



MATERNITY HANDBOOK

SIMPLE ANSWERS TO COMMON QUESTIONS
DURING PREGNANCY





WELCOME TO PREGNANCY...
THE BEGINNING OF A
WONDERFUL JOURNEY!

Thank you for choosing Orange Coast Women's Medical Group (OCWMG) for your obstetrical care. Giving birth is one of the most memorable and important experiences a woman will undergo. OCWMG will do all we can to ensure your pregnancy experience is safe, healthy and happy.

If at any time you have questions, please call us at 949-829-5500 during the following hours: Monday through Friday 8:30 am – 4:00 pm. After 4:00 pm and on weekends, the doctors can be reached through the answering service at 949-829-5500. Please note that our operators handle many calls but, they will answer your call as soon as possible. Keep in mind that only one physician is "on-call" after office hours; answering calls, delivering babies and performing surgeries. Please call for emergency situations only.

This booklet provides a summary of the most common concerns during pregnancy. We feel that during your visits, our attention should be devoted entirely to you. Limiting visits with small children will help focus our visit on your pregnancy.

COMMON CONCERNS

Bleeding

First Trimester:

If any bleeding occurs, call the office for instructions.

Second to Third Trimester:

If bleeding occurs notify the office immediately. If bleeding occurs after being examined in late pregnancy, do not be alarmed. This is normal, unless bleeding becomes heavy, bright red, or is persistent. Occasionally, patients will have a “bloody show” prior to labor. This is usually dark brown and of mucous consistency. If this occurs, it could be either from being recently examined or it could possibly be a sign of early labor. Notify the office doctor if contractions begin.

Cold Symptoms

We recommend the following medications in moderation if you develop a persistent cold.

- **Congestion**
 - Sudafed® or Tavist®: Can be used twice per day **after completion of your first trimester.**
 - Vaporize or some method of steam, such as a hot shower or steam tent.
 - Saline nasal drops or spray. Vicks® VapoRub® or Mentholatum®.
- **Cough**
 - Robitussin® (plain)
- **Sore throat**
 - Gargle with warm salt water.
 - Chloraseptic® throat spray or lozenges may be used.
- **Fever**
 - Tylenol® may be used, two regular strength (325mg) tablets every four hours. Total dose 650mg, not more than 4g/24 hours.
 - If fever is higher than 101 degrees for 24 hours, call the office.
- **Headaches and Aches**
 - Tylenol® may be used, two regular strength (325mg) tablets every four hours. Total dose 650mg, not more than 4g/24 hours.
 - If symptoms persist, or if your condition worsens, contact your doctor.

Contractions

Contractions are experienced slightly differently by different women. Most women describe contractions as feeling like severe abdominal pain, usually involving the entire abdomen/uterus. Some women experience pain just in the lower abdomen or in the lower back.

Braxton Hicks:

These contractions, which occur with the growing uterus, are normal occurrences in pregnancy. They are usually not painful and are of no danger to the baby. To the baby, it is merely like a hug and to the mother should only be considered a minor aggravation. If particularly bothersome, a warm bath or heating pad will usually relieve them to a degree.

Dental Exams

Routine dental care is recommended.

- Inform the dentist of your pregnancy.
- The abdomen should be shielded if x-rays are necessary.

Dietary Concerns in Pregnancy

We recommend a well-balanced diet in pregnancy. Some foods should be avoided in pregnancy because they can transmit infections, such as Listeria, to the unborn baby without mom experiencing any symptoms. Avoid eating hot dogs, luncheon meats, or

deli meats unless they are reheated until steaming hot. Do not eat soft cheeses such as feta, Brie, and Camembert, blue-veined cheeses, or Mexican-style cheeses such as queso blanco, queso fresco, and Panela, unless they have labels that clearly state they are made from pasteurized milk. Use pasteurized milk and milk products only. Also, we recommend you avoid refrigerated pate or meat spreads. Do not eat refrigerated smoked salmon unless it is an ingredient added to a cooked dish.



Consumption of fish during pregnancy

Fish can be an important part of a healthy diet. Some fish, however, may contain high levels of mercury that can harm an unborn baby or young child's developing brain and nervous system.

By following these 3 recommendations for selecting and eating fish, you will receive the benefits of eating fish and shellfish and be confident that you have reduced your exposure to the harmful effects of mercury.

