



**HUDSON
HEADWATERS**
HEALTH NETWORK

Your Guide to a

Healthy Pregnancy

With
Space
to
Journal!



DISCLAIMER:

This book is designed to be an aid to patients. The information contained within is intended to be of general informational use and does not constitute medical advice, probable diagnosis or recommended treatments.

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CONGRATULATIONS ON YOUR PREGNANCY!





SIGN-UP FOR OUR **PATIENT PORTAL**

Most of your personal health information is available for your review on our secure online health portal, which you can use from your computer or mobile device. Once registered you will be able to:

- Contact your health care team
- Review your medical information
- Access your billing
- ...and more!

The patient portal is for non-urgent matters.

For emergencies, call 911. For help using the patient portal, please call our support line at 518-824-8620 or register online at:

www.hhhn.org

Dear Mom-To-Be,

Thank you for choosing Hudson Headwaters for your prenatal care.

During your pregnancy, you will be cared for by our obstetrical team that consists of physicians, certified nurse midwives, nurse practitioners and physician assistants who will work together to provide you with high-quality care.

Over the next nine months, we hope you enjoy using this educational guide and journal. If you have any questions, please ask us at your next visit.

We wish you an enjoyable, healthy and well-informed pregnancy and a safe delivery.

The Staff at Hudson Headwaters

THINK YOU'RE IN LABOR? **Have Any of These Warning Signs?**

Bleeding
Abdominal Pain
Swollen Hands or Face
Rapid Weight Gain
Itching on Hands
Sudden Injury (Like a Fall)
Back Pain That Doesn't Go Away
Blurry Vision
Fever
Baby Moving Less Often

CALL US FIRST **518-792-7841**

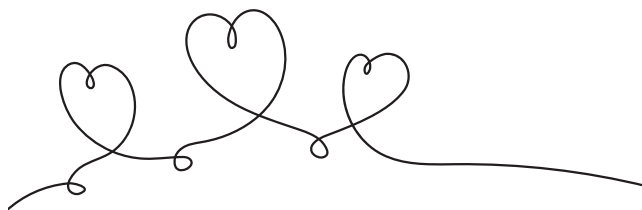
Your Hudson Headwaters providers
will give you the guidance
and direction you need.

In case of a medical emergency, call 911.

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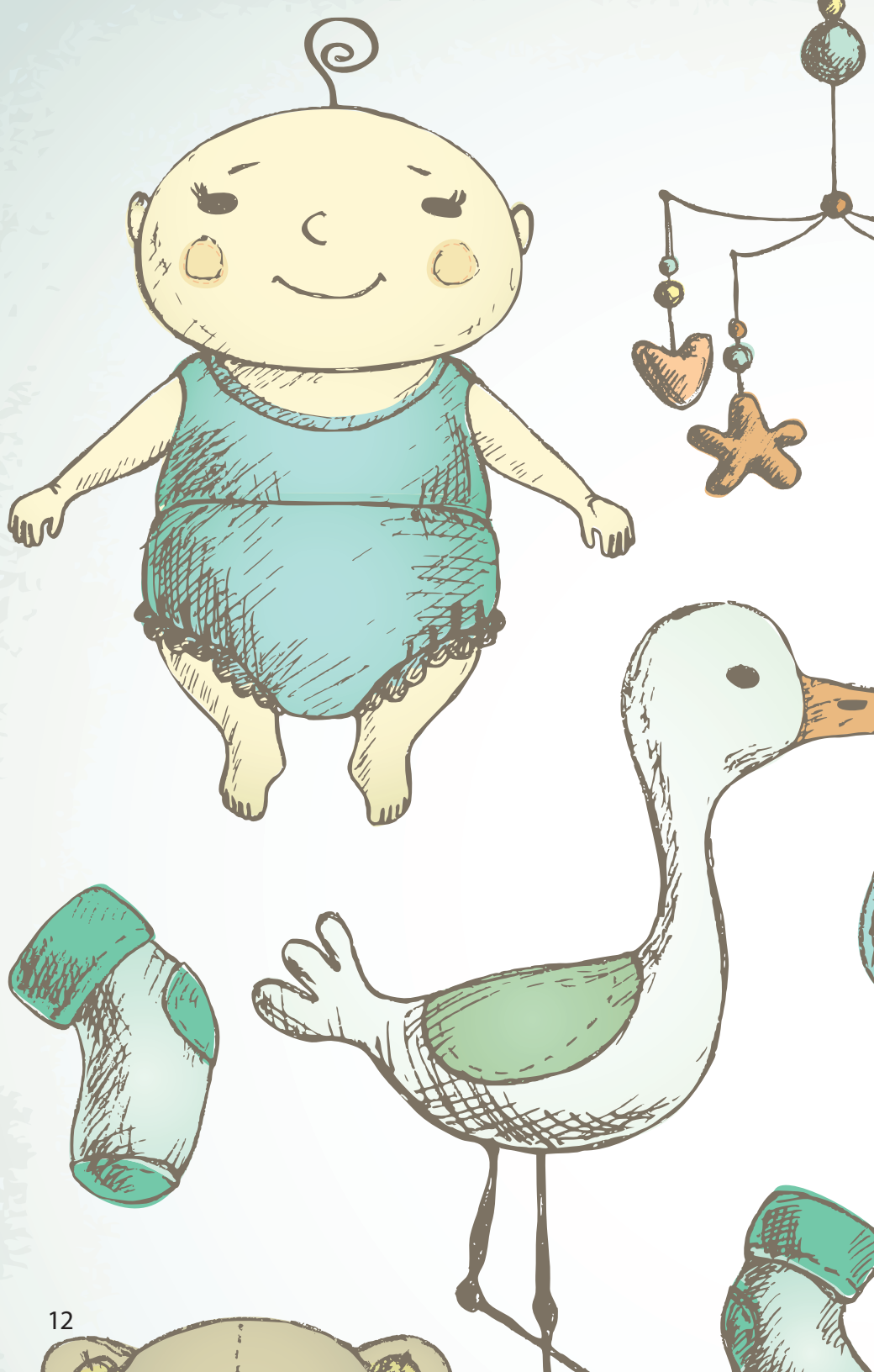
TAKING **GOOD CARE** **OF YOURSELF**



TOP 10 WAYS TO TAKE *Good* CARE OF YOURSELF & YOUR BABY

1. Be sure to go to all of your prenatal care visits. *(see page 13)*
2. Drink 8 to 10 glasses of water every day.
3. Follow a healthy diet and take a daily prenatal vitamin. *(see page 59)*
4. Exercise daily. *(see page 69)*
5. Do not use vaping devices, alcohol, marijuana, cigarettes or street drugs and protect yourself from environmental hazards. *(see page 73)*
6. Get plenty of rest.
7. Attend a natural childbirth education class and learn about the birth process. *(see page 83)*
8. Keep stress to a minimum. *(see page 71)*
9. Wear your seatbelt.
10. Seek support from your loved ones to help you and your growing family.

**Taking small actions daily
will help you and
your baby stay healthy.**





APPOINTMENT SCHEDULE



Prenatal = the time before birth

What is prenatal care?

From the moment you become pregnant to the time you give birth, prenatal care keeps you and your baby healthy. It includes visits with your health care providers and also includes everything you do to keep your baby healthy—like eating properly, learning about food safety, not smoking or drinking alcohol, getting enough exercise and educating yourself about your pregnancy and the birth process. You are a big part of prenatal care. This guide and journal aims to help you along the way.

Appointment Schedule

Setting up times to see your providers for prenatal care is an important part of a healthy pregnancy. Every pregnancy is different, but we would like to see you:

Once a month
until 32 weeks

Every two weeks
from weeks 33-36

Weekly
from week 36 until delivery

In some cases, your appointments may be more frequent due to complications, high-risk situations or to go over any concerns you may have as a mom-to-be.

