



LOUISIANA WOMEN'S
Healthcare



OH BABY!

A helpful guide for expecting moms.

Congratulations on your pregnancy!

We appreciate you choosing **Louisiana Women's Healthcare (LWH)** for your care. Whether you are a first-time parent or growing your family, having a baby is one of the most important and exciting times in your life. Our goal is to provide you with the best quality medical care throughout your entire pregnancy and delivery. This booklet contains important information about our practice and answers to commonly asked questions. If you have any other questions, we encourage you to discuss them with your LWH Physician during your prenatal visits. ***Please keep this information for reference throughout your pregnancy.***

Our Office Location

500 Rue de la Vie, Suite 100
Baton Rouge, Louisiana 70817

Clinic Hours

Monday-Thursday 8:00am-4:30pm
Friday 8:00am-3:30pm
225.201.2000

After Hours Emergencies

Woman's Hospital Medical Exchange
225.922.3766

OFFICE INFORMATION

OFFICE HOURS

Our office is open **Monday-Thursday 8:00am-4:30pm, and Friday 8:00am-3:30pm**. The hours of individual LWH Physicians may vary. Our office may be reached at **225.201.2000**. Non-emergency questions will be answered during regular office hours. Emergencies will be addressed immediately.

AFTER HOURS

After regular office hours, an on-call team member can be reached by contacting **Woman's Hospital Medical Exchange at 225.922.3766**. *Please limit these calls to emergencies only.* Calls regarding prescriptions, appointments, lab results, etc. will only be handled during regular office hours.



OUR TEAM

LWH offers **24-hour emergency coverage through a call group** that includes both male and female physicians. *Please be aware that you may be examined, treated, or delivered by a member of this call group who is not your regular physician.* If your physician is not on-call, you can reach an on-call team member by contacting the Medical Exchange at 225.922.3766.

YOUR VISITS

During the first seven months of your pregnancy, your exams will be scheduled every four weeks. In the seventh and eighth month, you will be seen every two to three weeks. After that, you will be seen weekly until delivery. Following delivery, you will have at least one postpartum visit with your physician.

MEDICATIONS

If possible, medications should be limited during pregnancy. The following are considered safe and can be purchased over-the-counter without a prescription. No medication is completely safe as very few have been tested extensively for use during pregnancy.

Symptoms	Over-The-Counter Medications and Treatments
Headaches, Backaches, Muscular Pains, Fever	Tylenol - Take as directed.
Cold, Sinus Problems	Claritin, Zyrtec, Sudafed, Tylenol Sinus, saline nasal spray - Take as directed.
Cough, Chest Congestion	Mucinex, Robitussin (Plain or D.M.) - Take as directed.
Diarrhea	Imodium AD - Take as directed.
Constipation	Metamucil, Miralax, Citrucel, Surfak, Colace - High fiber diet, bran flakes, drink lots of water.
Hemorrhoids	Preparation H, Tucks pads, Anusol suppositories or Anusol HC cream - Try a hot sitz bath.
Indigestion/Heartburn	Pepcid, Prevacid, Tums, Roloids, Maalox, Riopan - Take as directed.
Sore Throat	Any over-the-counter throat lozenges or spray. Try gargling with warm salt water.
Nausea	Emetrol, Bonine, Dramamine - Take as directed. Vitamin B-6 10-25 mg - Every 6 to 8 hours. If nausea persists, try Vitamin B-6 10-25 mg every 6 to 8 hours and add Unisom (doxylamine) 12.5 mg every 6 to 8 hours.
Vaginal Yeast Infection	Monistat 3 or 7 - May be used at any stage of pregnancy.
Allergies	Benadryl - May be used any time during pregnancy for colds, allergic reaction, or sleep.

COMMON PREGNANCY CONCERNS (A TO Z)

Activities to Avoid:

- Avoid hot tubs, saunas, roller coasters, sky diving, skiing, scuba diving, and motorcycle riding.
- Avoid changing cat litter boxes; cat feces can transmit toxoplasmosis.
- Do not smoke, vape, drink alcohol, or use illicit drugs; these can be very hazardous to you and your baby. According to the American College of Obstetrics and Gynecology (ACOG), **no amount of alcohol during pregnancy is considered safe.**

Dental Care: Gum disease and bacteria in the gums become more common during pregnancy and can have potential negative impacts. Continue routine teeth cleanings. Dental X-rays (*with shielding of the abdomen and thyroid*) and local anesthesia (*lidocaine without epinephrine*) are safe during pregnancy (*if you are not allergic*).

Diet: A balanced diet with special attention to lean proteins, fresh fruits and vegetables, and whole grains is recommended. **It is important to avoid consuming raw or undercooked meat, fish, and eggs.** Remember, the quality of your nutrition is more important than the quantity. Stay properly hydrated by drinking a minimum of 6 to 8 glasses of clean water daily.

Douching: Douching should not be done during pregnancy; increased vaginal discharge is normal, provided vaginal burning, itching, and odor are absent.

