



## | stages of pregnancy |

Understanding how your baby develops and the physical changes you will experience – and how to cope with them – will help you have the healthiest pregnancy possible.

Your baby needs a full 40 weeks to grow and develop. Healthcare providers calculate weeks of pregnancy starting at the first day of your last period, usually about two weeks before conception.

*Trimesters of pregnancy are defined by your baby's development and are not exactly equal.*

### FIRST TRIMESTER (WEEKS 1-14)

#### What to expect

Some women have no symptoms during the first weeks of pregnancy. However, it's normal to experience bloating, tiredness, breast tenderness or enlargement, frequent urination and food cravings. Some women have morning sickness (nausea or vomiting), which can happen any time of day or night. Normal weight gain in the first trimester is two to four pounds.

#### Comfort measures

**Exercise:** It's important to get regular exercise during pregnancy. Ask your provider if you have any questions about exercising while you are pregnant.

**Fatigue (feeling tired):** Get plenty of rest. Schedule 15-minute rest periods throughout your day.

#### Nausea (morning sickness):

- Keep a small amount of food in your stomach at all times. Eat six to eight small meals a day rather than three regular meals.
- Avoid greasy, highly seasoned, high-fat foods. A bland diet is easier to digest.

- First thing in the morning, eat something dry such as toast or crackers. Avoid drinking liquids when you first wake up.
- Drink water or other non-caffeinated drinks between meals.
- Ginger or ginger ale may improve nausea.
- Get plenty of exercise and rest.

#### Your developing baby

Following is a general estimate of your baby's week-to-week growth and development.

- Week 1** First day of your last period
- Week 3** Conception
- Week 4** Spinal cord begins to develop
- Week 5** Heart begins to beat
- Week 7** Brain and spinal cord formed
- Week 9** Baby (embryo) is moving
- Week 10** Lungs, liver and kidneys begin to develop
- Week 11** Face, fingers, arms, legs, eyes and external genital organs form
- Week 14** Heartbeat can be heard

# | stages of pregnancy |

## SECOND TRIMESTER (WEEKS 15-30)

### What to expect

Your energy level and appetite usually increase, and morning sickness improves. Some women experience constipation, heartburn/indigestion, backache, sleeplessness or swollen ankles. Normal weight gain is about 12 pounds and most women begin to “look pregnant.”

### Comfort measures

**Exercise:** Continue safe physical activities such as short walks or stationary cycling.

**Constipation:** Drink more fluids and eat high-fiber foods such as fruits, vegetables and whole grains. Increase physical activity.

**Backaches:** Use good posture, avoid heavy lifting (including toddlers!) and wear flat shoes.

**Heartburn/indigestion:** Eat frequent, small meals rather than three large meals. Avoid fried or spicy foods.

**Swollen feet/ankles:** Elevate your feet when sitting.

**Sleeplessness:** Relax by reading or listening to music at bedtime. Body pillows and positioning may help with comfort.

### Your developing baby

**Week 17** Skin is transparent

**Week 18** Baby has fingernails, fingerprints and may suck thumb

**Week 22** Baby movement noticeable (between weeks 16 and 22)

**Week 26** Baby may cough or hiccup

**Week 27** Skin is opaque, red and wrinkled; eyes open slightly; baby can see

**Week 29** Fat builds up under skin

## THIRD TRIMESTER (WEEKS 31-40)

### What to expect

As your baby grows, you may become short of breath, urinate more often and leak urine when you cough or sneeze. As your pelvis changes you may feel some discomfort in your pelvic joints. You may develop hemorrhoids. Weight gain should continue at about a pound a week. You may feel more tired and have difficulty sleeping. Some women experience Braxton Hicks contractions (warm-up contractions), which are weak, irregular and usually painless.

### Comfort measures

**Exercise:** Continue safe physical activities.

**Shortness of breath:** Lie on your side instead of your back; raise your upper body using pillows.

**Urine leakage:** Perform Kegel exercises to strengthen your pelvic muscles. Tighten the same muscles you use to stop the flow of urine; hold for five seconds and relax. Repeat 10 times. Do Kegels several times each day.

