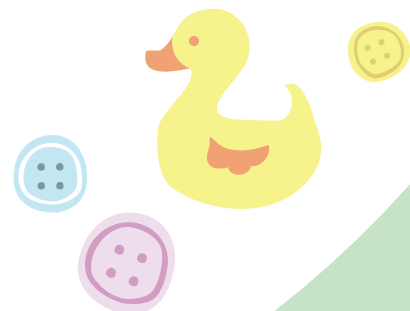


Congratulations!

We are pleased that you have chosen Sansum Clinic for your pregnancy care and the delivery of your child. We understand that you may be feeling just as anxious as you are excited during this time. While you will have the opportunity to receive more extensive education in the weeks to come, there are several Advice Nurses available to answer any of your questions and/or concerns with compassion, no matter how silly or embarrassing they may seem. As a team, we are committed to support you and your loved ones in a safe and kind manner, while providing the best care possible. We look forward to serving you, and we warmly welcome you to our practice.

Best Regards,

Your Sansum Clinic Obstetrics and Gynecology Team



Obstetrics and Gynecology

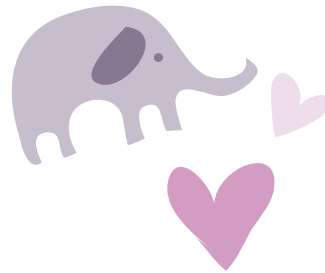


317 W. Pueblo St. and 515 W. Pueblo St., Santa Barbara, CA 93105 • (805) 681-8911



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Obstetrics and Gynecology





We are one department with two locations to serve you: 317 W. Pueblo St. and 515 W. Pueblo St.

We have five obstetrical physicians and one certified nurse midwife who will see you for the duration of your perinatal care. One of them will be considered your primary obstetrician, although you will have the opportunity to see other providers during your pregnancy in order to meet all of our team, since your primary obstetrician may not be the one to attend your birth. In addition, there are Nurse Practitioners and Physician's Assistants that can also see you for routine OB care. The physicians each take a 24 hour shift on-call, and our midwife has the additional support of the physicians should their assistance be needed.

If you haven't already done so, we encourage you to sign up for MyChart in order to further facilitate communication with your providers and to have a different avenue for addressing your non-urgent needs and concerns. In addition, this online account would provide access to your future appointments, some of your lab and test results, and your medication list. If in doubt about whether to email, a call will ensure a timely response to any of your urgent concerns.

Please visit www.sansumclinic.org to sign up on the right side of the screen.

Our providers can only manage obstetrical patients at Santa Barbara Cottage Hospital. Please be advised that if you are in need of any hospital services during your pregnancy, Goleta Valley Cottage Hospital (GVCH) and Santa Ynez Cottage Hospital (SYCH) do not have maternity care. If you are less than 20 weeks pregnant, you will need to seek care in the Emergency Room at Santa Barbara Cottage Hospital.

Providers

515 West Pueblo Street

- Dr. Carin Craig
- Dr. David Raphael
- Heather Merrick, PA-C
- Wanda Westerman, NP, CNM

317 West Pueblo Street

- Dr. David Nomeland
- Dr. Charmian Dresel-Velasquez
- Dr. Heather Terbell
- Carol Nelson, NP

Questions and Concerns

Please give our office a call Monday through Friday 8:00 am - 4:30 pm to discuss any questions or concerns with one of the Advice Nurses. Our providers are available after hours and on weekends or holidays at (805) 681-8911 should you need them for urgent concerns; however, if you feel you need immediate care or if you do not hear back from an Advice Nurse within one hour, please have someone drive you to Urgent Care or the Emergency Room.

Obstetrics and Gynecology





Scheduling

Your first appointment will be between 7-10 weeks of pregnancy from the first day of your last menstrual period. Your significant other is welcome at this and all office visits. Unless otherwise noted, you will be seen every 4 weeks until your 30th week, every 2 weeks until your 36th week, and weekly until delivery.

OB Education

After your Initial OB appointment, you will be offered a group class appointment with one of our nurses to review important issues such as exercise and nutrition. This appointment is highly recommended for first time moms but open to all of our pregnant patients. At this visit, you will be given educational materials for reference throughout your pregnancy.