Most of your visits will be routine and consist of:

- Weighing you
- Checking your blood pressure
- Checking your urine
- Measuring your uterus
- Listening to your baby's heartbeat
- Asking you how your pregnancy is going
- Answering any questions that you may have





DUE
DATE



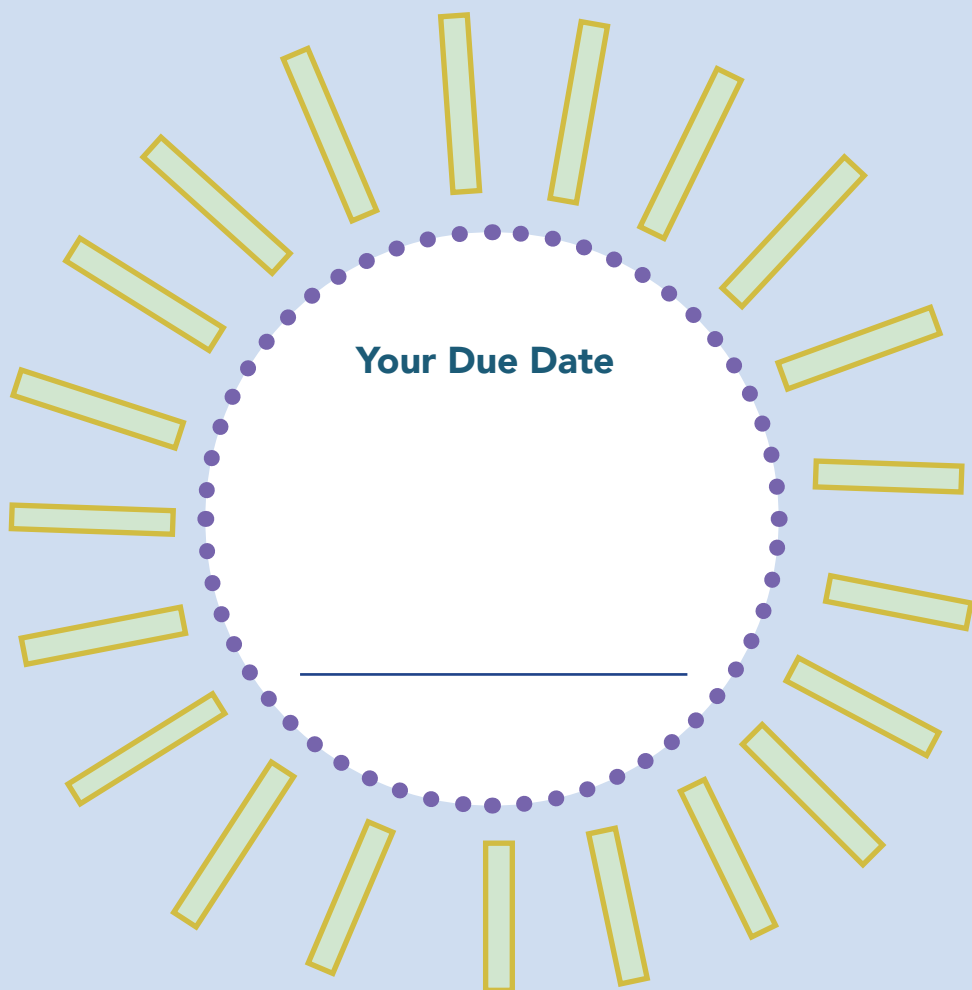
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Due Date

Having a due date helps your provider look for any changes during the final weeks of your pregnancy. But the truth is, most babies are not born on their due date. It's impossible to know the exact day with 100% certainty. Most women will give birth naturally (without being induced or having a c-section) around their due date.

Date of last menstrual period _____

Ask your provider what your due date is and write it here:







TRIMESTER CALENDAR

What is a Trimester?

A trimester is a period of three months.

Your pregnancy will last approximately 40 weeks, or nine calendar months, from the beginning of your pregnancy to the time of birth.

1st

TRIMESTER

MONTH

One
Two
Three

2nd

TRIMESTER

Four
Five
Six

3rd

TRIMESTER

Seven
Eight
Nine

WEEK

1	2	3	4	
5	6	7	8	
9	10	11	12	13

Week 1 until end of week 13

14	15	16	17	18
19	20	21	22	23
24	25	26	27	

Week 14 until end of week 27

28	29	30	31	
32	33	34	35	
36	37	38	39	40

Week 28 until birth

FIRST

TRIMESTER

FIRST TRIMESTER WEEKS 1-13

PROVIDER VISITS

In your first trimester, you will meet with your provider once a month. During these visits, you will have prenatal tests that can provide valuable information about your baby's health. There are two kinds of prenatal tests:

- Screening tests (such as ultrasounds, blood and urine tests) to see that your fetus is developing normally
- Diagnostic tests to detect fetal genetic abnormalities (see page 49)

All women will be offered screening tests. Some women may be offered or choose to order diagnostic tests.

FIRST TRIMESTER DATING ULTRASOUND (YOUR FIRST VISIT)

- Confirms your due date and how far along your pregnancy is by measuring the crown-rump length from the top of the head (crown) to the bottom of the buttocks (rump)
- Confirms your baby's heartbeat
- Confirms multiples pregnancy (twins)



What is an ultrasound exam?

An ultrasound exam involves placing water-soluble gel on top of your belly and scanning it with a device that sees your uterus and your growing baby inside. The ultrasound device creates a picture (sonogram) of your baby. Ultrasound exams are safe and very important in caring for you and your baby during your pregnancy. We hope you will find them to be a helpful experience.



FIRST TRIMESTER ROUTINE BLOOD AND URINE TESTS

Blood and urine tests may be ordered to find out:

Your blood type: Some blood types will need special care.

Your complete blood count (CBC): To check for anemia (when your blood is low in red blood cells)

Your infection status: Do you have an infectious disease? You may be given a blood test to look for different infections including hepatitis, syphilis or HIV. A urine sample will be tested for other signs of infection.

Your STI status: We take a cervical culture to test all pregnant women for the presence of sexually transmitted infections, including gonorrhea or chlamydia.

Your immunity: Are you immune to rubella/measles and chicken-pox/varicella?

Your lead level: A simple blood test looks for elevated levels of lead which can affect your baby's brain development.

(See page 51 for first trimester prenatal genetic testing.)

FIRST TRIMESTER WEEKS 1-13

Some women like to record their blood pressure, weight and medications during their first trimester.

