



Problem	Over the Counter Medications	Alternative Measures
<p><i>Allergies</i> <i>Colds</i> <i>Nasal Congestion</i></p>	<p>Benadryl (Diphenhydramine), Claritin, Claritin-D or Zyrtec (cetirizine) Sudafed (pseudoephedrine) = <b>DO NOT USE IN 1ST 12 WEEKS OF PREGNANCY OR BREASTFEEDING</b></p>	<p>Avoid aggravating factors, Ocean Spray (Saline), Vicks (Metholatum), Vaporizer/Humidifier,</p>
<p><i>Back Pain</i></p>	<p>Tylenol (Acetaminophen)</p>	<p>Heat or Cold, massage, acupuncture, Chiropractor, maternity belt for back support, shoes with arch support, limits on lifting, sleep on side with pillow between legs, back stretches</p>
<p><i>Bloating</i> <i>Gas</i></p>	<p>Gas-X (Simethicone)</p>	<p>Avoid gas causing foods</p>
<p><i>Constipation</i></p>	<p>Stool Softener such as Colace (Docusate) Fiber: Senokot, Dulcolax, Metamucil, Fibercon, Citrucel, Konsyl Milk of Magnesia Fleets Enema Glycerin suppository</p>	<p>Increase fluid intake (64 to 96 oz per day), Prunes or prune juice daily, Increase diet fiber (fruits &amp; Veggies), Regular exercise</p>
<p><i>Cough</i></p>	<p>Robitussin DM, Vicks 44 (Dextromethorpan)</p>	
<p><i>Diarrhea</i></p>	<p>Imodium AD, Kaopectate <b>**NO PEPTO-BISMOL**</b></p>	<p>Usually best to let it run its course, clear liquid diet for 24 to 48 hrs, Gatorade, BRAT Diet (bananas, rice, applesauce, toast)</p>
<p><i>Fever 100.4°F</i></p>	<p>Tylenol (Acetaminophen)</p>	<p>Cool Compresses, increase fluid intake</p>
<p><i>Headache</i></p>	<p>Tylenol (Acetaminophen)</p>	<p>Increase fluids, Rest, Stress reduction, massage, acupuncture, Chiropractor, Wann compress with lavender oil</p>

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<i>Heartburn Indigestion</i>	Tums, Rolaids, Maalox, Mylanta Tagamet HB(Cimetidine) Zantac (Ranitidine), Pepcid AC (Famotidine) Prilosec (Omeprazole)	Frequent small meals, decrease fat intake, Wait to lie down after eating at least 30 min. Pineapple (fresh or frozen), Raw almonds, Papaya tablets, 1 Tablespoon of Apple Cider Vinegar with a chaser of one glass water
<i>Hemorrhoids</i>	Preparation H, Anusol HC, Tucks Pads Stool softeners (Docusate (Colace)) Mothers Love (Rhoid Balm)	Avoid constipation and staining, Increase Fiber & Fluids, Sitz baths, Ice packs
<i>Insomnia</i>	Benadryl (Diphenhydramine) Tylenol PM (Acetaminophen & Diphenhydramine) Unisom (Doxylamine Succinate)	Warm baths, passion flower (tea), essential oil (Lavender), Rescue Sleep, deep breathing, daily exercise and avoid caffeine
<i>Leg Cramps</i>	Calcium 1000mg at bedtime, Magnesium lactate or Citrate 100mg in AM & 100mg in PM	Avoid pointing toes, flex foot and elevate when cramping, increase fluids, hot shower or warm bath
<i>Ligament pain</i>	Tylenol (acetaminophen)	Maternity belt
<i>Nausea &amp; Vomiting</i>	Unisom (Doxylamine Succinate) 1/2 tab in AM and 1 tab in PM, Vitamin B6 50mg 3 times a day Tums Rolaids	Peppermint or Ginger tea or candy, sip ginger ale, Sea Bands (acupressure), Acupuncture, Toast or crackers before getting out of bed
<i>Sore Throat</i>	Tylenol (Acetaminophen), throat lozenges	Warm saline gargles, increase fluid, Slippery Elm
<i>Swelling</i>	Vitamin B6 50-100 mg per day	Lemon juice, watermelon, strawberries, cucumber, increase water intake, swimming Decrease salt intake, compression stockings

