



Mon Health®
Obstetrics & Gynecology
 Vandalia Health

MonHealth.com/OBGYN

Welcome

Congratulations, and thank you for choosing Mon Health Obstetrics & Gynecology to guide you through this special journey.

We welcome your questions and are looking forward to being your trusted partner.

Important Numbers

CLINICS

Morgantown: (304) 599-6811

Fairmont: (304) 366-6100

Hopwood: (724) 437-2147

Kingwood: (304) 329-4701

Weston: (304) 269-3108

BIRTH CENTERS

Morgantown: (304) 598-1616

Weston: (304) 269-8036

Messages left for the nurse will be addressed within 24 hours Monday through Friday.

We highly encourage you to schedule an appointment with every provider over the course of your pregnancy. The provider on-call at the time of your delivery will be who delivers your baby. We want you to be familiar and comfortable with each provider.

Best wishes for a safe and healthy pregnancy!

-Our OB Team

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During Pregnancy



Morning Sickness

Morning sickness is the nausea and vomiting that many women experience during pregnancy. Symptoms can be mild or severe. Even though it is called “morning” sickness, symptoms can happen any time of day. Most women who have the condition feel sick all day long. Morning sickness usually gets better after the first few months of pregnancy.

CALL YOUR DOCTOR OR NURSE IF YOU:

- Vomit repeatedly, multiple times during the day or if there is blood in your vomit.
- Are losing weight.
- Have pain or cramps in your belly.
- Think you may be dehydrated. Signs include producing less urine than normal, dark-yellow urine or feeling dizzy when you stand up.

You may need medicine to prevent nausea and vomiting. If you are dehydrated, you may need to be given fluids through an IV.

THINGS YOU CAN TRY TO FIGHT MORNING SICKNESS:

- Eat as soon as you feel hungry or even before you feel hungry.
- Snack often, and eat small meals. The best foods have lots of protein or carbohydrates but not a lot of fat. Good choices are crackers, bread and low-fat yogurt.
- Drink cold, clear beverages that are either fizzy or sour, such as lemonade or ginger ale.
- Drink peppermint tea, or eat peppermint candy.
- Try eating popsicles, hard candy or ginger-flavored lollipops.
- Smell fresh lemon, mint or orange.
- Avoid spicy, fatty, greasy and acidic foods.
- Brush your teeth after you eat.
- Do not lie down for at least 30 minutes after you eat.
- Take your vitamins at bedtime with a snack, not in the morning.
- Avoid things that make you feel nauseous. Examples might include stuffy rooms, strong smells, hot places, loud noises or not sleeping enough.
- Figure out if some foods and drinks stay down better than others. Avoid foods and drinks that seem to make you feel sick. This varies for different people.



Recommended Medications in Pregnancy

Talk to all of your healthcare providers before starting or stopping any medication.

3 THINGS TO DISCUSS

1. All medicines you take, including over-the-counter medicines, herbal and dietary supplements, and vitamins.
2. Best ways to keep your health condition under control.
3. Your personal goals for managing your health condition during pregnancy.

Over The Counter Medications For Use During Pregnancy

DID YOU KNOW?

9 in 10

women in the United States take a medicine during pregnancy, but not all medicines are safe to take during pregnancy.