**Hemorrhoids:** Eat high-fiber foods and drink plenty of liquids to prevent constipation. If hemorrhoids become bothersome, notify your healthcare provider.

**Bedtime discomfort:** Lie on your left side with one leg bent, and use pillows between your knees and under your stomach.

**Fatigue:** Rest frequently and don't overdo it.

### Your developing baby

**Week 32** Lungs are still developing

**Week 38** Baby's head drops into mother's pelvis

**Week 40** Estimated date of delivery



Limit medication use as much as possible, especially during your first trimester (1-14 weeks). The following medications are generally considered safe during pregnancy, but you should discuss taking any medication, over-the-counter or prescription, with your health care provider. Generic equivalents to prescription medications are acceptable.

## | medications during pregnancy |

### DO NOT TAKE:

Aspirin, ibuprofen, Advil®, Motrin®, Aleve® or other medications containing ibuprofen or naproxen unless recommended by your doctor.

### GENERALLY CONSIDERED SAFE:

#### ACNE

Benzoyl peroxide  
Salicylic acid  
*(AVOID: retinols, including Retin-A® tablets and cream)*

#### ALLERGY

Allegra®  
Benadryl®  
Claritin®  
Singulair®  
Zyrtec®

#### CONSTIPATION

Citrucel®  
Colace®  
Dulcolax®  
FiberCon®  
Metamucil®  
Milk of magnesia  
MiraLAX®  
Senokot®  
Surfak®

#### COUGH/COLD/CONGESTION

Afrin® *(no longer than 3 days)*  
Allegra®  
Benadryl®  
Cepacol®  
Chloraseptic® spray/lozenges  
Chlor-Trimeton®  
Cough drops  
DayQuil®  
Delsym®  
Dimetapp®  
Dristan® nasal spray  
*(no longer than 3 days)*  
Flonase®

Halls®  
Mucinex®  
Ocean Nasal Spray®  
Rhinocort®  
Robitussin® (plain or DM)  
Triaminic®  
Tylenol®  
Tylenol® Cold, Sinus, Flu and Multisymptom  
Zicam®

#### DIARRHEA

Imodium®  
Kaopectate®

#### FEVER BLISTERS

Abreva®  
Valtrex®

#### GAS

Gas-X®  
Phazyme®

#### HEADACHE/FEVER

Acetaminophen (Tylenol®)

#### HEARTBURN/ INDIGESTION

Beano®  
Gas-X®  
Gaviscon®  
Maalox®/Maalox Plus®  
Mylanta®  
Pepcid AC®  
Prevacid®  
Prilosec®  
Rolaids®  
Tagamet®

Tums®  
Zantac®

#### HEMORRHOIDS

Anusol®  
Preparation H®  
Tucks®

#### INFECTION REQUIRING ANTIBIOTICS

Amoxicillin  
Z-Pak®

#### INSECT REPELLENT

Skin So Soft  
Repellents with DEET

#### NAUSEA/VOMITING

Dramamine®  
Emetrol®  
Unisom®  
Vitamin B6 (50-150 mg daily)

#### SKIN IRRITATION

Benadryl®  
Cortisone cream 1%  
Lanacort®  
Polysporin®

#### SLEEP/INSOMNIA

Benadryl®  
Tylenol PM®  
Unisom®

#### YEAST/FUNGAL INFECTIONS

Femstat®  
Lotrimin®  
Monistat®

# | vaccinations during pregnancy |

## ➤ Facts about Tdap (Tetanus, Diphtheria, Pertussis) Vaccine

- The Tdap vaccine provides protection from tetanus, diphtheria and pertussis (whooping cough) for adults, adolescents and the babies of women who receive the vaccine during pregnancy.
- Tetanus, diphtheria and pertussis are serious diseases that can be fatal.
- The incidence of pertussis has risen in recent years, particularly among babies younger than six months and teenagers.
- Infants 12 months and younger are more likely to experience serious complications or die from pertussis.
- Infants need the protection provided by their mother's Tdap vaccination because they are not protected by their own vaccine until at least six months of age.