Ultrasounds

At your first prenatal visit, a vaginal ultrasound will be performed to check the health of your pregnancy and confirm your due date. You will be given a picture to take home.

You are encouraged to have an additional first and second trimester abdominal ultrasounds. These are performed between 11-14 weeks and between 18-20 weeks to evaluate the general anatomical development of your baby and the overall health of your uterus during pregnancy. If you wish to know, your baby's gender may be revealed at the 18-20 week appointment if it has not already been determined with genetic testing.

You could have added ultrasounds if your pregnancy is considered high-risk. These ultrasounds will be scheduled at The Perinatal Center, the office of our local Perinatal specialists, Dr. Alex Soffici, Dr. Bonnie Dattel, and Dr. Katy Sharma (see OB Checklist). Pictures from those visits will be texted directly to you upon request.

Obstetrics and Gynecology



Labs

After your initial OB visit, you will be asked to have labs drawn to determine important information such as your blood type, blood count and to rule out infections. You may, additionally, have lab studies between 10-16 weeks for genetic testing, between 26-28 weeks to check for gestational diabetes and anemia, and a vaginal swab culture at 36 weeks to test for Group Beta Strep bacteria (GBS).

All lab and genetic testing involving blood work can be drawn at ANY Pacific Diagnostic Laboratory (PDL). Insurance coverage is continuously changing, so please verify lab information with your insurance. Most lab orders are sent electronically through our computer interface. You will need to bring your photo ID and current insurance card to your visit. Some timed tests require that you remain on-site for the duration of the test, so it is a good idea to bring a book, magazine or a companion to pass the time. **A complete list of times and locations can be found on www.PDLlabs.com or by calling (805) 879-8100.**

Genetic Screening

Genetic Screening is a personal choice for you and your partner. A consultation at the Perinatal Center will be offered to you between 11-14 weeks to have an ultrasound and to discuss genetic testing options. Currently, in addition to this ultrasound, the recommended testing for women of ALL AGES is Cell Free DNA, a blood test otherwise known as NIPT. An AFP blood test to screen for spinal defects is also offered between 15-20 weeks.

NIPT is not yet covered by all medical insurance plans, so it is strongly recommended that patients check their individual insurance plan regarding their benefits to avoid or to prepare for possible extraneous costs.

The Perinatal Center does not currently accept the following insurance plans: First Health, Coventry, Great West HMO, and Medicare. If needed, please call our office for assistance in finding another Perinatologist covered by your plan, such as Dr. Daryoush Jadali in Ventura. Please call our office if a referral is needed. His contact information is: 805-643-9781, 29 N Brent Street, Ventura, CA.

Diet

- A diet well-balanced in proteins, complex carbohydrates, fruits, and vegetables is recommended.
- Five small meals daily are ideal to help minimize nausea and to keep your blood sugar at a consistent level.
- You should attempt to drink at least 8-10 eight ounce glasses of water daily.
- Excess caffeine should be avoided in pregnancy, and the amount of caffeine in beverages does vary.

Obstetrics and Gynecology





Diet continued...

- If you cannot avoid caffeine, it is recommended you have no more than two caffeinated sources daily. Sources include coffee, soda, tea, energy drinks and chocolate.
- Do not eat soft cheeses unless they are pasteurized or ultra-pasteurized. Most cheeses in the United States are pasteurized, however, you will need to read package labels, and if in doubt, avoid it.
- If possible, avoid meats with nitrates (such as hot dogs and deli meats). If you do eat these, they should be cooked to steaming to lessen the risk of contamination from a bacteria called Listeria.
- Certain types of fish should be avoided, particularly those containing a high level of mercury. Buy as close to fresh, local, and wild-caught as possible. Visit www.FDA.gov/food for more information.
- It is recommended that you eat 3 sources of dairy daily, though the calcium, fat, and protein it provides can be found in other foods as well. Lactaid can be safely taken in pregnancy for those with lactose intolerance.
- Tobacco, Marijuana, Alcohol, and Drugs are to be strictly avoided during pregnancy.
- ACOG recommended total weight gain for pregnancy by BMI:
 - Underweight: 28-40 lbs, Healthy: 25-35 lbs, Overweight: 15-25 lbs, Obesity: 15 lbs

Prenatal Vitamins

You may purchase any brand of prenatal vitamins, which you should take as directed on the label. We do not recommend any particular brand and a prescription is not necessary. Your vitamin should contain a minimum of 800 mcg folic acid. You may wish to take your vitamins with food if you are experiencing nausea. As long as you try to eat a nutritious diet, there are no other vitamins or supplements that you should need during pregnancy. However, not all medications are safe in pregnancy, so please review any prescription medication with your OB provider at your first visit.