** Do not use Ibuprofen or Aspirin unless directed by your OB provider.



ILLNESS	MEDICATIONS	
Common Cold and Cough	<ul style="list-style-type: none"> • Mucinex (Guaifenesin) • Robitussin-plain only • Delsym • Sudafed (pseudoephedrine)- plain only • Tylenol cold and sinus • Throat Lozenges/Cough Drops 	<ul style="list-style-type: none"> • Saline spray • Vicks • Increase Fluids • Hot water with honey and lemon • Humidifier
Gas	<ul style="list-style-type: none"> • Mylanta • Simethicone 	<ul style="list-style-type: none"> • Gas-X
Yeast	<ul style="list-style-type: none"> • Monistat • Diflucan 	<ul style="list-style-type: none"> • Gyne-Lotrimin
Hemorrhoids	<ul style="list-style-type: none"> • Anusol • Tucks Pads • Witch Hazel Pads 	<ul style="list-style-type: none"> • Hydrocortisone topical • Preparation H
Nausea/Vomiting	<ul style="list-style-type: none"> • Ginger Products • Vitamin B6 • Unisom • Dramamine 	<ul style="list-style-type: none"> • Vitamin B6 (25mg) with unisom (25mg) • Preggie Pops • Saltine Crackers • Frequent small meals
Constipation	<ul style="list-style-type: none"> • Colace (Docusate sodium) • Dulcolax (Bisacodyl) • Miralax (Polyethylene glycol) • Milk of Magnesia (Magnesium hydroxide) 	<ul style="list-style-type: none"> • Metamucil • Prune Juice • Glycerin suppository • Increase fluids and fiber (bran, green leafy vegetables, apples)
Sinus/Allergies	<ul style="list-style-type: none"> • Benadryl (Diphenhydramine) • Claritin (Loratadine) • Zyrtec (Cetirizine) 	<ul style="list-style-type: none"> • Allegra (Fexofenadine) • Saline nasal spray/drops/rinse • Humidifier
Itching	<ul style="list-style-type: none"> • Benadryl (Diphenhydramine) • Oatmeal Bath 	<ul style="list-style-type: none"> • Apply lotion directly after shower
Pain/Fever/Headache	<ul style="list-style-type: none"> • Tylenol (Acetaminophen) • Caffeine (max dose 200mg/day) 	<ul style="list-style-type: none"> • Increase Fluids
Heartburn	<ul style="list-style-type: none"> • Prilosec (Omeprazole) • Maalox • Mylanta 	<ul style="list-style-type: none"> • Tums (calcium carbonate) • Zantac 360 • Pepcid (Famotidine)
Diarrhea	<ul style="list-style-type: none"> • Imodium (Loperamide) 	<ul style="list-style-type: none"> • Increase fluids
Insomnia	<ul style="list-style-type: none"> • Benadryl (Diphenhydramine) 	<ul style="list-style-type: none"> • Unisom (Doxylamine)



Diet and Weight Gain

Eating nutritious foods is essential for your baby's growth and development. Healthy eating is necessary to meet the nutritional demands of your changing body and those of your growing baby. Pregnancy is a great time to adopt healthy, new habits.

The best diet is a balanced diet consisting of fresh vegetables, fresh fruit, whole-grains and low-fat dairy products. You should also include sources of protein like meat, fish, eggs and beans. The types of fish and seafood that are safe to eat 1 or 2 times per week include shrimp, canned light tuna, salmon, pollock and catfish. Tuna steaks are also safe to eat, but you should only have these 1 time per week.

The difficult part is that you do not need many more calories, but you do need more nutrients. This means limiting high-calorie, low-nutrient foods like desserts, chips, soda and candy. **Being pregnant**

does not mean you're free to eat whatever you would like since you're "eating for two." In fact, you only need an extra 300 calories per day during your pregnancy.

You may have caffeine, but **limit** your intake to less than 200 mg/day. This means only 1 to 2 cups of coffee per day. Remember, many sodas, teas and chocolate also contain caffeine.

You should **NOT** eat raw meat or deli meat while you are pregnant. If you do eat deli meat, it should be heated up until steaming hot. Also, avoid unpasteurized dairy products.

You should NOT drink alcohol of any kind during your pregnancy. Even small amounts could be harmful to your developing baby. Alcohol use during pregnancy has been linked to risk of miscarriage, low birth weight, heart defects, vision and hearing problems, premature delivery, and learning and behavior problems.

You should take a prenatal vitamin containing DHA and at least 400 micrograms of folic acid daily.

A woman who is at a healthy weight should gain around 25 pounds during her pregnancy. A woman who is underweight should gain more, while a woman who is overweight should gain less. If you gain too little weight, your baby may be born underweight and with an increased risk of developmental problems. On the other hand, gaining too much weight may complicate your pregnancy and your labor and delivery. Excess weight can also be very difficult to lose after the baby is born.