Date _____

Your Blood Pressure _____

Your Weight _____

Medications _____

Date _____

Your Blood Pressure _____

Your Weight _____

Medications _____

Date _____

Your Blood Pressure _____

Your Weight _____

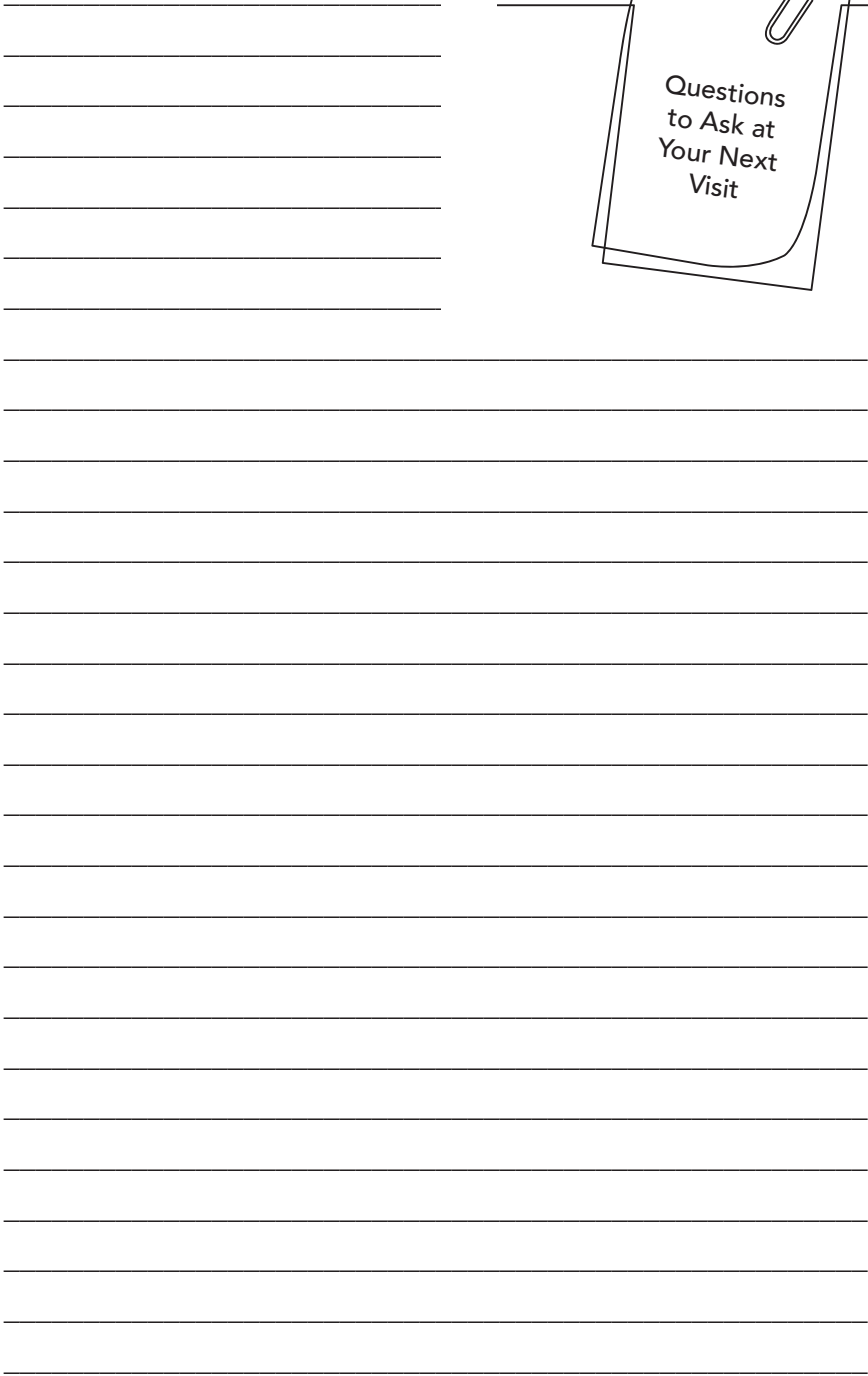
Medications _____

Date _____

Your Blood Pressure _____

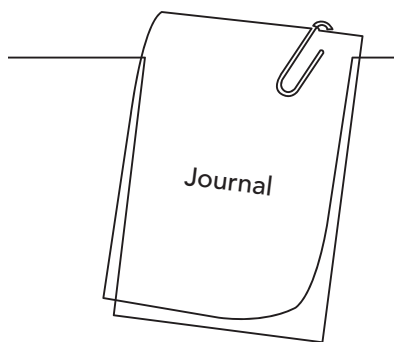
Your Weight _____

Medications _____



FIRST TRIMESTER WEEKS 1-13

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

SECOND TRIMESTER

SECOND TRIMESTER WEEKS 14-27

PROVIDER VISITS

In your second trimester, you will continue to meet with your health care provider once a month. Asking questions about your health and your baby's health will help make your pregnancy as safe as possible. This is also a great time to talk about your birthing plans. (See page 83)

During your second trimester prenatal appointments:

Measurements will be taken to track your baby's growth: Your provider will measure the distance from the top of your uterus to your pubic bone. Typically, this length (in centimeters) is the same as the number of weeks you are in your pregnancy.

We'll check your baby's heartbeat: A Doppler instrument will be used which allows your provider to "hear" the baby's heartbeat.

You'll begin to feel your baby's movements: Healthy babies move around a lot, flutter or kick.



SECOND TRIMESTER ANATOMY ULTRASOUND (20 WEEKS)

Level I Anatomy Screen:

- Looks for any physical abnormalities
- Shows the growth of your fetus
- Checks if the level of fluid surrounding your baby is too much or too little
- Usually reveals the baby's sex

Level II Anatomy Screen:

If any abnormalities or concerns are identified during your Level I second trimester ultrasound, you will be referred to our regional obstetrics specialists at Albany Medical Center's Division of Maternal Fetal Medicine for further testing.

SECOND TRIMESTER BLOOD WORK

Complete blood count (CBC): To check that you have not developed anemia.

Maternal diabetic screen: This test involves drinking a sweet beverage and having blood drawn one hour later to see if you have developed diabetes during your pregnancy.

(See page 51 for second trimester prenatal genetic testing.)

SECOND TRIMESTER

WEEKS 14-27

Some women like to record their weight and vital signs (blood pressure, heart rate and baby's heart rate) during their provider visits.

Date _____

Your Blood Pressure _____

Your Weight _____

Your Heart Rate _____

Your Baby's Heart Rate _____

Date _____

Your Blood Pressure _____

Your Weight _____

Your Heart Rate _____

Your Baby's Heart Rate _____

Date _____

Your Blood Pressure _____

Your Weight _____

Your Heart Rate _____

Your Baby's Heart Rate _____

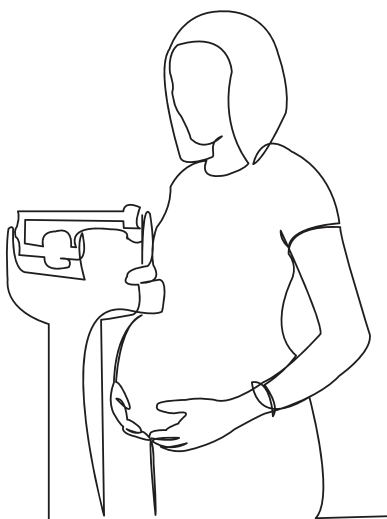
Date _____

Your Blood Pressure _____

Your Weight _____

Your Heart Rate _____

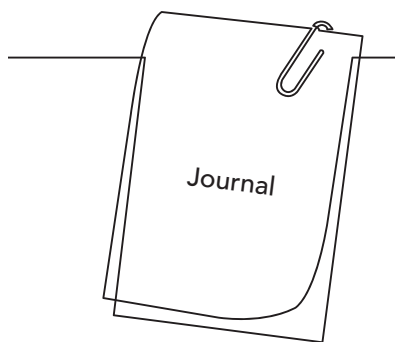
Your Baby's Heart Rate _____



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SECOND TRIMESTER WEEKS 14-27

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

THIRD TRIMESTER

THIRD TRIMESTER

WEEKS 28-Birth

PROVIDER VISITS

During the third trimester, you will begin to see your health care provider more frequently—once a month until week 32, twice a month from weeks 33-36, and once a week from week 36 until birth. During these visits, your provider will continue to monitor your blood pressure and weight gain, as well as your baby's heart-beat and movements.

Checking your baby's position: Near the end of your pregnancy, your provider will check the position of your baby during your 32 week ultrasound and see if your baby is positioned headfirst, rump-first (frank breech) or feet-first (footling breech). If your baby is not headfirst, your provider will closely monitor to see if your baby will turn headfirst before birth.

Detecting cervical changes: At, or around, your due date, your provider will complete a pelvic exam to check your cervix, which will begin to soften, dilate (open up) and get thinner as your body prepares for birth.

During your final third trimester visits, continue to ask questions and discuss any symptoms that might seem concerning like:

- Bleeding
- Abdominal pain
- Swollen hands or face
- Rapid weight gain
- Itching
- Back pain that doesn't go away
- Blurry vision
- Fever
- Baby moving less often

THIRD TRIMESTER ULTRASOUND (32 WEEKS)

Growth Scan:

- Measures approximate weight of your baby
- Checks the position of your baby
- Checks the fluid level surrounding your baby

As you approach the end of your pregnancy, your baby will be about 19 to 21 inches long and weigh 6 to 9 pounds.

THIRD TRIMESTER BLOOD WORK

Group B Streptococcus Screen (35-37 Weeks): During this test, vaginal and rectal swabs will be taken to detect group B strep bacteria. If you test positive, you will be treated with antibiotics during delivery to protect your baby from contracting the infection at birth.

Delivery

We hope that you will deliver your baby at Glens Falls Hospital's Snuggery. If there is a need for intensive care, you may be referred to a medical center such as Albany Medical Center. This is to ensure that you get the highest level of care and that resources are made available when they are needed.



THIRD TRIMESTER

WEEKS 28-Birth

Some women like to record their weight and vital signs (blood pressure, heart rate and baby's heart rate) during their provider visits.

Date _____

Your Blood Pressure _____

Your Weight _____

Your Heart Rate _____

Your Baby's Heart Rate _____

Date _____

Your Blood Pressure _____

Your Weight _____

Your Heart Rate _____

Your Baby's Heart Rate _____

Date _____

Your Blood Pressure _____

Your Weight _____

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Your Heart Rate _____

Your Baby's Heart Rate _____

Date _____

Your Blood Pressure _____

Your Weight _____

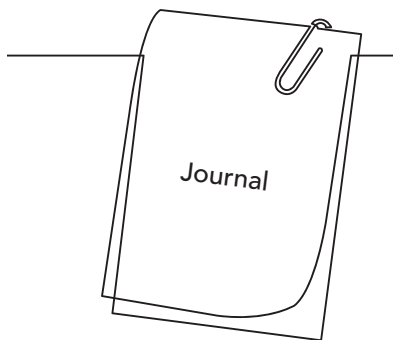
Your Heart Rate _____

Your Baby's Heart Rate _____



THIRD TRIMESTER WEEKS 28-Birth

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What is Prenatal Genetic Testing?

Prenatal genetic testing allows you to test your baby for some genetic defects. If your provider has determined that you do not have any conditions that need special attention, genetic testing is not mandatory.

