



WELCOME!

Congratulations on your new pregnancy!

We know that this is an exciting time for you, but also one full of many questions. While you will have opportunities to receive more extensive education in the weeks and months to come, there may be some things you really need or want to know right away.

This educational packet will help you feel more prepared for your pregnancy and explain how the physicians, nurses and staff at Sansum Clinic are here to assist you.

In this packet, you will find helpful information on the locations of our various departments and providers, appointments, how to reach our office with concerns or questions, genetic screening, problems and warning signs, educational resources, diet and exercise, what to do if you become sick, general education and planning, and much more.

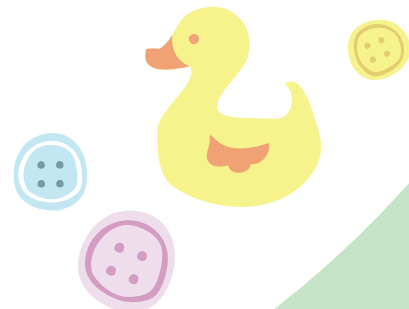
Each topic is neatly outlined for quick and easy reference. We encourage you to keep your folder in an accessible place, as it includes information for your entire pregnancy, as well as for after you deliver.

In addition to this packet, we have included an easy-to-use **My Pregnancy Checklist** so you can keep track of your pregnancy with reminders for important testing, appointments, and preparation steps in the coming weeks all the way until delivery.

We look forward to assisting you during your pregnancy and we thank you for choosing our practice. We welcome any questions that you may have at any time.

Warm Regards,

Your Sansum Clinic Obstetrics and Gynecology Team



Obstetrics & Gynecology



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



Scheduling & Planning for Your Office Visits

The Sansum Clinic Obstetrics and Gynecology is one department with two locations to serve you. We are located at:

317 West Pueblo, Santa Barbara, CA 93105

&

515 West Pueblo, Santa Barbara, CA 93105

We have 5 full-time, on-site doctors and 1 certified nurse midwife who will see you for the majority of your prenatal 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. Our providers are on-call 24 hours a day.

**Dr. David Nomeland, Dr. Heather Terbell,
Wanda Westerman, NP, CNM**

317 West Pueblo; (805) 681-8911

**Dr. Carin Craig, Dr. David Raphael,
Dr. John VanderHeide**

515 West Pueblo; (805) 681-8911

We also have a nurse practitioner and physician assistant with whom you may have some appointments:

Carol Nelson, NP

317 West Pueblo

Danette Brown, PA

515 West Pueblo

Your First Appointment

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.

Future Appointments

You will be seen every 4 weeks until 30 weeks, every 2 weeks until 36 weeks, then weekly until you deliver. More frequent visits may be recommended if complications arise or if you have concerns that our Advice Nurse cannot answer.

Who you should call if you have Questions or Problems

No question is too silly or small for our nurses. We would prefer you ask rather than try to find the answers yourself. Not all information, especially that found on the Internet or received from friends, is accurate.

Monday-Friday 8:30 a.m. - 4:30 p.m.

An advice nurse is available at (805) 681-8911. When you call, please leave a detailed message with our front desk staff. One of our nurses will return your message within 24 hours. Most calls are returned the same day. If you are feeling anxious, you can always request that your message be marked "Urgent."

The advice nurse may answer your questions directly, request additional testing, give you an appointment with your provider, or send you to urgent care or the emergency room.

Monday-Friday 5:00 p.m. - 8:00 a.m. & Weekends

Call (805) 681-8911 to speak with the OB provider on-call.

If you have a MyChart account, please do not send an e-mail if you have a problem. A telephone call ensures timely advice and the safest care for you and your baby.

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Ultrasounds, Blood Work & Testing

Ultrasounds and Blood Work

At your first prenatal visit, an 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 will also have ultrasounds at the Perinatal Center, the office of our local Perinatologist, Dr. Alex Soffici (see below).

After your first 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 10-13 weeks and 15-20 weeks for genetic testing, at 28 weeks to check for gestational diabetes and anemia, and a vaginal culture at 36 weeks to test for Group Beta Strep (bacteria).

Lab work can be drawn at any Pacific Diagnostic Lab (PDL). A list of locations is included in this folder for your convenience. All lab orders are sent electronically through our computer system. You will need to bring your photo ID and current insurance card when you go.