## ➤ Who should receive the Tdap vaccine

- All pregnant women should receive a Tdap vaccination during each pregnancy, between 27 and 36 weeks gestation.
- Tdap vaccination during pregnancy protects infants from pertussis during their first year of life, until they can receive their own vaccination series.
- Any new mother not vaccinated during pregnancy should receive Tdap before hospital discharge, even if breastfeeding.
- All family members, caregivers and other close contacts of infants should receive the Tdap vaccine to protect babies from these diseases.

## ➤ Who should NOT receive the Tdap vaccine

- Those who've had a severe adverse or allergic reaction to a prior dose of Tdap or a severe allergic reaction to any of the vaccine components.
- Anyone with a recognized, possible or potential neurologic condition should delay Tdap vaccination until the condition is evaluated, treated and/or stabilized.

## ➤ Facts about flu vaccine during pregnancy

- All pregnant women should receive the flu vaccine during pregnancy. Recent studies continue to show its safety and effectiveness.
- Flu is highly contagious and can be especially dangerous for pregnant women. A woman's immune system changes during pregnancy, increasing the risk of serious illness and complications caused by flu, including pneumonia and premature labor.
- Flu vaccination during pregnancy helps protect infants from the flu until they can receive their own vaccine at six months of age.
- Flu vaccination is recommended early in the flu season, which is October through May, although vaccination can be administered any time during the season.
- Inactivated flu vaccine (flu shot) is recommended; pregnant women should not receive the live attenuated vaccine (nasal mist).





## | frequently asked questions |

Following are general guidelines.

Always ask your healthcare provider if you have questions or concerns.

### BACK PAIN >

- Caused by added weight from your growing stomach.

#### To help prevent and ease back pain:

- Do not wear high heels; wear shoes that support your feet.
- Do not bend at your waist.
- Use a pillow behind your back when sitting.
- Sleep on your side with pillows for support.
- Exercise and stretch.
- Use ice or warm heat on painful areas of your body.

#### Call your doctor for:

- Severe pain.
- Pain that lasts more than two weeks.
- Pain with a fever, burning when you urinate or vaginal bleeding.

### BATHING >

- Baths and showers are fine.
- Discuss the use of saunas, steam rooms or hot tubs with your doctor.

### BREAST PAIN AND LEAKAGE >

- Breast pain and tenderness are normal.
- May leak colostrum (pre-milk); this is normal.
- Use breast pads in your bra to protect your clothing.

### CAFFEINE >

- Limit yourself to one cup of coffee a day (200 mg of caffeine).

### DENTAL WORK >

- Cleanings, fillings and orthodontic work are safe.
- Use protective shielding if X-rays are needed.

### EXERCISE >

- Talk with your doctor before starting an exercise routine.
- Exercise for 30 minutes at least three times a week.
- Start with light exercise such as walking.
- No biking, skiing or contact sports due to risk of falls.
- Talk with your doctor about running or aerobics.

### FAINTNESS AND FATIGUE (feeling tired)>

- Both are normal in pregnancy.
- Get plenty of rest and sleep.

### HAIR COLOR AND HIGHLIGHTS >

- Studies on use of these products during pregnancy are not conclusive.
- Discuss with your doctor.

### HAIR REMOVAL >

- Over-the-counter hair removal products are usually safe.
- Talk with your doctor about prescription hair removal products.

# | frequently asked questions |

## HERBAL PRODUCTS >

- Use of most herbal supplements, remedies, and teas during pregnancy has not been studied.
- Talk with your doctor first.

## MEDICATIONS >

- Refer to the “Medications during pregnancy” insert provided in this packet.

## NAIL POLISH AND ARTIFICIAL NAILS >

- Safe to use in a well-ventilated area.