Sometimes your provider will recommend that you get prenatal genetic testing based on abnormal findings during routine screening tests (like ultrasound, blood or urine tests).

Ultimately, you can decide what is right for you and your family.



PRENATAL GENETIC TESTING

During your pregnancy, you and your provider will need to make some choices about what kind of prenatal genetic testing you should have to test for birth defects.

Deciding which tests to take can be a hard and emotional process. Which tests you choose will depend on your own personal wishes, which trimester you are in and your family health history.

How do you decide if prenatal genetic testing is right for you?

First, ask yourself some important questions before making a decision:

- Do pregnancies that need special care run in your family?
- Is testing covered by your insurance? If not, can you afford the out-of-pocket expense? Some prenatal tests might cost thousands of dollars.
- Are there any risks for my baby and for me to have the testing done?
- What information will each test give me? Do I need to take one test or many?
- How accurate are the results?
- If the test results are not normal, what would I do with this information?

You may want to discuss these questions with your provider.

Important to Remember

A high or low result on most genetic tests does not mean your baby has a problem for sure. A positive result only identifies pregnancies that might need special care and help you decide if more diagnostic tests should be done.

Here are some of the more common prenatal genetic tests that you might consider or that your provider might suggest:

FIRST TRIMESTER PRENATAL GENETIC TESTING

All of these are maternal blood tests with no risk to the pregnancy:

Cystic Fibrosis (anytime): This blood test tells you if you have a gene for cystic fibrosis that can be passed onto your baby. Cystic fibrosis is a disease that can affect the lungs and stomach. If you have the gene, your partner should also be tested to see if your baby has a chance of having cystic fibrosis.

Down Syndrome and Trisomy 13, 18 (severe mental and physical handicaps) (9-12 Weeks): This test can be completed during an ultrasound appointment and a simple blood draw.

Fragile X (9-12 Weeks): The most common heritable form of intellectual and developmental disabilities.

Non-Invasive Prenatal Testing (NIPT): This simple blood screening analyzes DNA (cell-free DNA, or cfDNA) to pinpoint your baby's risk for a number of genetic disorders, including Down syndrome.

SMA (Spinal Muscular Atrophy) (9-12 Weeks): This is the most common cause of early childhood death.

Tay-Sachs (9-12 Weeks): A genetic disorder that results in the destruction of nerve cells in the brain and spinal cord and prevents a newborn from being able to turn over, sit or crawl.

SECOND TRIMESTER PRENATAL GENETIC TESTING

Quad Marker Screen (15-20 Weeks): This test determines the levels of four substances within your blood. These levels are analyzed to see if they fall within normal limits. If not, additional diagnostic testing may be recommended.

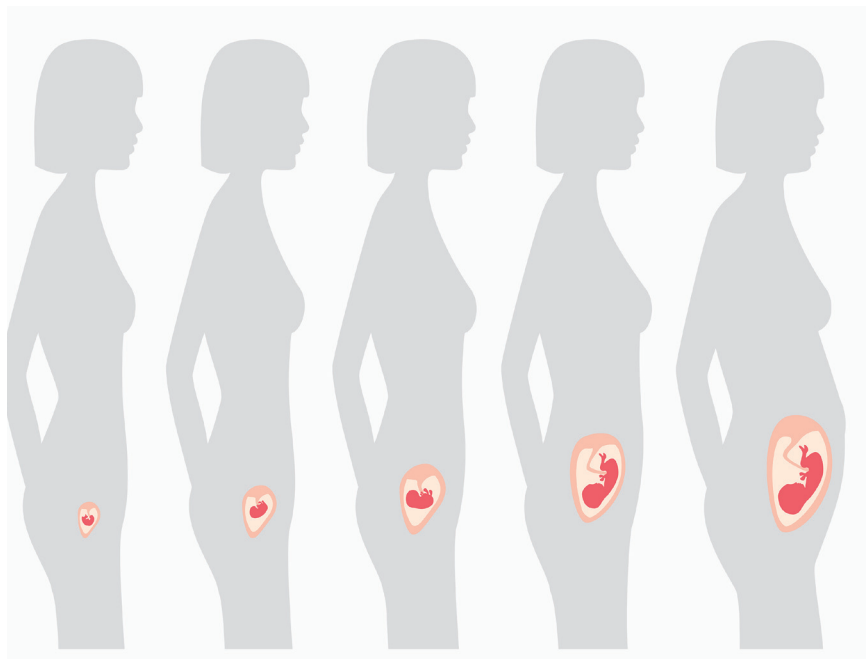
THIRD TRIMESTER PRENATAL GENETIC TESTING

Genetic testing usually does not take place in the third trimester.



A decorative border surrounds the central text, featuring various stylized flowers and leaves in shades of pink, red, blue, and green. The border is composed of a repeating diamond pattern in a light pink color.

YOUR BABY'S GROWTH



By 4 Weeks: A fertilized egg has divided into many cells and traveled and attached to your uterus from your fallopian tube. The egg is now an embryo.

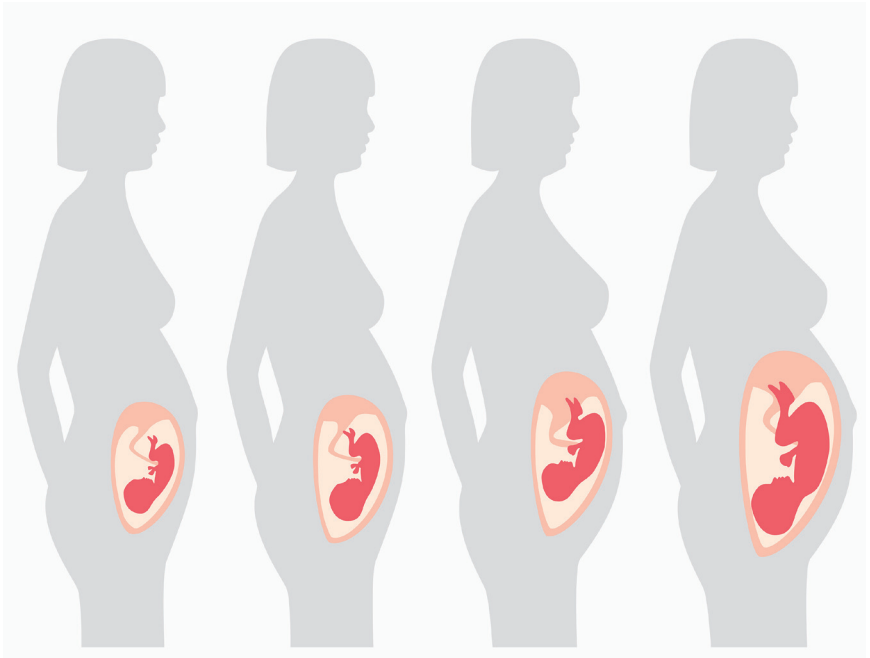
By 6 Weeks: Your baby's heart is beating and its circulatory system is forming. Your baby's face, eyes, ears and mouth develop as well as its intestines and brain.

By 10 Weeks: Your baby's nerve cells create neural pathways and a breathing tube extends from the throat to your baby's developing lungs. Your baby's skin is translucent; its arms and nails form.

By 11 Weeks: Amazingly, your baby's basic anatomy is in place, and the most critical phase of development is complete.

By 14 Weeks: Your baby's diaphragm has developed, and your baby is able to kick and stretch and suck his or her thumb.

By 18 Weeks: Your baby can sense light. Your baby can move his or her joints, and your baby's skeleton is forming. Your baby is flexing his or her arms and legs.



By 22 Weeks: Your baby's five senses—smell, vision, touch, taste and hearing—are developing. Your baby might even be able to hear you talk.

By 26 Weeks: Your baby can suck his or her thumb, swallow and open and close his or her eyes. Your baby now looks like a baby. His or her hair begins to grow, and your baby now has baby fat. Your baby is developing his or her lungs.

By 30 Weeks: Your baby is now in a regular routine of sleeping and waking, and his or her brain is very active. He or she can blink and your baby's head is growing in size.

By 34 Weeks: Your baby's central nervous system is maturing, as are your baby's lungs.

By 38 Weeks: Your baby's kidneys and lungs are now fully developed. Your baby's liver can now process some waste.

By 39 weeks: Your baby's physical development is complete, and he or she is getting ready to enter into the world.

How Big is Your Baby?