Location	Subject Matter/Offerings
Birthing Bodies (Castle Rock) <a href="http://www.birthingbodies.com">www.birthingbodies.com</a> (720) 663 - 0621	Pre and Postnatal Fitness Resource: Classes and Fitness Supplies, Personal Training
Castle Rock Adventist Hospital <a href="http://www.castlerockhospital.org/birthplace">www.castlerockhospital.org/birthplace</a> (303) 777 - 6877	Birthing and breastfeeding classes, Infant massage, and Sibling preparation, Daddy Boot Camp
Castle Rock Family Enrichment Center <a href="http://www.castlerockfamilyenrichmentcenter.com">www.castlerockfamilyenrichmentcenter.com</a> (720) 883 - 2133	Classes, Yoga, and Support Groups
Belly Bliss (Cherry Creek) <a href="http://www.bellybliss.org">www.bellybliss.org</a> (303) 399 - 1191	Child birth classes, Yoga, Breastfeeding, Chiropractor, and Acupuncture
Artemisia and Rue (Denver) <a href="http://www.artemisiaandrue.com">www.artemisiaandrue.com</a> (303) 484 - 8982	Apothecary supplies, Herbal Classes and consultations
Apothecary Tincture (Denver) <a href="http://www.apothecarytinctura.com">www.apothecarytinctura.com</a> (303) 399 - 1175	Acupuncture, Naturopathy, Herbal Consultation, and Holistic Pelvic Care
The Mama'hood (Denver) <a href="http://www.themamahood.com">www.themamahood.com</a> (303) - 643 - 5662	Classes, Breastfeeding, Postpartum support group, Yoga, and more
Holistic Pathways (Englewood) <a href="http://www.holistic-pathways.com">www.holistic-pathways.com</a> (720) 570 - 2454	Herbal consultation, Fertility awareness, and Prenatal massage
Fertile Ground (Greenwood Village) <a href="http://www.fertilegroundwellnesscenter.com">www.fertilegroundwellnesscenter.com</a> (303) 248 - 3481	Support for Moms, Acupuncture, Therapy, Massage, Nutrition Therapy
Natal to Nest (Highlands Ranch) <a href="http://www.nataltonest.com">www.nataltonest.com</a> (303) 221 - 6378	Fertility Awareness, Prenatal Yoga, Breastfeeding, Massage and More
Littleton Adventist Hospital (Littleton) <a href="http://www.mylittletonhospital.org">www.mylittletonhospital.org</a> (303) 777 - 6877	Birthing and breastfeeding classes, Infant massage, and Sibling preparation, Daddy Boot Camp
Born in Love: Baby & Family Center (Parker) <a href="http://www.born-inlove.com">www.born-inlove.com</a> (720) 939 - 9654	Birthing classes, Doula, Chiropractors, Massage, Acupuncture, Mom support group, hypnobirthing
The Gator Loft (Parker) <a href="http://www.thegatorloft.com">www.thegatorloft.com</a> (720) 440 - 9526	Classes, Baby Supplies, Cloth Diapers

<b>Confirmation of pregnancy</b>	Typically done between 6 - 8 weeks from your last menstrual period. We perform an ultrasound which will help determine your baby's estimated due date.
<b>First Pregnancy Visit</b>	Review your medical, surgical, genetic, and family medical history. You will also have a physical exam and lab work drawn.
<b>12-week visit</b>	Listen to the baby's heart, review your initial prenatal labs. We will also perform a first trimester genetic screen, if desired.
<b>16-week visit</b>	Check your uterus size and baby's heart rate, offer the AFP screen for spina bifida if desired. We will also schedule a 20 to 21 week ultrasound to check the baby's development.
<b>20-week visit</b>	Check uterine size and baby's heart rate. Your ultrasound will be done around this time by our ultrasonographer.
<b>24-week visit</b>	Measure your uterine size and check baby's heart rate. We will also explain the 28 week labs and give you the glucola drink to take home with you for the next visit.
<b>28-week visit</b>	Measure uterine size, check baby's heart rate, and draw blood work to check for gestational diabetes and anemia. If you are Rh negative, we will also draw blood for antibodies and give you your Rhogam injection.
<b>30-week visit</b>	Measure uterine size, check baby's heart rate, and review your 28 week labs.
<b>32-week visit</b>	Measure uterine size and check baby's heart rate. If you are considering permanent sterilization, this is a good time to discuss with the provider, if you have not already done so (Medicaid requires papers to be signed at least 30 days before your due date).
<b>34-week visit</b>	Measure uterine size and check baby's heart rate.
<b>36-week visit</b>	Measure uterine size, check baby's heart rate, and we will collect a vaginal swab to check for GBS (see Prenatal Tests section).
<b>37-week and weekly until delivery</b>	Measure uterine size and check baby's heart rate. If you would like us to check your cervix, let us know (although, this does not have to be done routinely).