HERE IS AN IDEA OF WHERE THE WEIGHT GOES:

Baby	7-8 lbs
Placenta	1 lb
Amniotic Fluid	2 lbs
Uterus	2 lbs
Breasts	1-2 lbs
Increased Blood Volume	2 lbs
Extra Fluid in Body Tissues	6 lbs
Fat Stores	5 lbs

HEALTHY WEIGHT GAIN

<u>STARTING BMI</u>	<u>WEIGHT GAIN</u>
< 18.5	28 - 40lb
18.5 - 24.9	25 - 35lb
25.0 - 29.9	15 - 25lb
≥30	11 - 20lb

Standard Prenatal Labs

Initial OB Visit

- Complete blood count
- Urine culture
- Gonorrhea/Chlamydia testing
- Urine drug screen
- Hepatitis B and C
- HIV
- Rubella
- Syphilis-RPR
- Blood type with antibody screen
- Genetic screening (optional)

26-28 Weeks

- 1-hour glucose test
- Complete blood count
- Antibody blood screen

35-36 Weeks

- Group-B Strep Swab

Vaccination Recommendations

- Flu vaccine
- COVID vaccine/booster
- RSV vaccine (at 32-36 weeks)
- Whooping cough (TDAP) at 28-32 weeks



Foods to Avoid

Because pregnancy affects your immune system, you and your unborn baby are more susceptible to the bacteria, viruses and parasites that cause foodborne illness. Even if you don't feel sick, some "bugs" like *Listeria* and *Toxoplasma* can infect your baby and cause serious health problems. Your baby is also sensitive to toxins from the food that you eat, such as mercury in certain kinds of fish.

Keep this checklist handy to help ensure that you and your unborn baby stay healthy and safe, and invest in a food thermometer to check the temperatures of cooked food.

DON'T EAT	WHY	WHAT TO DO
Soft CHEESES made from unpasteurized milk, including Brie, feta, Camembert, Roquefort, queso blanco and queso fresco	May contain <i>E. coli</i> or <i>Listeria</i> .	Eat hard cheeses, such as cheddar or Swiss. Or, check the label, and make sure that the cheese is made from pasteurized milk.
Raw COOKIE DOUGH or CAKE BATTER	May contain <i>Salmonella</i> .	Bake the cookies and cakes. Don't lick the spoon!
King mackerel, marlin, orange roughy, shark, swordfish, tilefish (Gulf of Mexico) and tuna (big eye)	Contain high levels of mercury, but there are many other choices of fish that have lower levels of mercury.	
Raw or undercooked FISH (sushi)	May contain parasites or bacteria.	Cook fish to 145° F.
Unpasteurized JUICE or cider (including freshly squeezed)	May contain <i>E. coli</i> .	Drink pasteurized juice. Bring unpasteurized juice or cider to a rolling boil, and boil for at least 1 minute before drinking.
Unpasteurized MILK	May contain bacteria such as <i>Campylobacter</i> , <i>E. coli</i> , <i>Listeria</i> , or <i>Salmonella</i> .	Drink pasteurized milk.
SALADS made in a store, such as ham salad, chicken salad and seafood salad	May contain <i>Listeria</i> .	Make salads at home, following the food safety basics: clean, separate, cook, and chill.
Raw SHELLFISH, such as oysters and clams	May contain <i>Vibrio</i> bacteria.	Cook shellfish to 145° F.
Raw or undercooked SPROUTS, such as alfalfa, clover, mung bean and radishes	May contain <i>E. coli</i> or <i>Salmonella</i> .	Cook sprouts thoroughly.