4 weeks
Poppy Seed



5 weeks
Apple Seed



6 Weeks
Sweet Pea



7 Weeks
Blueberry



8 Weeks
Raspberry



9 Weeks
Green Olive



10 Weeks
Kumquat



11 Weeks
Lime



12 Weeks
Plum



13 weeks
Lemon



14 weeks
Nectarine



15 Weeks
Apple



16 Weeks
Avocado



17 Weeks
Pear



18 Weeks
Bell Pepper



19 Weeks
Big Tomato



20 Weeks
Artichoke



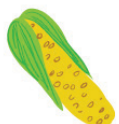
21 Weeks
Carrots



22 weeks
Papaya



23 weeks
Grapefruit



24 Weeks
Ear of Corn



25 Weeks
Rutabaga



26 Weeks
Lettuce



27 Weeks
Cauliflower



28 Weeks
Eggplant



29 Weeks
Acorn Squash



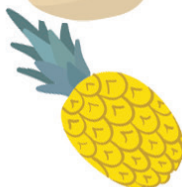
30 Weeks
Cabbage



31 weeks
Coconut



32 weeks
Jicama



33 Weeks
Pineapple



34 Weeks
Butternut Squash



35 Weeks
Honeydew



36 Weeks
Swiss Chard



37 Weeks
Winter Melon



38 Weeks
Pumpkin



39-40 Weeks
Watermelon





NUTRITION

Weight Gain

& Food Safety

How much should I eat during pregnancy?

In the first trimester of pregnancy, many women feel nauseous (sick to your stomach) or cannot stand the smell of some foods. This can make it hard to eat a regular meal. When you are pregnant, you need to eat about 400 more calories per day than when you were not pregnant. You may feel better if you eat something every few hours. Eating small meals five or six times each day instead of larger meals may help you feel better and make sure your baby has a steady supply of food.

Recommended Healthy Weight Gain During Pregnancy

If you are:

Underweight (BMI less than 18.5) — Gain 28 to 40 pounds

Normal (BMI between 18.5 and 24.9) — Gain 25 to 35 pounds

Overweight (BMI between 25 and 29.9) — Gain 15 to 25 pounds

Obese (BMI 30 or more) — Gain 11 to 20 pounds

Your BMI is your weight in kilograms (kg) divided by your height in meters squared. Ask your provider what your BMI is.



What should I eat during pregnancy?

You do not have to eat a lot more food during pregnancy. But it is important to eat the right food—the most healthy food for you and your baby.

Every day, make sure you have:

- 6 to 8 large glasses of water
- 6 to 9 servings of whole grain foods like bread or pasta. By reading the label, you will know that you are getting whole grain and not just brown-colored bread or pasta (1 slice of bread or a half cup of cooked pasta is a serving)
- 3 to 4 servings of fruit. Fresh, raw fruit is best (1 small apple or a half cup of chopped fruit is a serving)
- 4 to 5 servings of vegetables (1 medium carrot or a half cup of vegetables is a serving)
- 2 to 3 servings of lean meat, fish, eggs or nuts. (A piece of meat the size of a pack of playing cards is 1 serving.)
- 1 serving of vitamin C-rich food, like oranges, sweet peppers, or tomatoes (one half cup is a serving)
- 2 to 3 servings of iron-rich foods, like black-eyed peas, sweet potatoes, greens, dried fruit, or meat
- 1 serving of a food rich in folic acid, like dark green, leafy vegetables (one half cup is a serving)
- Limit caffeine intake (including soda, energy drinks or coffee) to 1 small cup

Nutrition consults may be recommended by your provider especially if you have maternal obesity, diabetes or develop diabetes during your pregnancy, excess or poor weight gain during pregnancy or history of an eating disorder.

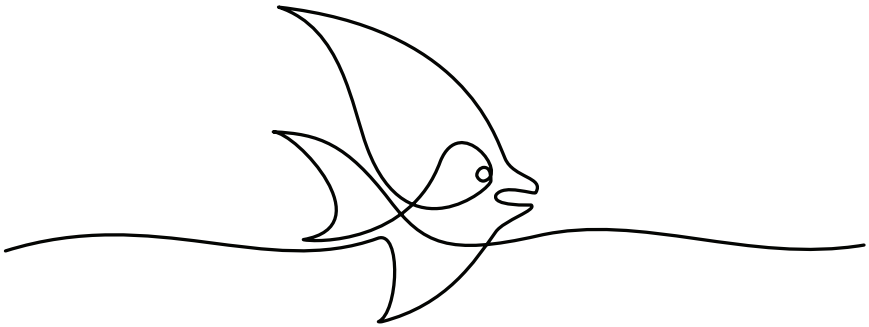
Should you take a prenatal vitamin?

YES! Ideally, it's best to start taking prenatal vitamins before conception. Taking at least 400 mcg of folic acid daily reduces the risk of neural tube defects by 70%. Most prenatal vitamins contain folic acid as well as other vitamins that pregnant women and their developing fetus need. Talk to your provider about what is right for you.

Eating Fish During Pregnancy

Fish has many nutrients that can help your baby's growth and development. Here are the recommendations for women of child-bearing age, especially pregnant and breastfeeding women:

- Eat 2 to 3 servings each week from the "Best Choices" list OR 1 serving from the "Good Choices" list
- Eat a variety of fish



Best Choices Eat 2 to 3 Servings a Week

Anchovy	Lobster	Shad
Atlantic Croaker	American and Spiny Mullet	Shrimp
Atlantic Mackerel	Oyster	Skate
Black Sea Bass	Pacific Chub Mackerel	Smelt
Butterfish	Perch	Sole
Catfish	(freshwater and ocean)	Squid
Clam	Pickering	Tilapia
Cod	Plaice	Trout, freshwater
Crab	Pollock	Tuna, canned light
Crawfish	Salmon	(includes Skipjack)
Flounder	Sardine	Whitefish
Haddock	Scallop	Whiting
Hake		
Herring		

Good Choices Eat 1 Serving a Week

Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Buffalofish	Rockfish	Tuna, Albacore/white
Carp	Sablefish	Tuna, canned and fresh/frozen
Chilean Sea Bass	Sheepshead	Tuna, Yellowfin
Grouper	Snapper	Weakfish/Seatrout
Halibut	Spanish Mackerel	White Croaker/Pacific Croaker
Mahi Mahi/Dolphinfish	Striped Bass (ocean)	

Choices To Avoid Highest Mercury Levels

King Mackerel	Shark	Tilefish (Gulf of Mexico)
Marlin	Swordfish	Tuna, Bigeye
Orange Roughy		

Fish caught by family and friends, such as Bass, Walleye, Northern Pike, Trout and Perch are more likely to have fish advisories due to mercury or other contaminants.

Learn more at www.cdc.gov

Because of the risk of listeriosis (a serious infection caused by eating food contaminated with a type of bacteria called *Listeria*) to yourself and your baby, follow these food safety guidelines during your pregnancy:

Deli Meats and Smoked Fish

Do not eat spreads and pates made from meat. Always heat or reheat hot dogs, lunch meat, deli meat (such as turkey, salami, and bologna), or deli smoked seafood to 165°F.

Meat (Beef, Chicken and Pork)

Do not eat any meat that is rotten or raw.

Milk and Cheese

Do not eat unpasteurized milk, feta, Brie, Camembert, blue-veined cheeses, and Mexican-style Queso Blanco or Queso Fresco. You can eat hard cheeses, semisoft cheeses like mozzarella, processed cheese slices, cream cheese, cottage cheese, or yogurt made with pasteurized milk, skim or 1% pasteurized milk.

Raw Foods

Do not eat any kind of raw food including raw meat, raw fish, sushi, raw shellfish, foods with raw eggs, raw vegetable sprouts or unpasteurized milk or juices.

Safe Food Prep

As a pregnant woman, it is especially important that you or those preparing your food are always careful with food handling and preparation.

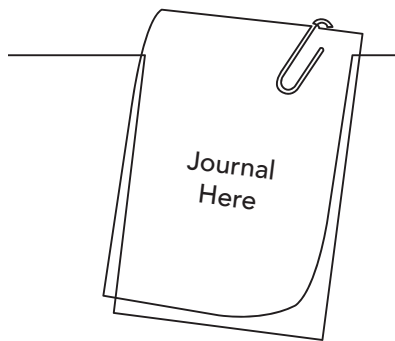
How Do I Prepare Food Safely?