## SEX >

- Safe to continue unless your doctor tells you otherwise.

## SKIN PRODUCTS >

- Most over-the-counter acne products are safe, but talk with your doctor.
- Do not use retinols, including Retin-A<sup>®</sup> tablets and cream.

## SLEEP >

- Read or listen to music if you have trouble falling to sleep.
- Lie on your side and use pillows for support if you can't get comfortable.
- Talk with your doctor if you have difficulty sleeping.

## TB SKIN TEST (PPD) OR TINE TEST >

- Both are safe during pregnancy.

## TEETH WHITENERS >

- Do not use; safety for use during pregnancy has not been studied.

## TRAVEL >

- Talk with your doctor before traveling.

## WHEN TO CALL YOUR DOCTOR >

See “When to call your doctor” insert elsewhere in this packet.



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## | pregnancy DOs and DON'Ts |

### > Tips for a healthy pregnancy

**ATTEND ALL DOCTOR APPOINTMENTS.**

**FOLLOW A HEALTHY DIET.**  
(See Nutrition DOs and DON'Ts.)

**TAKE PRENATAL VITAMINS AND SUPPLEMENTS RECOMMENDED BY YOUR HEALTHCARE PROVIDER.**

**DO NOT DRINK ALCOHOL, USE ILLEGAL DRUGS OR SMOKE.**

**GET ADEQUATE REST.**

**STAY AWAY FROM DIETS OR WEIGHT LOSS PROGRAMS.**

**EXERCISE AT LEAST 30 MINUTES PER DAY.** (See enclosed FAQ for more information on safe exercise.)

**CONSULT WITH YOUR HEALTHCARE PROVIDER BEFORE TAKING ANY MEDICATION.**

### Things to avoid during pregnancy

**Alcohol:** There is no safe level of alcohol use during pregnancy, so it's best not to drink at all while you are pregnant. Alcohol use during pregnancy is the primary known cause of developmental disabilities and birth defects in the United States and can cause physical, mental, behavioral and learning disabilities that last throughout your child's life.

**Illegal drugs:** Drug use during pregnancy can cause miscarriage, birth defects, preterm birth or even death. Drugs taken after delivery can be passed to your baby through breast milk.

**Cigarettes:** Smoking during pregnancy exposes your baby to toxic, cancer-causing chemicals and decreases the amount of oxygen and nutrients for your baby. Smoking and exposure to secondhand smoke can lead to miscarriage, high blood pressure, low birth weight, asthma, colic, childhood obesity and increased risk of sudden infant death syndrome (SIDS).

**Heat:** Avoid extreme heat including hot tubs, tanning beds and sun bathing.

**Risky physical activities:** Avoid high impact activities such as roller coasters, horseback riding and skiing, including jet skiing. If you have a question about the safety of an activity, ask your healthcare provider.

# | nutrition DOs and DON'Ts |

## Nutrition tips for a healthy pregnancy

- Eat three to five small meals per day. Include snacks if needed. Eat smaller, more frequent meals if you have morning sickness.
- Take prenatal vitamins and other supplements as recommended by your healthcare provider.
- Take folic acid to help prevent birth defects. The best way to get enough folic acid is by taking your prenatal vitamin every day. Also include cereals, breads and other grain products enriched with folic acid in your diet.
- Drink plenty of fluids.
- Eat a variety of healthy foods such as vegetable fruit, whole grains, lean meat, beans and low-fat dairy products. Limit sweets and fatty foods. Eat at least one dark green or orange vegetable every day and choose fresh fruit instead of fruit juice.
- Cook meat, fish or poultry until well done. Check temperature with a thermometer.
- Include low-mercury fish and shellfish in your diet (six ounces two times a week). The omega three fatty acids and other oils in fish are important nutrients for the development of your baby's brain. Shrimp, ocean-caught salmon, canned light tuna, cod, catfish, pollock and flounder (except from New Jersey waters) are low in mercury.