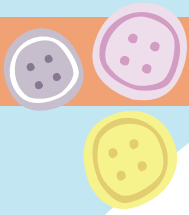
Exercise

For the most part, you may continue your same exercise routine. We do, in fact, recommend that you get some type of aerobic exercise weekly. Examples of good activities include walking and swimming. If you plan on starting a new exercise routine that may be more strenuous in nature, please consult your provider first. For safety reasons, be cautious of activities that require good balance after the second trimester.

If you are a very active person, you may need to modify your routine to avoid overheating or excessive increases in heart rate. Hot yoga is not recommended. You should limit sustained aerobic activity to 20 minutes or less. Should you experience pain, vaginal bleeding or spotting during activity, stop to rest, and do not resume the activity until symptoms resolve. During all steps in your exercise, you should be able to carry on a regular, non-winded conversation as your guide that your exercise intensity is at a safe level for your baby. Always be sure to drink extra water throughout your workout.

Obstetrics and Gynecology





Sexual Intercourse

Unless you have been recommended pelvic rest due to bleeding, cramping or other complications, sexual intercourse is perfectly safe during pregnancy.

Hot Tubs

Although we encourage taking warm baths during pregnancy and labor, avoid hot tubs, which can cause your body to overheat.

Travel

Airline travel is permissible until 32 weeks if pregnancy is without complications. Airport security x-ray is safe while pregnant if not being used frequently, as in the instance of continual business travel. Airport security x-ray can also be declined in exchange for a metal detector wand and a pat down. Avoid making airline reservations months in advance.

When driving or flying, be sure to take breaks from sitting at least every hour. If walking is not possible, do some exercises in your seat such as rotating and flexing your feet and ankles several times frequently. As always, it is recommended you drink more water than usual while traveling.

You should not travel more than one hour's distance from SBCH after 34 weeks, except after prior discussion with your OB provider. Consider requesting a copy of your OB medical records through the medical records department at (805) 692-4688 if you plan to travel after 30 weeks.

Zika Virus

For the most up-to-date information, visit www.CDC.gov/zika. In general, women who have travelled to an area of Zika concern in the last 6 months need to alert their OB provider so they can undergo testing. If the pregnant woman's partner has travelled to such an area 6 months before pregnancy occurred or will travel to an area during pregnancy, couples either need to abstain from sexual intercourse or use condoms with each sexual encounter to prevent possible exposure.

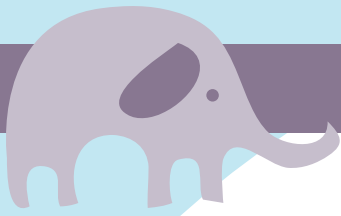
Vaccines

Two vaccines that are recommended to help prevent illness for both you and your baby are Flu and Tdap.

Flu/Influenza Vaccine is usually available between the months of September and April and are safe in all trimesters as long as it is preservative free (all those given at Sansum Clinic are). This vaccine may not prevent you from getting the flu, but it is advised every flu season when pregnant to help shorten the duration or severity of your symptoms so you can recover more quickly without complication or a need for hospitalization.

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Tdap (Pertussis/Whooping Cough) Vaccine

California has had a historical increase in infant pertussis cases and associated deaths. Infants cannot get their own vaccines until after 6 weeks of age, therefore, pregnant patients are advised to get the Tdap during their third trimester in order to pass some immunity onto the newborn as protection immediately following birth. Fathers, partners and those who will have frequent exposure to your newborn infant, including daycare facilities or nannies, are also encouraged to have the vaccine any time prior to your delivery. Vaccines are available at local pharmacies or on a walk-in basis every Friday at Sansum Clinic Prescription Pharmacy at 215 Pesetas Lane or at 317 W. Pueblo Street from 1:00 - 4:00 pm. No doctor's order is required.