- Wash your hands and cooking surfaces often
- Keep raw meat away from fruit and vegetables and cooked meat
- Cook your food until it is steaming hot or at least to 165°
- Cook meat until no pink remains
- Keep perishable food cold or frozen
- Keep your refrigerator at 40F° or less
- Keep your freezer at 0F° or less
- Throw away perishable food that is left at room temperature for two hours or more
- Do not eat foods if they are past the expiration date on the label

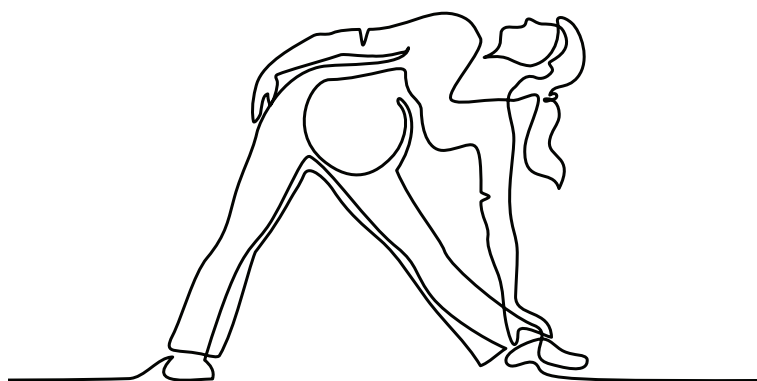
Food Journal

Keep track of foods that make you feel good and foods that make you feel bad:

[illegible]







EXERCISING

Getting 30 minutes of daily exercise during your pregnancy will help you and your baby stay healthy.

During pregnancy, exercise helps to:

- Prepare you for giving birth because your muscles will be stronger, and you'll have more stamina
- Increase your energy before and after birth
- Improve your mood
- Lower stress
- Manage your weight gain
- Decrease backaches and muscle aches
- Keep your digestion moving; not get constipated

Exercises that are considered safe during pregnancy:

- Walking
- Swimming
- Biking
- Yoga
- Low impact aerobics
- Light weight training
- Hiking
- Dancing
- Housecleaning
- Yard work
- Stretching
- Sex *(Although sex is considered safe during pregnancy, if bleeding occurs, you should stop having further sexual activity and call your provider)*

When you exercise, be sure to warm up slowly and cool down slowly. Most exercises are safe while pregnant, but it's important that you talk with your provider about what will work best for you.

During exercise, focus on:

- Staying hydrated (drink water before and after)
- Maintaining normal body temperature (don't get too hot or too cold)
- Testing out your balance before doing any new activity (your growing belly might make you off-balance)
- Not lying flat on your back
- Listening to your body

Stop exercising if you feel:

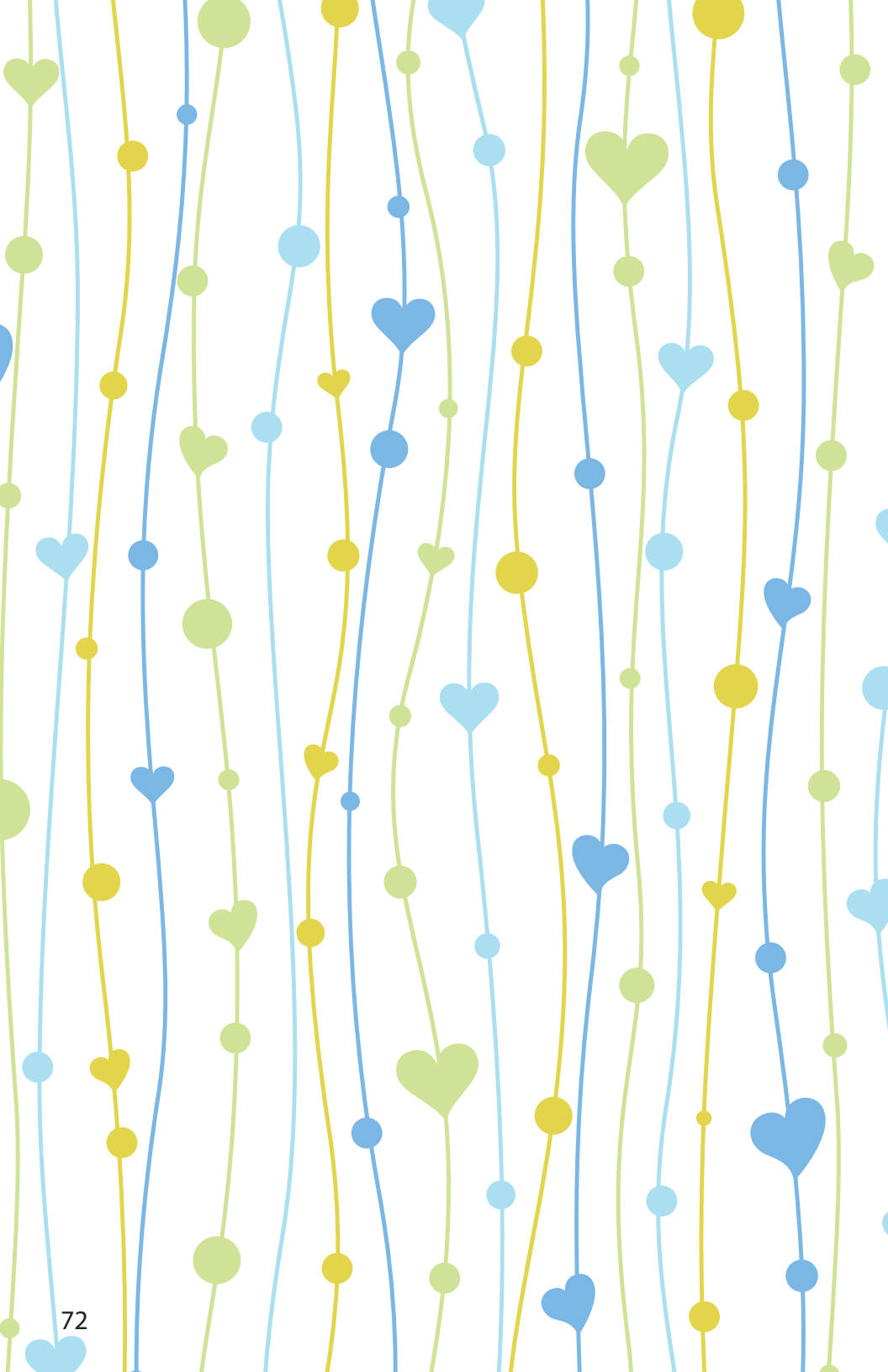
- Pain
- Dizziness
- Shortness of breath
- Uterine cramps like when you get your period
- Contractions (your stomach gets tight and hard)

How To Meditate

Relaxation during pregnancy is important. Meditation can help. To begin, take a moment to focus on your breathing. Notice your breath and how your belly goes up and down. Follow the in-and-out movement of your breath for a few moments. See how this takes your mind away from worry, pain, anxiety or repetitive thoughts.

You can focus on your breath anywhere. You don't need to be in a yoga studio or in comfortable clothes or all by yourself on a mountain top. You can be in a doctor's office, on a crowded train or in line at the grocery store. Meditation can take 1 minute or 1 hour.

There is no right or wrong way to meditate. Creating art-work, coloring, and doing any activity in a mindful way is also a form of meditating.





SAFETY

PRECAUTIONS

ALCOHOL

All types of alcohol, including beer, wine and liquor, can hurt your baby's brain and body. Do not drink alcohol while you are pregnant, not even in small amounts during special occasions. Drinking alcohol during pregnancy can cause miscarriage and stillbirth as well as fetal alcohol spectrum disorder. Babies born with fetal alcohol spectrum disorder may have problems such as:

- Learning disabilities
- Hyperactivity
- Difficulty with attention
- Speech and language delays
- Low IQ
- Poor reasoning (thinking) and judgment skills

BEAUTY PRODUCTS

Chemicals used in nail and hair salons are very dangerous and can be very toxic to your baby. Stay away from these fumes while you are pregnant and do not use artificial fingernails.

CAFFEINE

To be safe, limit caffeine intake to 100 mg per day (1 small cup of coffee). Drinks that contain caffeine include coffee, tea, certain sodas and sports drinks. *(See pages 61 for more information)*

CAT LITTER

Cleaning the litter box might expose you to a virus called toxoplasmosis. Getting sick with this virus can harm your baby, so ask someone else to change the cat litter.

CHEMICALS

Do not breathe in any kind of strong-smelling chemicals in your home, workplace or when traveling. This includes paint, cleaning fluids and varnish.

CLEANING PRODUCTS

Avoid using anything labeled "toxic" or that has a warning label on it. Try natural products like baking soda, vinegar and water. Do not mix ammonia and chlorine products. If you use any cleaning products, make sure to wear thick rubber gloves and open the windows to get rid of the fumes.