## Foods to avoid

- Raw fish, especially shellfish and sushi
- Shark, swordfish, tilefish, king mackerel, wahoo, farm-raised fish (*salmon, tilapia*) due to high mercury levels
- Tuna Steak
- Unpasteurized soft cheeses (*brie, feta, blue, queso blanco, etc.*)
- Unpasteurized milk and juices
- Herbal supplements and teas
- Cold lunch meat

## Foods to Limit

- Packaged lunch meats (*okay once or twice a week; should be heated until steaming hot*)
- Hot dogs (*limit to once or twice a week; cook thoroughly*)
- Caffeine (*limit to the equivalent of one cup of coffee daily*)
- NutraSweet® and other artificial sweeteners







## | breastfeeding |

Breastfeeding provides multiple benefits to babies and mothers, and we encourage all new mothers to breastfeed if possible. Learn more about breastfeeding by attending a breastfeeding class (**see the “Maternity classes” insert elsewhere in this packet**). Carolinas HealthCare System Blue Ridge also offers lactation consultants to answer your breastfeeding questions and assist you before and after delivery.

### Breastfeeding recommendation

- Breastfeed exclusively for at least the first six months of life.

### Breastfeeding benefits for baby

- Breast milk provides the perfect mix of vitamins, protein and fat your baby needs to grow and thrive.
- Colostrum in breast milk the first few days after childbirth helps your newborn’s digestive system grow and function.
- Breast milk contains antibodies that strengthen your baby’s immune system, helping fight viruses and bacteria.
- Breast milk is easier to digest than formula.
- Breastfed babies have less risk of:
  - food allergies
  - diarrhea
  - ear infections
  - obesity
  - diabetes
  - leukemia
  - sudden infant death syndrome (SIDS)
  - long- and short-term health problems for premature babies

### Breastfeeding benefits for mothers

- Oxytocin released during breastfeeding helps the uterus contract and return to normal size more quickly.
- Faster and easier postpartum weight loss.
- Saves time and money.
- Creates a strong bond between mother and baby.
- Delays the return of menstrual periods and may aid in spacing of pregnancies.
- Mothers who breastfeed have lower risk of:
  - osteoporosis
  - breast cancer
  - ovarian cancer
  - postpartum hemorrhage
  - Type 2 diabetes
  - heart disease
  - rheumatoid arthritis

# | breastfeeding |

## Importance of rooming in

- Rooming in allows you and your baby to stay together.
- Helps new mothers identify early feeding cues from baby.
- Helps mothers and babies with bonding and attachment.

## Benefits of early skin-to-skin contact

- Maintains baby's body temperature (keeps baby warm).
- Increases bonding and attachment.
- Reduces crying.
- Increases exclusive breastfeeding.





## | maternity classes |

At Carolinas HealthCare System Blue Ridge, we believe the best way for us to provide continuous, exceptional care is to make sure you are inspired and informed. We offer childbirth and child care classes to help you prepare for your baby's arrival.

### Prepared Childbirth Classes

This class provides information about the last months of pregnancy, the birth process and labor-coping skills, along with the early postpartum period. Classes are offered as a three-week evening series. We also offer a limited Saturday class.

### Daddy Boot Camp

A unique father to father class that inspires and equips men to become confidently engaged with their infants and support their mates.

### Sibling Tours

Take your family for a tour of the Family Center to help prepare your children for the birth of your new baby.

### Baby Care Class

In this class, you will learn the basics of caring for an infant including diapering, cord care, bathing, understanding newborn characteristics and more.

### Breastfeeding Class

The American Academy of Pediatrics recommends breastfeeding when possible because studies have shown that breastfeeding has a positive impact on an infant's general health, growth and development. This class will teach the basics of breastfeeding.

### Infant CPR

Would you know what to do if your infant suddenly began to choke or stopped breathing? This class is taught by American Heart Association instructors.

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The education coordinator is available at 828-580-6333 to answer any questions. All classes are taught by registered nurses. Registration is required and it is best to schedule childbirth classes no later than 20 weeks into your pregnancy.