Nausea and Vomiting

Having some food in your stomach at all times may decrease nausea, so try eating small amounts of food frequently throughout the day. Eat only what you can tolerate, but try to avoid becoming dehydrated by taking small sips of water or Gatorade or even sucking on ice. Once you feel better, you can be more intentional about a well-balanced and nutritious diet.

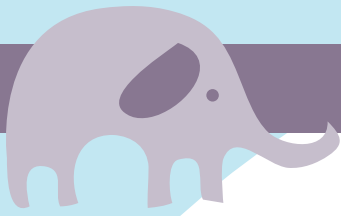
There are several over-the-counter remedies you may try which can be purchased at Whole Foods, Lazy Acres, or your local retail pharmacy. If your nausea and vomiting is severe, especially if it affects your day to day functioning, you may call our Advice Nurse to discuss starting a prescription medication. (See Safe OTC Medications While Pregnant, Page 9.)

- Vitamin B6 25 mg by mouth up to 3 times daily
- Vitamin B6 10-25 mg with ½ tablet Unisom (12.5 mg) by mouth up to 3 times daily. Purchase the UnisomSleep Tabs (active ingredient: doxylamine succinate)
- Ginger capsules 250 mg by mouth every 6 hours or ginger chews, gum, or tea
- Sea-Bands

**Should you be unable to keep any liquids down for over 24 hours, you need to go to Santa Barbara Cottage Hospital Labor and Delivery if over 20 weeks. If under 20 weeks you need to go to Sansum Urgent Care at 215 Pesetas Lane in Santa Barbara or at 1225 N. H Street in Lompoc to receive IV hydration. Some signs of dehydration include urinating less frequently, dark urine, and dry mouth.

Obstetrics and Gynecology





Cold, Flu and Other Illnesses

PLEASE PURCHASE A THERMOMETER IF YOU HAVE NOT ALREADY DONE SO.

Hand washing is the best way to prevent illness and the spread of infection, colds, and flu.

Colds and upper respiratory infections can last 7-14 days and a cough may last 2-4 weeks. Increased rest, fluids, a healthy diet, and patience are the best medicine.

The **Flu** virus can last 48 hours to 2 weeks. Due to potential complications from the flu, pregnant women may be prescribed Tamiflu by their Primary Care Physician (PCP) or by Urgent Care within the first 48 hours of the onset of flu symptoms.

For **Nausea and Vomiting** caused by the **Flu** or **Food Poisoning**, do not eat or drink anything for 2-4 hours initially, then try small sips or water, Gatorade, chicken broth, or Sprite as tolerated to avoid dehydration. Eat saltine crackers or dry toast for the first 24 hours, then eat a light bland diet for 2-3 days.

For **Diarrhea**, do not eat or drink anything for 2-4 hours initially, then try small sips of water, Gatorade, chicken broth, or Sprite as tolerated to avoid dehydration. The **BRAT diet**, which includes bananas, rice, unsweetened applesauce, toast, and cottage cheese, allows your system to recover. Advance to soups and other foods as tolerated, avoiding dairy and raw vegetables until feeling better.

Dizziness and **Fainting** is common in pregnancy and does not usually require medication. Drink 10-12 glasses of water and eat 6 small meals daily to stay well hydrated and maintain your blood sugar. As the baby grows, use a wedge when resting to avoid lying/reclining directly on your back. Call the office or have someone drive you to Urgent Care if your symptoms continue or worsen.

*****CALL YOUR PCP OR GO TO URGENT CARE FOR THE FOLLOWING*****

- If your symptoms worsen
- You are coughing up green/yellow sputum
- Have severe coughing not relieved with the remedies listed
- Feel short of breath
- Have a persistent fever above 101 degrees not relieved by Tylenol
- Are unable to eat/drink for 24 hours
- Your urine is dark or you are voiding less than twice a day

Obstetrics and Gynecology



317 W. Pueblo St. and 515 W. Pueblo St., Santa Barbara, CA 93105 • (805) 681-8911

Safe Over-the-Counter Medications While Pregnant and Breastfeeding

NO IBUPROFEN IS SAFE IN PREGNANCY

IBUPROFEN includes: MOTRIN, ADVIL, ALEVE, NAPROSYN, NAPROXEN, ETC.