Educational classes: Courses on labor and delivery, breastfeeding, infant CPR, and baby care are widely available. Consider enrolling in classes, especially if you are a first-time parent.

Exercise: It is recommended to exercise for 30 minutes each day, 5 days per week during pregnancy. If you already engage in activities like jogging or exercise classes, it is okay to continue in moderation. If you are not used to regular exercise, walking and swimming are good options. Avoid excessive fatigue, dehydration, or overheating. After the first trimester, avoid exercises on your back. **Stop exercising and call your physician if you experience vaginal bleeding, dizziness, shortness of breath, chest pain, headache, muscle weakness, calf pain or swelling, uterine contractions, decreased fetal movement, or fluid leaking from vagina.**

Fever: Use Tylenol for any fever over 100.4 degrees. If the fever does not respond to Tylenol, call your physician.

Hair Treatments: Hair coloring and nail care should always be done in large, well-ventilated areas.

Hemorrhoids: If you have hemorrhoids, it will be necessary to increase the amount of liquids you drink. You may also need to use stool softeners. Anusol and Tucks pads assist with discomfort.

Insects: It is safe to use bug spray while pregnant. Use a mosquito repellent that contains an EPA-registered active ingredient, such as DEET, picaridin, 2-undecanone, or oil of lemon eucalyptus. You may have your house sprayed for insects, but the home should be ventilated for several hours before you return.

Painting: You may paint rooms or refinish furniture in well-ventilated areas (*use gloves and a filter mask*). Do not use oil based products.

Pregnancy Discomfort: Increased fatigue and back pain are very common during pregnancy. Maternity belts can be worn to help relieve lower back pain, pelvic/round ligament pain, and other discomforts associated with pregnancy. **Maternity belts are available for purchase inside Louisiana Women's Aesthetics on the first floor (Suite 103).**

Seatbelt: You should definitely wear your seatbelt throughout pregnancy. The shoulder belt should sit between your breasts and the lap belt below your belly, over your hips.

Sexual Activity: Sex during pregnancy is safe unless you are experiencing bleeding, preterm labor, or if your physician has told you otherwise.

Swelling: For swelling or varicosities of the legs, full-length maternity leggings or pantyhose can help increase circulation and provide comfortable support. Frequent rest periods with the feet elevated may help ease some of the discomfort.

Travel: Travel (*by car, plane, train, boat, etc.*) during a normal pregnancy is typically allowed up to 36 weeks. Consult with your physician before traveling, and ask for a copy of your prenatal records to take with you. Drink plenty of fluids to prevent dehydration. Because pregnant women are more susceptible to getting blood clots, make sure to get up and move at least every 2 hours to stretch your legs.

Vitamins: Prenatal vitamins with folic acid are to be taken throughout pregnancy and up to three months after delivery. In some cases, supplemental iron will be added. You may also add a plant-based DHA supplement if your vitamin does not contain this. If you are breastfeeding, vitamins should be continued as long as you breast feed.

Work and School: A pregnant woman can continue to work or attend school until she goes into labor. If you are having pregnancy complications, your physician may restrict your work depending on your job activities.

APPOINTMENT INFORMATION

Schedule of Prenatal Visits

- **Every 4 weeks for the first 7 months (weeks 4 to 28).**
- **Weeks 28 to 36, every 2-3 weeks.**
- **Weeks 36 to 40, once a week until delivery.**

If your pregnancy is complicated, more visits may be necessary. It is advisable to make several appointments in advance. If you need to cancel an appointment, please notify us **at least 24 hours in advance.**

Family

Your partner is always welcome to attend your regular prenatal visits and is encouraged to be with you at delivery. If you bring children, we ask that they remain quiet and calm.

Ultrasounds

Obstetrical ultrasounds will be performed for medical indications. Due to limited space and seating, **there is a three person guest limit (including children).**

Pregnancy Events

Bleeding: Should heavy bleeding occur, *call your physician immediately.*

Ruptured Membranes: If your water breaks, *call your physician immediately.*

Bloody Show: After 36 weeks of pregnancy, a brown or blood-tinged mucus may come out of the birth canal. This is the mucus plug and is not dangerous. It does not necessarily mean labor will happen soon, but usually indicates the cervix is effacing.

Labor: At term, when contractions begin, wait until they are regular and strong in character before going to the hospital. If this is your first baby, contractions should be about 4-5 minutes apart for at least 2 hours.

Pregnancy Outcome

Thanks to advancements in modern obstetrical care, the majority of pregnancies lead to joyful and healthy outcomes. While challenges such as miscarriages, stillbirths, and abnormal births can happen, regularly attending your prenatal visits, maintaining a nutritious diet, and promptly reporting any unusual symptoms to your physician will greatly support your journey toward a healthy pregnancy.

A **MOMMY-TO-BE**
NEEDS **THE BEST OB**

For additional healthy pregnancy resources,
please visit LWHA.com and Womans.org