- Do not eat shark, swordfish, king mackerel, or tilefish because they contain high levels of mercury.
- Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are low in mercury:
 - 5 of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock and catfish.
 - Another commonly eaten fish, albacore "white" tuna has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, do not eat more than 6 ounces (one average meal) of albacore tuna per week.
- Check the local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas. If no advise is available, eat up to 6 ounces (one average meal) per week of fish if caught from local waters, but do not consume any other fish during that week.

Digestive Disorders

Constipation

The doctors recommend taking control of this problem with your diet. Your diet should include bran or whole wheat, fresh fruits, vegetables and an increase in fluids. If additional help is needed, Metamucil® or Colace® may be used as directed. If the problem persists, contact the office.

Diarrhea

- Nothing by mouth for 12 hours, followed by clear liquids during the next 12 hours.
- Kaopectate® may be used. Take one tablespoon after each loose stool.
- Imodium® A-D as the package directs. If this condition persists, contact the office.

Heartburn/Indigestion

Riopan®, Mylanta® or Tums® may be taken as directed before meals and at bedtime. Overeating or spicy foods may contribute to heartburn. Avoid eating immediately before laying down.

Nausea and Vomiting

This is normal during the first three months, but occasionally will last longer. Avoid eating greasy or spicy foods. In addition, eat small frequent meals in order to keep your stomach

full at all times. If nausea and vomiting become severe, or if you lose more than three pounds, contact the office.

Hemorrhoids

Straining during bowel movements contributes to this problem. Try to avoid constipation and prolonged sitting. Sitz baths are recommended three to four times per day, 10-15 minutes each time. Over the counter Anusol® suppositories may be used. (No prescription is needed.) If pain persists, contact the office. Hemorrhoids regress after delivery but, usually do not disappear completely.

Discharge

It is not unusual to have increased vaginal discharge during pregnancy. If irritation, discomfort, noticeable odor, or yellowish or brownish coloring occurs, contact the office. Do not douche or use tampons. If you have a history of pre-term labor and discharge increases significantly, call the office.

Dizziness

This can be normal in early pregnancy. We advise rest and increase of your fluid intake. If dizziness occurs in late pregnancy, is accompanied by visual disturbances, or persistent in early pregnancy, contact the office.

Edema (Swelling)

Increase rest and keep your feet elevated. Drink at least eight glasses of water per day. Restrict salt, and food and drinks with a high preservative content. (Avoid caffeine such as coffee, tea, and cola.)

Exercise and Recreation

You are permitted to continue most activities or sports in which you participated before pregnancy. Some health clubs offer special exercise classes for pregnant women, and we find no problem in this. We suggest you do not try to learn a new sport during pregnancy. Sports our physicians recommend avoiding when you are pregnant include snow skiing, water skiing, kick boxing, and any sport in which you may take a hard fall such as horseback riding or soccer.

Jacuzzi/Whirlpool Baths

Jacuzzi and/or whirlpool baths are not recommended during the first trimester of your pregnancy. If you choose to use whirlpool baths later in your pregnancy, do not stay in the water longer than 15 minutes each time. The temperature must not exceed 100 degrees. Avoid direct pressure of the jets to the abdomen.

Labor

If your contractions are regular and if you feel that you are in labor, contact the doctor. You may be asked to come to the office or go to the hospital to be checked. If your water breaks, notify the doctors immediately, no matter what time, day or night. If there is a doubt as to whether you are in actual labor or false labor, walk around and/or use local heat. If you are having false labor, movement or heat often causes most of these contractions to stop. Movement will usually make true contractions stronger.



Medications/Alcohol

Only certain medications are permitted during pregnancy. Inform other doctors about your pregnancy so appropriate medications can be ordered. Alcohol is not recommended during pregnancy.

CBD/Marijuana

Women who are pregnant or breast feeding should discontinue the use of marijuana and CBD oil. There are possible harmful effects on both the mother and baby.

Movement/Kick-Count

Babies have periods of sleep and activity throughout the day. By 28 weeks, you should feel several active periods of movement everyday. If you feel at some time (after 28 weeks) that the baby is not moving adequately, perform a kick-count.



Kick-count: Lie on your left side without any distractions and count all of the movements you feel. Babies should move on average, about 10 times in 2 hours referred to as the **“Count to 10”** method. Best time to count fetal movement is after a meal. If you regularly **“Count to 10”** with your baby’s movements you will be able to know your baby’s normal routine. If you do not feel your baby is moving as they should, call the office.

Pain

As the uterus increases in size, there will be some discomfort and pain due to ligaments stretching and increased blood supply. We advise heat and Tylenol®. If the pain increases or persists, contact the office. Modifications of activity with gradual rising and sitting, and avoidance of sudden movement will decrease the pain.