- Ibuprofen is safe after delivery and if breastfeeding
- DO NOT TAKE Airborne, high doses of Vitamin C or Zinc, Tylenol Cold or like medicines

All of the following medications can be taken according to package instructions. There is no special dosing for pregnancy.

ALLERGIES • Benadryl, Claritin, Claritin D

CONGESTION • Plain Sudafed (red and white box behind the pharmacy counter), Afrin nasal spray (max 3 days), Saline nasal spray (for as long as needed), sleep in recliner chair or with head elevated if needed.

CONSTIPATION • Milk of Magnesia, Peri-Colace, bran cereal, Metamucil or Citrucel, Colace, Senokot, prunes, prune juice, increase fluid intake and activity.

COUGH • Robitussin DM, throat lozenges or cough drops (Halls, Vicks, Luden's, etc.).

DIARRHEA • Imodium, cottage cheese, BRAT diet (broths, bananas, rice, apple sauce, tea, toast). Avoid salads and dairy.

DIZZINESS/FAINTING • Call the office, use a wedge when resting to avoid lying/reclining directly on your back, 6 small meals daily to maintain blood sugar.

FEVER • Regular strength Tylenol (325-650 mg)

HEADACHE • Regular strength Tylenol (325-650 mg)

HEARTBURN • Tums, Maalox, Mylanta, Zantac, Pepcid, Roloids, Prilosec, elevate head off bed 5°, no spicy/fatty foods.

HEMORRHOIDS • Anusol, Tucks, or Preparation H. Colace or Senokot to avoid constipation.

INSOMNIA • Tylenol PM, Benadryl.

NAUSEA • Emetrol, Sea-Bands, Vitamin B6 25mg every 6hrs, Vitamin B6 10-25mg with ½ tablet Unisom (12.5 mg) up to 3 times daily, ginger capsules 250 mg every 6 hours. Call office.

PAIN • Regular strength Tylenol (325-650 mg), rest, heating pad or cold pack but not directly on abdomen.

SORE THROAT • Hot tea with honey, Robitussin DM, lozenges or cough drops, Saline or Listerine gargle, Vicks vapor rub, hot drinks or chicken soup, and steamy baths/showers for comfort.

SWELLING • Avoid foods high in sodium, elevate legs above heart level, increase water intake. Call office.

URINARY FREQUENCY • Avoid coffee and tea, increase water intake and cranberry juice.

VERICOSE VEINS • Support hose (Leggs active support hose or loose Ace bandages), elevate legs above heart

Obstetrics and Gynecology



First Trimester (4-12 weeks) Problems and Warning Signs

Any evaluation during your pregnancy should always be done at Santa Barbara Cottage Hospital (SBCH) so that our doctors may attend to you. Please do not go to Goleta Valley Cottage Hospital (GVCH) or Santa Ynez Cottage Hospital (SYCH), as they do not have maternity care there. If you are less than 20 weeks pregnant, you need to go through the Emergency Room.

Menstrual-like cramping in the first 14 weeks is common. If you experience significant pain, please call our Advice Nurse during office hours. After hours, go to Santa Barbara Cottage Hospital (SBCH) Emergency Room for evaluation.

Spotting in the first trimester is also common. If you notice this during or after sexual intercourse, after increased activity, exercising, or lifting, this may be related to the fact that your cervix is especially sensitive during pregnancy. Please call our office to discuss your symptoms.

If you experience bleeding to the point that you are saturating an overnight pad hourly for 2 hours, please have someone drive you to SBCH ED for evaluation immediately.

Second Trimester (20-36 weeks) Reasons to be evaluated at SBCH

Preterm Labor Precautions

Each of our doctors and midwives takes call once weekly for a 24 hour period beginning at 7:00 a.m. daily. You do not need to call prior to going into the hospital. A doctor serves as back-up at all times and exclusively follows any high risk patients.

If you are between 20-36 weeks and have uterine cramping and/or tightening more than 5 times hourly that is uncomfortable and lasts longer than 40 seconds, you need to go to SBCH Labor and Delivery via the hospital lobby. This could be a sign of preterm labor. Prior to doing this, you should rest and drink water to see if the symptoms resolve.