**To register, call 828-580-6333.**

# | maternity classes |

## The Lactation Center

The Lactation Center is here to help each mother reach her personal goal of providing breast milk to her baby for as long as mom and baby so desire. We provide comprehensive breastfeeding help in a comfortable and supportive environment to assess your issue and develop an individualized plan of care for you. An international board certified lactation consultant is available to answer your breastfeeding questions and help care for your baby's needs. We also teach you and your family about breastfeeding once you go home, including collection and storage of breast milk, as well as what to do if the baby is not feeding well, not having enough wet and dirty diapers, or not gaining enough weight.

## Services Include:

- Individual instructions and assistance with positioning and latch
- Assistance with breastfeeding challenges, both in the hospital and after you go home
- Prenatal breastfeeding appointment
- Baby weight checks
- Professional education in breastfeeding and lactation
- Telephone helpline
- Nutritional counseling
- Back to work appointments

**For more information or to register, call 828-580-6333.**



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## | maternity health and wellness |

### **Phifer Wellness Center**

*Our medical wellness center can help you stay healthy and strong before, during and after your pregnancy.*

*Part of Carolinas HealthCare System Blue Ridge, Phifer Wellness Center is the largest and most comprehensive fitness center in Burke County.*

*Our superb equipment, spacious exercise areas, highly trained staff and wide array of fitness options provide the ideal environment to help you meet your health and fitness goals.*



### **Phifer Wellness Center offers:**

- Pilates
- Water Fitness
- Strength Training
- Overall Aerobic Conditioning
- One-on-One Personal Training
- Yoga

**Pregnancy Massage:** Our certified massage therapists have special training to provide massages to women who are pregnant. We use a special table that can accommodate your growing belly!

### **As a PWC member, you will receive a:**

- Complimentary fitness assessment
- Group equipment orientation
- Free group fitness classes
- On-the-spot assistance when needed

**If you would like to join PWC or receive more information, call our front desk at 828-580-6600.**



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## | pelvic rehabilitation |

Pelvic rehabilitation is a conservative, noninvasive treatment option for female patients with pelvic dysfunction.

Physical rehabilitation begins with a check of posture and structural alignment. Therapists then check the muscles and soft tissue attached to the lower back, hips and pelvis. Testing of the pelvic floor muscles may be completed internally though the vagina. This approach is critical in determining how these muscles influence pain.

### Conditions Treated

- **Pelvic pain:**  
Painful bladder syndrome, abdominal pain
- **Urinary incontinence:**  
Leakage of urine
- **Painful intercourse:**  
Pain with sexual intimacy
- **Voiding dysfunctions:**  
Straining, hesitancy, urgency, frequency
- **Pelvic organ prolapse:**  
Weakening of the ligaments/ muscles supporting the bladder, rectum and uterus
- **Peri- and post-partum musculoskeletal pain:**  
Low back and pelvic pain during or after pregnancy



# | pelvic rehabilitation |

## Treatment Types

**Manual therapy:** Hands-on external and internal techniques used to release restricted muscles and scarring in order to reduce spasms and pain.

**Biofeedback:** Use of internal or external sensors to display pelvic floor muscle activity. Visual aids increase pelvic floor muscle awareness.

**Electrical stimulation:** Low-level current assists with pain, reducing overactive bladder and retraining weak muscles.

**Therapeutic exercise:** Targets muscle imbalances, weakness, postural influences and overworked muscles. Flexibility exercises decrease muscle tension to restore normal tissue mobility.

**Patient education:** Information on specific conditions, treatment options and self-management strategies including nutrition, hydration and lifestyle changes.

## Expert Care

Our team of pelvic health therapists has completed additional training in the assessment and treatment of pelvic dysfunctions. With this training, they are up-to-date in the latest techniques.

**For more information or to schedule an appointment, call 828-580-7592 (Valdese).**

Fax 828-580-7676

## Valdese Campus

720 Malcolm Blvd. | Valdese, NC 28690  
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