CRAFT SUPPLIES

Avoid using certain craft supplies like stained glass material, oil paints and ceramic glazes. Instead, use watercolor or acrylic paints.

DENTAL WORK

Although most dental work is safe during pregnancy, it's wise to delay dental procedures until after the first trimester. Your dentist may also suggest postponing some dental treatments during your pregnancy if you've had a history of miscarriage or are at risk for one.

Routine dental x-rays are generally safe, but you may choose to delay them or have them only if it's a medical emergency. *This should be a decision that you and your providers make together.* Always be sure to shield your belly with a lead apron to protect you and your baby.

HOT TUBS AND SAUNAS

Avoid becoming too hot in a hot tub or sauna as this could be harmful to your baby's brain and body.

LEAD PAINT

Homes built before 1978 may contain lead paint, so do not touch any paint that is crumbling or peeling. Do not breathe in air particles if paint is being removed or sanded.

MEDICATIONS/SUPPLEMENTS

IMPORTANT: All medication use should be discussed with your provider prior to use. No medicine, drug or supplement is 100% safe to use during pregnancy.

Almost every pregnant woman will face a decision about taking medicine before and during pregnancy but not all medicines are safe. Some medicines may cause birth defects, pregnancy loss, prematurity, infant death or developmental disabilities.

The fetus forms its basic body plan during the first 5 to 13 weeks after conception. This period of time, known as "organogenesis" is when drugs are most likely to induce birth defects. We recommend you refrain from use of over-the-counter medications in the first trimester, unless absolutely necessary.

If needed, the following medications are considered to be safe in pregnancy:

<u>Reason</u>	<u>Safe Medications to Take During Pregnancy</u>
---------------	--

- | | |
|----------------|--|
| <u>Allergy</u> | <ul style="list-style-type: none">• Loratidine (Claritin®)• Cetirizine (Zyrtec) |
|----------------|--|

- | | |
|---------------------|--|
| <u>Cold and flu</u> | <p>Try non-medicated options first:</p> <ul style="list-style-type: none">• Humidifiers• Netti Pots• Warm fluids• Warm, moist compress to cheeks/forehead• Saline nasal drops or spray• Warm salt water gargle <ul style="list-style-type: none">• Acetaminophen (Tylenol)*• Dextromethorphan (Robitussin)*• Guaifenesin (Mucinex [plain])*• Vicks Vapor Rub• Mentholated or non-mentholated cough drops
<i>(Sugar-free cough drops for gestational diabetes should not contain blends of herbs or aspartame)</i> |
|---------------------|--|

***Note:** Do not take the “SA” (Sustained Action) form of these drugs or the “Multi-Symptom” form.

Do not use Nyquil®, or a generic version, due to its high alcohol content.

- | | |
|-----------------|---|
| <u>Diarrhea</u> | If you have diarrhea that is not treatable with fluids and/or changing your diet, call your provider. |
|-----------------|---|

- | | |
|---------------------|--|
| <u>Constipation</u> | <p>Try non-medicated options first:</p> <ul style="list-style-type: none">• Drink at least 8 glasses of water per day• Take a daily gentle walk <ul style="list-style-type: none">• Fiber/Psyllium (Fiberall®, Metamucil®)*• Docusate (Colace®)*• Polycarbophil (FiberCon®)*• As a last resort, use Methylcellulose fiber (Citrucel®)* <p>*Be sure to drink lots of water when using</p> |
|---------------------|--|

- First aid ointment
- Neomycin/polymyxin
 - B/bacitracin (Neosporin®)
- Headache
- Acetaminophen (Tylenol)
- Heartburn
- Aluminum hydroxide/magnesium carbonate (Gaviscon®)* (*Occasional use only*)
 - Famotidine (Pepcid AC®)
 - Aluminum hydroxide/magnesium hydroxide (Maalox®)
 - Calcium carbonate/magnesium carbonate (Mylanta®)
 - Calcium carbonate (Titalac®, Tums®)
 - Gas-X, Mylicon or Phazyme
- Hemorrhoids
- Try non-medicated options first:
- Cold compress
 - Warm bath
 - Phenylephrine/mineral oil/petrolatum (Preparation H®)
 - Witch hazel (Tucks® pads or ointment)
- Insect repellent
- Checking for ticks after being outside is important. Wear long socks/lighter colored pants to prevent tick bites. Avoid insect repellent like DEET or essential oils. Use over-the-counter options for insect bites like:
- Plain calamine lotion
 - Non-medicated skin creams
- Nausea & vomiting
- Try non-medicated options first:
- Sea-bands
 - Acupressure points
 - Doxylamine (Unisom Sleep tab)
 - Vitamin B6
 - Ginger Extract
- Rashes
- Diphenhydramine cream (Benadryl)
 - Oatmeal bath (Aveeno®)

Sleep

Try non-medicated options first:

- Create daily bedtime rituals
- Drink a calming tea
- Read before bed

Talk to your provider about other options

Yeast infection

See your provider if you have a suspected yeast infection that may need anti-fungal medication.

PESTICIDES

Pesticides can be found in gardens and on fruits and vegetables and can harm your baby. Wash all produce thoroughly.

SMOKING (CIGARETTES AND MARIJUANA)

Do not smoke or use vaping devices while you are pregnant. Smoking cigarettes, marijuana, cigars or vaping can cause your baby to be born too early or too small as well as cause bleeding complications. Secondhand smoke (the smoke that you breathe in from another person smoking near you) can also hurt your baby. Tobacco use is also unsafe after your baby is born.

STREET DRUGS

Do not use illegal street drugs while you are pregnant. POSH/K2/Spice, cocaine, heroin, crack, marijuana, prescription pain medications (*ones that are not currently prescribed to you*) and benzodiazepines can hurt your baby's brain and cause labor to begin too early.

If you are dependent upon or addicted to any illegal street drugs, alcohol or prescription controlled medications, it's important that you tell your provider so that they can help you receive treatment.

TRAVEL

Most women can travel up to the last month of pregnancy. Always wear your seat belt and take rest breaks when traveling long distances. When flying, get up and walk around every hour. Drink plenty of water. Take a copy of your prenatal medical records with you.

To avoid Zika Virus and Malaria, pregnant women should avoid traveling to some international destinations. If you must travel to

an area with Zika or malaria risk, take strict precautions to prevent mosquito bites and avoid sexual contact. Find out more from the Center for Disease Control (CDC) Zika Travel Information page at www.cdc.gov.

VACCINATIONS

When you get a vaccine during pregnancy, you become protected against getting the infection and pass this protection onto your baby.

Which vaccinations are safe and recommended?

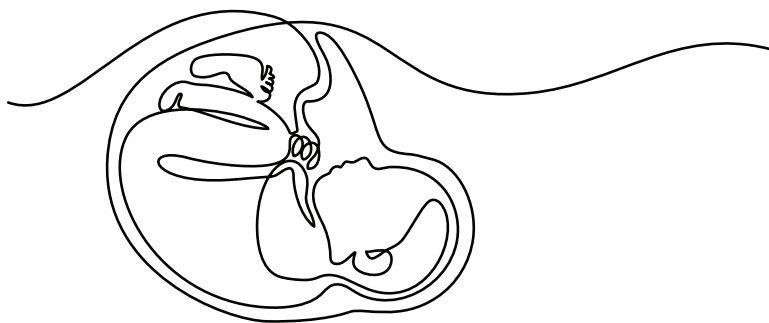
- Influenza (flu) inactivated injection vaccine
- Tetanus, Diphtheria and Pertussis (Tdap)

All other vaccines should be reviewed with your providers.

It is safe for a woman to receive routine vaccines right after giving birth, even while she is breastfeeding. Talk to your provider about which vaccinations are safe for you.



NATURAL CHILDBIRTH



Choosing to give birth without pain-relieving medications and using natural pain-relieving techniques (like relaxation and controlled breathing) is called natural childbirth. Some women find that treating labor like a natural event can be empowering and rewarding.

Methods and Techniques for Natural Childbirth

There are many different types of natural childbirth educational classes available online. Some have local chapters you can join. If you are interested in learning more, we encourage you to visit these websites:

Lamaze

www.lamaze.org

Lamaze is a nonprofit organization that promotes a natural, healthy and safe approach to pregnancy, childbirth and early parenting.

Bradley Method

www.bradleybirth.com

The Bradley Method helps dads-to-be know what to do when you are giving birth. This class is a 12-week program and provides small classes, with workbooks and interactive preparation.