BE CAREFUL	WHY	WHAT TO DO
Hot dogs, luncheon meats, cold cuts, fermented or dry sausage, and other deli-style meats and poultry	May contain <i>Listeria</i> .	Even if the label says that the meat is precooked, reheat these meats to steaming hot or 165° F before eating.
Eggs and Pasteurized Egg Products	Undercooked eggs may contain <i>Salmonella</i> .	Cook eggs until yolks are firm. Cook casseroles and other dishes containing eggs or egg products to 160° F.
Eggnog	Homemade eggnog may contain uncooked eggs, which may contain <i>Salmonella</i> .	Make eggnog with a pasteurized egg product, or buy pasteurized eggnog. When you make eggnog or other egg-fortified beverages, cook to 160° F.
Fish	May contain parasites or bacteria.	Cook fish to 145° F.
Ice Cream	Homemade ice cream may contain uncooked eggs, which may contain <i>Salmonella</i> .	Make ice cream with pasteurized egg products safer by adding the eggs to the amount of liquid called for in the recipe, and then heating the mixture thoroughly.
Meat: beef, veal, lamb and pork (including ground meat)	Undercooked meat may contain <i>E. coli</i> .	Cook beef, veal, lamb and roasts to 145° F. Cook pork to 160° F. Cook all ground meats to 160° F.
Meat Spread or Pate	Unpasteurized refrigerated pates or meat spreads may contain <i>Listeria</i> .	Eat canned versions, which are safe.
Poultry and Stuffing (including ground poultry)	Undercooked meat may contain bacteria such as <i>Campylobacter</i> or <i>Salmonella</i> .	Cook poultry to 165° F. If the poultry is stuffed, cook the stuffing to 165° F. Better yet, cook the stuffing separately.
Smoked Seafood	Refrigerated versions are not safe, unless they have been cooked to 165° F.	Eat canned versions, which are safe, or cook to 165° F.

Post-Pregnancy



Breastfeeding

Mon Health OBGYN promotes, protects and supports breastfeeding. We follow the American Academy of Pediatrics and the World Health Organization's guidelines and recommend exclusive breastfeeding. Both facilities, Mon Health Medical Center and Mon Health Stonewall Jackson Memorial Hospital are Baby-Friendly accredited by Baby-Friendly USA (BFUSA) and uphold the highest standards of infant feeding care.

To achieve the international prestigious recognition, our birthing centers in Morgantown and Weston demonstrate that we consistently follow the "10 Steps to Successful Breastfeeding."



Baby-
Friendly
USA

10 Steps to Successful Breastfeeding

- 1** **A.** Comply fully with the International code of Marketing of Breast-milk Substitutes and relevant World Health Assembly resolutions.
B. Have a written infant feeding policy that is routinely communicated to staff and parents.
C. Establish ongoing monitoring and data management systems.
- 2** Ensure that staff have sufficient knowledge, competence, and skills to support breastfeeding.
- 3** Discuss the importance and management of breastfeeding with pregnant women and their families.
- 4** Facilitate immediate and uninterrupted skin-to-skin contact and support mothers to initiate breastfeeding as soon as possible after birth.
- 5** Support mothers to initiate and maintain breastfeeding and manage common difficulties.
- 6** Do not provide breastfed newborns any food or fluids other than breastmilk, unless medically indicated.
- 7** Enable mothers and their infants to remain together and to practice rooming-in 24 hours a day.
- 8** Support mothers to recognize and respond to their infants' cues for feeding.
- 9** Counsel mothers on the use and risks of feeding bottles, teats, and pacifiers.
- 10** Coordinate discharge so that parents and their infants have timely access to ongoing support and care.

Mood Changes and Anxiety During Pregnancy and Postpartum

At Mon Health Obstetrics & Gynecology, we recognize that pregnancy, delivery and the postpartum period are some of life's most rewarding and challenging times in a family's life.

Our P3 (Progressing through Postpartum) team offers a comprehensive, community-based maternal mental health program - the first of its kind in WV.

If you're feeling any of the following emotions or experiencing any of these symptoms, call your health care provider:

- Intense, long-lasting sadness or an "empty" feeling
- Frequent crying
- Feelings of hopelessness or pessimism
- Feelings of guilt, inadequacy, worthlessness or helplessness
- Feeling anxious, wired or "on edge"
- Feeling irritable or restless
- Extreme lack of energy or lethargy
- Problems concentrating, remembering or making decisions
- Insomnia (trouble falling or staying asleep)
- Sleeping too much
- Overeating or loss of appetite
- Trouble bonding with baby
- Suicidal thoughts or suicide attempts
- Aches or pains that do not get better with treatment

Treatment Options:

Your healthcare provider may recommend counseling/therapy, medication and/or lifestyle changes.