Backache

As the uterus increases in size, backaches are common. We recommend good posture, rest (with your feet elevated, or resting on either side), Tylenol® and heat. If backache is severe, a maternity girdle occasionally will help. Usually a backache is just the body’s way of recommending more rest and to watch your weight.

Headache

You may use one or two regular strength Tylenol (325mg) every four hours. Total dose 650mg, not more than 4g/24 hours. If your headache persists or is accompanied by visual disturbances, contact the office.

Poisons and Chemicals

Fumigation

If fumigation of the home is necessary, leaving the premises for approximately eight hours is recommended. Have another person enter the home to open doors and windows to ventilate before you enter.

Painting

Plan to paint on clear days as we recommend having doors and windows open for good ventilation.

Salon Treatments

Permanents, hair coloring, and nail care should always be done in large, well-ventilated areas.

Postpartum Appointments

You will receive a card in the mail for your six week postpartum check-up. If you have not

received it by two weeks postpartum, please call the office. If you have a c-section, please call the office upon returning home for a two week postoperative appointment.

Prenatal Vitamins

We recommend prenatal vitamins before becoming pregnant, throughout pregnancy, and during the postpartum period.

A prenatal vitamin should meet all of the your needs and those of your developing baby and must be easily tolerated. Essential elements such as folic acid, vitamin D, DHA, and Iron are readily available in the correct dosage of most prescription prenatal vitamins. Over the counter vitamins may not have the recommended amounts of DHA and folic acid needed for the developing baby. Since these products are unregulated, sugars, fillers and animal products may also be present.

A prescription vitamin will be recommended when you start your care with us. You can discuss your individual needs with your provider while in the office.

Sexual Relations

Sexual relations may continue during pregnancy, as long as it remains comfortable. If a complication develops, further advice will be given by your doctor. Frequently, increased uterine activity is noted after sexual activity.

Travel

If traveling by automobile, we recommend that you stop and walk around every two hours, for approximately 15 minutes. If traveling by commercial airlines, there are no restrictions under most circumstances. If you are planning to travel during your last month of pregnancy, we recommend that you do not travel more than one hour from the hospital. Please discuss this with your doctor. Be sure to wear a seatbelt during car travel, positioning the seat belt under the abdomen as your pregnancy advances.

Refer to the CDC for Covid-19 and Zika travel information.

[cdc.gov/travel/page/zika-information](https://www.cdc.gov/travel/page/zika-information)

[cdc.gov/coronavirus/2019-ncov/Travelers/index.html](https://www.cdc.gov/coronavirus/2019-ncov/Travelers/index.html)

Altitude

Travel to local mountain resorts is usually not a problem. Avoid strenuous activity or long strenuous hikes.

Additional Resources:

- U.S. Environmental Protection Agency – **www.epa.gov/ost/fish**
- California Department of Health Services – **www.dhs.ca.gov**
- Environmental Working Group – **www.ewg.org**
- U.S. Public Interest Research Group – **www.uspirg.org**
- CDC on Zika Virus – **www.cdc.gov/zika/index.html**
- CDC on Covid-19 – **[cdc.gov](https://www.cdc.gov)**

If there are any questions or issues not addressed in this brochure, do not hesitate to contact your physician or nurse practitioner. We are here to help and to ensure that every phase of your pregnancy is as safe, worry free and pleasant as possible. Thank you again for trusting us with your care. We look forward to caring for you and your baby!



Laguna Hills

Saddleback Medical Towers
24411 Health Center Drive, Suite 200
Laguna Hills, CA 92653

Irvine

Hoag Health Center
16105 Sand Canyon Ave, Suite 200
Irvine, CA 92618

Irvine

Hoag Health Center
16305 Sand Canyon Ave, Suite 275
Irvine, CA 92618

San Clemente

Talega Medical Center
1031 Avenida Pico, Suite 204
San Clemente, CA 92673

Tustin

Hoag Health Center Tustin Legacy
15000 Kensington Park Drive, Suite 370
Tustin, CA 92606

Foothill

Hoag Health Center
26742 Portola Parkway, Suite 108
Foothill Ranch, CA 92610

Mission Viejo

Mission Medical Plaza
26800 Crown Valley Parkway, Suite 460
Mission Viejo, CA 92691

Visit our website for driving directions.

For more information,
please call (949) 829 5500 or visit our website at:

www.ocwmg.com

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