You should also go to SBCH for any leaking of amniotic fluid or bleeding.

Decreased Fetal Movement (After 28 weeks)

If you feel less fetal movement than usual after 28 weeks, please take time to follow these instructions for Fetal Kick Counts in a quiet place free from distractions. Fetal movement prior to 28 weeks may not be consistently felt. Also, if you are especially active or don't eat regularly during the day, your baby may be less active than usual.

Obstetrics and Gynecology





Fetal Kick Counts

- Empty your bladder
- Drink a large glass of ice cold water or fruit juice
- Lie down on your left side until you feel 10 distinct movements in 2 hours
- Movements may feel like kicks, jabs, punches, or rolls
- Once 10 movements are felt, you do not need to continue resting
- If you do not feel 10 movements in 2 hours, please call the office or go to SBCH Birth Center if it is after hours.

Maternity Support Belt

Purchasing a maternity belt, locally at a maternity store or online, is recommended if you experience discomfort from round ligament pain, the stretching of ligaments supporting your growing uterus, typically after week 18. Using pillows under your belly, between your legs, and behind your back may also increase your comfort level as the baby grows.

Labor Precautions (After 36 weeks)

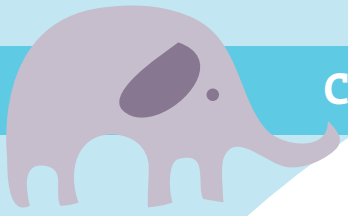
Reasons to go to the Birth Center at Santa Barbara Cottage Hospital via the Main Lobby are as follows:

- If your water breaks, whether or not you are having contractions, please go to the Birth Center at Santa Barbara Cottage Hospital immediately.
- Regular contractions occurring every 3-5 minutes or lasting longer than 60 seconds for greater than 1 hour, that take your breath away, during which you cannot carry on a normal conversation.
- If you have plans for a scheduled cesarean section, please follow the same advice above but go into Labor and Delivery when contractions are every 7-10 minutes for greater than 1 hour.
- Leaking of amniotic fluid which will be watery rather than egg white consistency and will typically continue to trickle
- Heavy vaginal bleeding with or without clots (saturating more than a maxi pad)
- Decreased fetal movement that does not respond to kick counts (see Fetal Kick Counts)
- “Bloody show” or mucousy vaginal bleeding is not worrisome - neither is passing your mucus plug - and do not need evaluation.
- **Please remember to breathe!**

The Birth Center at SBCH has enhanced the bonding opportunity between newborns and their parents in order to support the benefits of physical and emotional wellbeing for both parents and babies, which includes improved successful breastfeeding. As a result, you will be encouraged to room in and have your baby by your side 24 hours daily.

Obstetrics and Gynecology





Circumcision

If you decide on a circumcision and after your baby boy has been physically examined by a Sansum Clinic pediatrician, Dr. David Raphael, who is one of our Sansum Clinic providers, will perform this procedure during your maternity hospital stay. For patients using pediatricians outside of Sansum Clinic, your baby must have an order from your pediatrician following a physical examination, which states that Dr. Raphael may perform the procedure.

If Dr. Raphael is not available or if your baby is diagnosed with hypospadias (birth defect in boys where the opening of the urethra, the tube that carries urine from the bladder to the outside of the body, is not located at the tip of the penis), your pediatrician will instead give you information on how to schedule an appointment with Sansum Clinic Urologist, Dr. Alex Koper, at 4151 Foothill Road in Santa Barbara. This appointment will be after you and your baby have been discharged home from the hospital.

Most insurance plans cover this procedure, but it is always important to check prior to your delivery if you are planning on having your son circumcised. Medi-Cal does not cover routine circumcision, and payment of \$400 is requested at the time of service (cash or check made out to Sansum Clinic).

Baby Blues and Postpartum Depression

The weeks, and sometimes months, following the birth of your baby can be exhausting and overwhelming, especially with the lack of sleep, hormonal changes, and discomfort you may experience after a vaginal or c-section delivery. This may all go contrary to our expectations as a society of the joy we are presumed to feel bringing home a newborn baby, particularly if you are feeling a lack of support from partners, family or friends.