The American Academy of Pediatrics encourages mothers who are experiencing postpartum depression and anxiety to seek treatment. Remember: All children deserve the chance to have a healthy mom, and all moms deserve the chance to enjoy their life and their children. Our P3 team is available to further support families during pregnancy, birth and beyond.

Support Groups:

Mon Health's P3 Program offers a variety of virtual support groups to pregnant and postpartum moms that are looking for a supportive community.

Please check our website for the most up to date group topics, dates, and registration links.

<https://www.monhealth.com/main/p3>





There is no single cause of perinatal mood changes. It can affect moms from any race, background, marital status or mental health history.

FACTS ABOUT PERINATAL MENTAL HEALTH

ONLY **25%** of those impacted are identified and receive treatment.

PMH DISORDERS AFFECT **800,000** people a year in the US.

1 in 5 women and 1 in 10 men experience depression or anxiety during the perinatal period.



Frequently Asked Questions



1. What should I expect during my OB visits?

Every visit will begin with getting your weight and blood pressure and at times, collecting a urine specimen. The nurse will ask you general questions about your pregnancy. (How are you feeling? Do you feel the baby moving? Are you having any contractions? Have you had any bleeding or abnormal vaginal discharge?) The nurse will confirm your allergies and medications. You will then be seen by a provider who will make sure you are doing well and answer any questions you may have. Your provider will measure your abdomen and listen to your baby's heartbeat.

2. Who will deliver my baby?

We are a group practice and rotate call coverage in the birth center. Therefore, any of our doctors may attend your delivery. We highly encourage you to rotate your visits so that you have the opportunity to meet everyone.

3. How can I reach my OB/GYN provider after hours?

If you need to reach a provider after office hours at Mon Health Medical Center, you can call 304-368-7911 or contact the Family Birth Center at 304-598-1616. To reach the provider on call at Mon Health Stonewall Jackson Memorial Hospital, contact the Birth Center at 304-269-8036.

4. How many ultrasounds will I get during my pregnancy?

The standard is two. You will receive one ultrasound at your NEW OB appointment to confirm the pregnancy and for dating confirmation, and then a full fetal anatomy ultrasound between 19 and 21 weeks gestation.

5. Do you offer 3D/4D ultrasounds?

No, we do not.

6. How late in my pregnancy is it safe for me to work?

As long as your pregnancy has been uncomplicated and your job does not place you or your pregnancy at risk for harm, there are no restrictions to working up to the day of your delivery.

7. What do you suggest if my prenatal vitamin makes me nauseous?

We suggest taking your vitamin at night before bed, or taking 2 chewable Flintstone vitamins will suffice as a supplement. You could also try changing to a gummy vitamin.

8. Can I take a prenatal vitamin from the grocery store, or do I need a prescription?

As long as your prenatal vitamin contains folic acid and DHA (an omega-3 fatty acid important for neurological development), an over-the-counter prenatal vitamin is acceptable.

9. Can I travel?

Most pregnant women can travel up to 35 weeks. Please talk with your OB provider prior to travel for guidance and approval. Try to remember to empty your bladder every 1 to 2 hours, and get out of the car to stretch and walk around to prevent blood clots. Also, consider taking a copy of your prenatal record with you when you travel.

10. Is it safe for me to paint the walls in my nursery?

Make sure that the room is well-ventilated. Do not climb on ladders. Take frequent breaks. Avoid oil-based paint. Latex paint is acceptable as long as adequate ventilation is available.



11. Is swelling normal?

Swollen feet can be very common, especially late in pregnancy and in the warm-weather months. This can also be a sign of preeclampsia, so if your blood pressure has been high or your swelling is associated with headaches, blurry vision or nausea, you should call our office. However, most swelling is not related to preeclampsia. Limiting salt intake and drinking 8 to 10 glasses of water per day may help. Elevate your feet when you are able and consider wearing compression socks/stockings.