Hypnobirthing

www.hypnobirthing.com

Hypnobirthing is an approach to childbirth developed by hypnotherapist, Marie Mongan. It emphasizes breathing and relaxation techniques to help women naturally through labor and delivery.

Besides relaxation and controlled breathing, there are other natural remedies for pain relief including:

- Music Therapy
- Water Therapy (tub or shower)
- Heat/Cold Therapy
- Massage Therapy
- Acupuncture/Reiki
- Position Changing
- Walking, squatting, lunging, sitting or using a birth ball

Childbirth Education Additional Resources

- Glens Falls Hospital Snuggery: 518-926-6095 or <http://www.glensfallshospital.org/snuggery/>
- Warren County: 518-761-6580 or <http://www.warrencountyny.gov/healthservices/maternal.php>

We're here for you after the baby, too!

Being a new mom means riding the emotional roller coaster of postpartum hormones, dealing with sleep deprivation, adjusting to your changing body and recovering from childbirth—all while caring for your newborn.

Your first postpartum appointment is scheduled with us at:

____ 90 South Street, Glens Falls

____ Warrensburg Health Center

____ West Mountain Health, Queensbury

On this date and time:

Breastfeeding

Breastfeeding offers many health benefits for infants and mothers including providing essential nutrition and protection against certain childhood infections. It is recommended that infants be fed breast milk exclusively for the first 6 months after birth. Besides talking to your Hudson Headwaters provider, these lactation consultants/programs are available to you to learn more:

- Warren County: 518-761-6580
- Washington County: 518-746-2400
- Essex County: 518-873-3500
- Saratoga County: 518-584-7460
- LeLeche League: 1-877-452-5324 or www.llusa.org
- Glens Falls Hospital Snuggery: 518-926-6090

Postpartum Birth Control

It is possible to become pregnant very soon after having a baby. Using birth control in the weeks after birth helps you avoid an unintended pregnancy. When choosing a birth control method after pregnancy, think about the following:

Timing: Some birth control methods can be started right after childbirth. With other methods, you need to wait a few weeks to start.

Breastfeeding: There are a few methods that are not recommended during the first weeks of breastfeeding because they may affect your milk supply.

Effectiveness: Sometimes, the method you used before your pregnancy might not be the best choice after.

Talk to your provider about what method is right for you.

Call Us Immediately With These Post Birth Warning Signs

Possible Infection

Discharge with foul order, redness,
increased pain and/or fever

Bleeding

Saturating one pad an hour, or more

Mastitis

Hard area in breast, redness,
fever, flu-like symptoms

Preclampsia

Blurry or spotted vision, severe upper right
abdominal pain, headache that won't go away,
blood pressure higher than 140/90

Postpartum Depression

(see page 87)

518-792-7841

Your Hudson Headwaters providers
will give you the guidance you need.

In case of a medical emergency, call 911.





POSTPARTUM DEPRESSION

The birth of a new baby is expected to be a joyful milestone in a woman's life, but that is not always the case. Tremendous changes occur in the mother's life and body. Some women may experience minor adjustment issues, and some may experience a serious mood disorder known as postpartum depression.

What is postpartum depression?

"Postpartum" means the time after childbirth. Postpartum depression is not a regular or usual part of being a mother. It is when you feel hopeless or empty after childbirth for longer than two weeks.

Postpartum depression can affect anyone, and it is a serious mental illness. It involves your brain and affects your behavior and physical health. You might feel disconnected to your baby, as if you are not the baby's mother, or you might feel as though you do not love your baby or can't properly take care of your baby's needs. Your sad, helpless and empty feelings can be mild to severe.

What are the symptoms of postpartum depression?

Some of the more common symptoms include:

- Feeling sad, hopeless or overwhelmed
- Feeling restless or moody
- Crying a lot
- Feeling worthless or guilty
- Having thoughts about death, suicide or wanting to harm your baby
- Eating more or less than you usually do
- Having trouble remembering things or concentrating
- Not being able to sleep or sleeping too much
- Withdrawing from seeing your friends and family
- Losing interest in things you usually like to do
- Lacking energy, feeling tired all of the time
- Headaches, stomach problems or other aches and pains that don't go away

Postpartum depression is not the "baby blues."

Lots of women get what's known as the "baby blues" within a few days of giving birth. This is considered normal, but this feeling should go away within three to five days. If these feelings don't go away and you feel sad, hopeless or empty for longer than two weeks, you may have postpartum depression.

What causes postpartum depression?

Postpartum depression does not have a single cause, but likely results from a combination of physical and emotional factors. Postpartum depression does not occur because of something a mother does or does not do. After childbirth, the levels of hormones (estrogen and progesterone) in a woman's body quickly drop. This leads to chemical changes in her brain that may trigger mood swings. In addition, many mothers are unable to get the rest they need to recover fully from giving birth. Constant sleep deprivation can lead to physical discomfort and exhaustion, which can contribute to the symptoms of postpartum depression.

How is postpartum depression treated?

There are effective treatments for postpartum depression including counseling/talk therapy and/or medications. If you have postpartum depression, it's not your fault. Talk to your providers today to learn more about treatment during and after your pregnancy. With help, you can feel better.

Postpartum Support

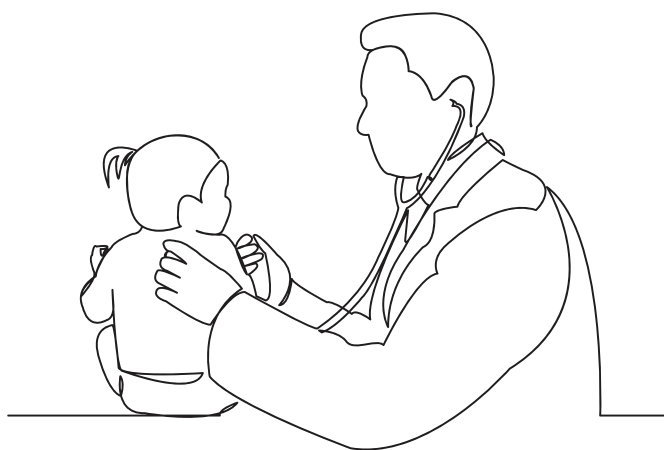
International Help Line at 1-800-944-4773 (4PPD). This is a toll-free telephone number anyone can call to get basic information, support, and resources. (*This is not a crisis hotline and does not handle emergencies.)

If you or someone you know is in crisis or thinking of suicide, get help quickly. Call your provider, 911 or call the toll-free 24-hr hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

Other resources include:

- Shades of Light: 518-955-6770
- Postpartum Resource Center of New York's moms-on-call-1-855-631-0001 or www.postpartumny.org
- www.postpartumprogress.com





PEDIATRIC CARE



Hudson Headwaters Health Network offers pediatric services for newborn babies through childhood and the teen years. We are dedicated to making sure your baby is healthy and growing well.

Making an appointment for your child is easy. Our pediatric providers have regular hours at seven of our health centers, including weekends hours at the Health Center on Broad Street. Extended coverage is offered at our two urgent care locations (at the Health Center on Broad Street and Warrensburg Health Center) with pediatric backup 24 hours a day.

Find a Hudson Headwaters Pediatric Provider Near You

Hudson Headwaters Pediatric and Adolescent Health (Formerly Queensbury Family Health)

518-798-6400



**Fort Edward-Kingsbury
Health Center**
518-824-8630

Health Center on Broad Street
(also Urgent Care)
518-792-2223

Moreau Family Health
518-761-6961

Moriah Health Center
518-942-7123

**Ticonderoga
Health Center**
518-585-6708

Warrensburg Health Center
(also Urgent Care)
518-623-2844

My pediatric provider is _____

Location _____

Phone _____

Additional Resources

These are other resources available to help you before and after childbirth. We encourage you to reach out to them if you need help.

Adoption

- Friends in Adoption: 1-800-932-3678
- WIC Program (find the closest office to you): 1-800-WIC-1007
- MOMS Program: 1-800-624-4221

Smoking

- Smoking Cessation: 1-866-NYS-QUITS

HIV Services

- Hudson Headwaters Ryan White Program: 518-792-2223
- AIDS Counsel: 518-743-0838

Family Problems at Home?

Do you feel safe in your home? Sometimes people hurt each other by hitting, screaming hurtful words or abusing each other. Does this happen in your family? Being pregnant can make the situation worse. Your safety and the safety of your child is the number one priority. There is help available for you and your child, talk with your provider today or call the National Domestic Violence Hotline: 1-800-799-SAFE (7233)



**HUDSON
HEADWATERS**
HEALTH NETWORK

Call us today

518-792-7841

Visit us online

www.hhnhn.org