Book	Author
<i>Ina May's Guide to Childbirth</i> <i>Ina May's Guide to Breastfeeding</i>	Ina May Gaskin
<i>Home Birth in the Hospital</i>	Stacey Marie Kerr, M.D.
<i>The Thinking Woman's Guide to a Better Birth</i>	Henci Goer
<i>Active Birth – the new approach to giving birth naturally</i>	Janet Balaskas
<i>Pregnancy, Childbirth, and the Newborn</i>	Penny Simpkin
<i>The Birth Partner: Everything you need to know to help a woman through childbirth</i>	Penny Simpkin
<i>The Official Lamaze guide: giving birth with confidence</i>	Judith Lothian and Charlotte DeVries
<i>Birth from Within: An Extra-Ordinary Guide to Childbirth preparation</i>	Pam England
<i>The Nursing Mother's Companion</i>	Kathleen Huggins
<i>The Nursing Mother's Herbal</i>	Sheila Humphrey
<i>The Essential guide to Breastfeeding</i>	Marianne Neifert, MD
<i>Dr. Jack Newman's Guide to Breastfeeding</i>	Jack Newman and Teresa Pitman
<i>The Complete Book of Pregnancy &amp; Childbirth</i>	Sheila Kitzinger

## Going Home

We would like to extend our heartfelt congratulations on the arrival of your baby. As you are home with new baby, the South Denver Midwives want you to be aware of the following discharge guidelines:

### Diet

You may resume a normal diet and please remember you will need extra calories while breastfeeding. Dieting is not recommended at this time. You should continue your prenatal vitamins until your six week check up or while you are nursing.

### Activity

For the first week that you are home it is best to minimize your activity until you are more comfortable with your baby's schedule. In addition it is wise to take the time to rest and enjoy your little one while establishing breastfeeding. After the first week you may begin driving, housework, and shopping as you feel able. Please remember that family and friends are often eager to help with those things if you ask.

### Breastfeeding

We want you to be supported with breastfeeding and there are many options to help you. Littleton and Castle Rock hospitals offer weekly lactation groups. Our office is happy to answer questions about breastfeeding and to refer you to a lactation consultant. Remember cracking and bleeding nipples are **NOT** a normal part of breastfeeding. This usually indicates a poor latch or other issues that a lactation consultant can address. Please contact your midwife.

### Contraception

Even if you have not resumed your period, never assume that you can not get pregnant. Remember to use a method of contraception such as condoms. At your 6 week check up we will discuss many options for contraception including options that are safe with breastfeeding.

### Perineum and Vaginal Stitches

Whether or not stitches are necessary, the perineum will probably be tender. Ibuprofen, Advil, Motrin or Tylenol may be used for any minor discomforts. A warm sitz bath or soaking in a tub of water can also provide comfort and promote healing. You may add Epsom salts or use sitz herbs in your bath. Witch hazel pads help reduce swelling. The stitches will dissolve on their own within 1 to 3 weeks.

*If you notice any increase in pain, redness, drainage from the stitches, or temperature greater than 100.4 F you should contact your midwife immediately.*

## Office Visit

Plan to see your midwife for a follow up visit in six weeks or sooner if having signs or symptoms of post partum depression or with any problem or concern.

## Bleeding

Your bleeding may persist variably following delivery. It may stop and start, or it may seem to linger for weeks. If you are not nursing your period will resume in 4 to 6 weeks. In some instances it may not resume for up to 6 months. If you are nursing, it may not return until you wean the baby.

*You should not be alarmed at any bleeding pattern unless you are saturating a pad per hour (outright hemorrhage). If this occurs you should contact your midwife immediately.*

## Over the Counter Medications

Your midwife may recommend the following medications:

- Iron for anemia: Iron 325 mg — 1 tablet by mouth once a day or Floradix Iron + Herbs 2 tsp twice daily for 4 to 6 weeks after delivery
- Stool softeners for constipation: Docusate Sodium (Colace) 100mg — 1 to 2 tablets per day as needed
- Your midwife may prescribe a stronger pain medication if you are experiencing more discomfort

*It has been a pleasure and an honor to be involved in your care...we look forward to seeing you again soon!*