We are a phone call away should you be experiencing depression, frequent crying, difficulty bonding with your baby, high anxiety, or breast/breastfeeding issues or symptoms, which many women may experience. **You are not alone.**

Following are some helpful resources in the instance you experience baby blues or postpartum depression. **If at any point you are having thoughts of harming yourself or anybody else, please seek help in the Emergency Room or call 911.** Santa Barbara Cottage Hospital has a wonderful crisis team who is available should you need them. You can also call the number on the back of your insurance card for mental health providers covered under your plan, or you can reach out to your primary care physician for assistance.

Obstetrics and Gynecology





Mental Health Resources

- Your PCP can evaluate you and prescribe medication
- You can also call the number on the back of your insurance card for mental health providers covered under your plan
- Call California 2-1-1 Assistance as another resource

Sansum Clinic Psychiatry and Psychology

Dr. Steinberg
(805) 681-7517

PEP (Postpartum Education for Parents)

Offers local education, classes, and support groups for new moms.
Has a 24 hour “Warmline” for questions and support at (805) 564-3888.

www.sbpep.org

Santa Barbara Behavioral Health

Phone: (805) 681-0035
Santa Barbara Behavioral Health
5901 Encina Road, Suite A, Goleta, CA 93117
<http://www.sbbh.net/>

Family Therapy Institute of Santa Barbara

Phone: (805) 882-2400
111 E. Arrellaga St., Santa Barbara, CA 93101
<http://ftisb.org/>

Holman Group

Phone: (800) 321-2843
<http://holmangroup.com/>

From a Pea to a Pumpkin... And Beyond

Postpartum Psychotherapy Group (Not a drop in group. Call first.)
Mondays 9:30 - 10:45 am
27 East Victoria Street (Rear Cottage), Santa Barbara, CA 93101
Angela Wurtzel, MA, MFT, CEDS
Phone: (805) 884-9794
<http://angelawurtzelmft.com/>

Obstetrics and Gynecology





Family and friends, as well as online blogs, chat rooms and social media, can mean well and have a wealth of information, however, they can also inadvertently dispense some inaccurate and harmful advice. Following are some reputable resources for you to look up additional information to guide you during your pregnancy.

Online

- **www.AAP.org** – American Academy of Pediatrics, contains resources, health topics, and links regarding issues affecting babies and children in the United States.
- **www.CarSeat.org** – Outlines current carseat and booster seat regulations to guide in purchasing an appropriate safety seat for your newborn and growing baby, also gives a carseat “checklist” to ensure that the seat is installed correctly.
- **www.CentralCoastDoulas.com** – Contains information on local, trained, reputable doulas available for hire to support your personal childbirth process and delivery experience
- **www.ChooseMyPlate.gov** – Food and nutrition information for pregnancy and breastfeeding, including meal plans.
- **www.MotherToBaby.org** – (888) 626-6847; Contains up-to-date information about medications and other exposures during pregnancy and breastfeeding.
- **www.SBPEP.org** – Postpartum Education for Parents (PEP) provides the opportunity for mothers to become involved in a group with other mothers while pregnant or postpartum that continues after the birth of your baby; an excellent resource for women prone to depression, isolation, or for those simply wanting more support; they also offer a “Baby Basics” class that covers general baby care skills .
- **www.FDA.gov** or **www.MayoClinic.com** – Reputable medical Internet sites for general information and questions.

Books

- Your Pregnancy and Birth (4th Edition, ACOG)
- Caring for Your Baby and Young Child, Birth to Age 5 (6th Edition, 2014)
- Dad’s Guide to Pregnancy for Dummies (2nd Edition, 2014)
- Mayo Clinic Guide to a Healthy Pregnancy: From Doctors Who Are Parents, Too! (1st Edition, 2011)
- Pregnancy for Dummies (4th Edition, 2014)
- Pregnancy All-in-One for Dummies (2016)

Classes

- **www.CottageHealth.org/classes-events** – (805) 569-8229; Includes descriptions of childbirth and baby preparation classes offered at Santa Barbara Cottage Hospital (SBCH), including dates, times and registration links for their specific classes and Birth Center tours.

Obstetrics and Gynecology

