powerade, ice pops or Pedialyte. Eat small, frequent meals of bland food. Citrus fruits, ginger and peppermint also may help. Vitamin B6 (25 mg three times a day) or Sea-Bands (wristbands for motion sickness) might help. You also may take Unisom (25 mg doxylamine) per package directions. If you do not get any better, call your health care provider.

Heartburn or acid reflux: Tums, Mylanta, Pepcid, Maalox or papaya enzyme. Raise the head of your bed by 45 degrees when sleeping and do not eat two hours before bedtime.

Constipation: Increase high-fiber foods in your diet or try a fiber supplement such as Benefiber, Metamucil, Citrucel, Miralax, Colace, Peri-Colace, Senekot or Milk of Magnesia.

Hemorrhoids: Anusol, Preparation H or Tucks.

Headaches: Tylenol (acetaminophen, regular or extra strength) or caffeine.

Sore throat: Tylenol, Cepacol, cough drops, Chloraseptic spray.

Cough: Robitussin, Mucinex.

Cold/congestion/allergy: Saline nasal spray, Benadryl, Chlor-Trimeton, Allegra, Claritin (after first trimester), Zyrtec, allergy shots.

Insomnia: Tylenol PM, Unisom, Benadryl.

Diarrhea: Imodium; check with your personal nurse liaison if you have questions. If your symptoms do not improve, please call your health care provider.

Caution: Do not take Advil, Motrin, Aleve, aspirin, ibuprofen or anything that contains phenylephrine (unless instructed by your health care clinician).

If You Think You Are in Labor

Please call our office:

- If you have a little or a lot of fluid leaking from your vagina
- If you have regular contractions, 5-6 minutes apart, that keep getting stronger and closer for one hour or more (time contractions from the beginning of one to beginning of next)
- If you have any vaginal bleeding that looks like a period
- If you are worried that the baby is not moving as much as normal, and you are 23 weeks or more pregnant

If any of these symptoms happen during the week between 8 a.m. to 5 p.m., please call our office to speak with your personal nurse liaison who will provide advice. After 5 p.m. or on weekends, call our office and select the option to speak with a provider. The answering service will page the provider or midwife on call, and someone will get back to you.

Warning signs:

If any of these happen, **call right away.**

- ! Fever of 100.4 degrees Fahrenheit or higher
- ! Frequent and consistent vomiting
- ! Vision changes
- ! Continuous or severe headaches
- ! Severe swelling of your face, feet or hands
- ! Bleeding from your vagina

Severe swelling
in these areas:

- ⊙ face
- ⊙ hands
- ⊙ feet
- ⊙ legs

⚡⚡⚡ Fever of 100.4°
Fahrenheit or
higher



Please visit valleyhealthpartners.org/cwm for more for more information related to your pregnancy, childbirth, new baby care and breastfeeding.

Questions to ask at next appointment:

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*This information is not intended to take the place of medical advice.
Always follow your health care provider's instructions.*
Also available in large print.

Patient Safety

We partner with LVHN for labor and delivery services. To provide a safe and secure environment for our patients and families, a visitor pass is required for everyone (including father of the baby or partner/support person) seeking to visit Lehigh Valley Hospital labor and delivery, perinatal unit, mother-baby unit, neonatal intensive care unit, inpatient pediatric or pediatric intensive care. Visitors are to present a form of identification to the front desk in the main lobby of the hospital. The visitor will need to sign in and then will be given a visitor pass.

For up-to-date information on visitor policies, please visit [LVHN.org/visitation](https://www.lvhn.org/visitation).

Valley Health Partners, its wholly owned subsidiaries and health care providers comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex or gender identity.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-610-969-4200**.

注意：如果您講中文，可以免費獲得語言援助服務。請致電 **1-610-969-4200**。

Appointments

Gestation	Date	Time
8 weeks		
9 weeks		
14 weeks		
20 weeks		
24 weeks		
28 weeks		
32 weeks		
34 weeks		
36 weeks		
38 weeks		
39 weeks		
40 weeks		
41 weeks		



Site		Health Care Provider



Enroll in MyVHPonline

MyVHPonline is a free, secure, easy-to-use patient website that connects you with your personal health information, or the health information of someone you care for, such as your child or a relative.

With MyVHPonline you can

- Review your medical information
- Request prescription refills
- Pay or review bills for medical services
- Send and receive non-urgent messages from your health care provider
- Request an appointment



To enroll, visit MyVHPonline.org and click “Sign up now” or download the free MyVHPonline app to your smartphone.



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