12. Can I color my hair?

Yes, having your hair colored during pregnancy is safe as long as you are in a well-ventilated area, since very little of the chemical in hair dye is absorbed into your system. However, you may find that you are more sensitive to the smells in a hair salon. We do recommend waiting until you are out of the first trimester.

13. Can I drink coffee, tea or drinks with caffeine?

Yes, but only in moderation. We suggest limiting your caffeine intake to 200mg per day or less.

14. Is it safe for me to get in the hot tub?

No. Most hot tubs and saunas are too hot to be safe for pregnant women and the developing fetus. It is not a good idea unless you can control the temperature and set it at no more than 100 degrees.

15. Can I get a massage?

A massage during pregnancy can be a great way to relax, relieve muscle aches and pain, and reduce anxiety. It is important to tell your therapist that you are pregnant, even if you are early in your pregnancy.

16. Can I exercise while I am pregnant?

Most people can continue their normal exercise routine. Do not begin a new strenuous exercise program during pregnancy. Walking is usually best. Low-impact, prenatal aerobic exercise classes and swimming are also fine. Avoid exercises that cause you to lie flat on your back.



17. I was exposed to the chicken pox. Do I need to worry?

If you had chicken pox as a child, you are immune, and do not need to worry. If you have no history of chicken pox and are exposed, please call our office.

18. Are there any restrictions on sexual activity?

If your pregnancy has been healthy and normal, it is safe to have sex throughout pregnancy. It's important to consider your comfort level. Sex should not be painful or uncomfortable during pregnancy. If you've had complications during your pregnancy, you may be advised to not have sex.



19. When should I start feeling the baby move?

You may feel the baby move between 18 and 20 weeks, depending on the position of your placenta. If this is not your first pregnancy, it may be sooner.

20. Is it safe to clean the cat's litter box?

The concern here is toxoplasmosis, a parasite infection that can be transmitted through infected cat feces. If you have never had toxoplasmosis and you get the infection while pregnant, you can pass the infection on to your developing baby. It can cause birth defects, such as eye and neurological damage. Try to have someone else clean the litter box. If this is not an option, be sure to wear gloves. If you're gardening, be sure to wear gloves, as toxoplasmosis can also live in soil.

21. I was exposed to a child with fifth disease. Do I need to worry?

Fifth disease, also known as "slapped cheek" syndrome, is a common viral infection in children caused by parvovirus B19. Although, it rarely causes infections in the developing fetus, please notify us of your exposure.

22. Can I get a flu vaccine? Should I get a flu vaccine?

If you are pregnant, a flu shot is your best protection against serious illness from the flu. A flu vaccine can protect pregnant women, their unborn babies and even their babies after birth. The CDC and your provider recommend the flu vaccine for all pregnant women. It is considered safe to get a flu vaccine even if you are in the first trimester.

23. How do I count kicks?

Lay down in a quiet place where you can concentrate on fetal movement. You can drink a sugary drink, such as, juice or eat a snack (if not gestational diabetic). You should feel 10 movements in a 2 hour period (kicks/jabs/pokes/rolls all count)

24. Can I go to the dentist?

Yes, and we encourage you to do so. Make sure your dentist knows that you are pregnant. Your dentist should only use local anesthesia and must cover the abdominal area during all X-rays.

25. Can I go swimming?

Yes, do not go in rough water, body surf or scuba dive. No jumping, diving or belly flops.

26. Is it safe to sleep on my back?

By the time most pregnant women reach the third trimester (28 weeks), they no longer feel comfortable sleeping on their backs. Most women will want to sleep on their sides to feel more comfortable. A long body pillow can help provide more comfort sleeping in side positions.

27. What if I need to file for short-term disability?

We encourage you to speak with your human resources department about your benefits package. After you complete your portion of the forms, including signature and dates, please leave the original documents with us. Once we have completed them, we will return them to you.

Timeline: Please allow 7 days for completion of forms.

We are happy to work with you to complete all necessary paperwork. Please direct all questions regarding your paperwork to our nursing team.





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for Generations*