Genetic Screening/Perinatal Center

Genetic testing is entirely optional and a personal choice for you and your partner. Some people choose to test so they can prepare if certain abnormalities are found. Some patients decline all testing.

At your first prenatal visit, you will be offered an appointment at the Perinatal Center, the office of Dr. Alex Soffici, for the option of genetic testing and/or a second trimester ultrasound. Perinatal Center is located at 316 West Junipero St. and can be reached at (805) 898-0258.

At the first Perinatal Center appointment, Dr. Soffici will discuss with you the options available for genetic screening for your baby for Trisomy 21 (Down's Syndrome), Trisomy 18, and open neural tube defects, as well as other genetic abnormalities. He will also evaluate anatomical features of your baby by ultrasound.

If genetic testing is desired, your options include various blood tests and amniocentesis. A summary of these options, authored by Dr. Soffici, is included in your folder. Your doctor or nurse midwife has also given you booklets about these at your first office visit, which we encourage you to thoroughly review before making your decision.

All patients will typically have a Perinatal Center ultrasound with Dr. Soffici between 18-20 weeks to more extensively check your baby's anatomy. If desired you may also know your baby's gender during this appointment. He will record your ultrasound for you to take home if you bring a blank DVD-R.

Dr. Soffici also occasionally assists with deliveries for our department.

If Dr. Soffici does not accept your medical insurance, we will attempt to get you an appointment with another perinatologist covered by your plan, such as Dr. Daryoush Jidali in Ventura. The number to Dr. Jidali's office is (805) 643-9781. It is always best to check with your insurance company before making these appointments. Dr. Soffici does not currently accept the following insurance plans: First Health (formerly CCN Coventry), Great West HMO, or Medicare.

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4-12 Weeks (First Trimester)

Helpful resources during your pregnancy

Online:

www.otispregnancy.org– (800) 626-6847; up-to-date information about medications & other exposures during pregnancy & breastfeeding.

www.fda.gov – general information about medications; not specific to pregnancy.

www.mayoclinic.com – current & reputable general medical information.

Books:

Pregnancy for Dummies (2009 edition).

Mayo Clinic Guide to a Healthy Pregnancy (2011 edition).

Problems & Warning Signs in the First 4-12 Weeks

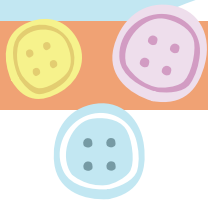
- Menstrual-like cramping in the first 14 weeks is common. If you experience significant or persistent pain, you should call our Advice Nurse during office hours. After hours, go to Santa Barbara Cottage Hospital (SBCH) Emergency Room (ER).
- Any evaluation during your pregnancy should always be done at SBCH so that our doctors can attend to you. Please do not go to Goleta Valley Cottage Hospital or Santa Ynez Cottage Hospital, as they do not have maternity care there. If you are less than 20 weeks pregnant, you will be evaluated in the ER. After 20 weeks, you are likely to be monitored on the Labor & Delivery unit.
- Spotting in the first trimester is also common. If you notice blood during or after sexual intercourse, this may be related to the fact that your cervix is especially sensitive in pregnancy. It can also occur after increased activity, exercising or lifting. Please call our office to discuss your symptoms.
- *Bleeding Precautions:* If you experience bleeding to the point that you are filling an overnight maxi-pad each hour for 2 hours, you need to be seen at SBCH ER right away.

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Nausea, Vomiting & Preventing Dehydration

For nausea and vomiting try eating small amounts of food very often throughout the day. Having some food in your stomach at all times sometimes decreases nausea. Eat what you can tolerate. Try to do small sips of water or Gatorade all day to prevent dehydration. There are several over-the-counter remedies you may try including the following:

- 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. You should purchase the Unisom Sleep Tabs (active ingredient: doxylamine succinate).
- Ginger capsules 250 mg by mouth every 6 hours.
- Seabands.

All of these can be purchased at Whole Foods, Lazy Acres, or your local pharmacy.

If your nausea and vomiting is severe, especially if it affects your day-to-day functioning, you may call our Advice Nurse or speak with your doctor/nurse midwife about starting a prescription medication.

Should you be unable to keep any liquids down for over 24 hours, you need to go to Sansum Clinic Urgent Care to receive IV hydration. Some signs of dehydration include urinating less frequently, dark urine, and dry mouth.

Diet

A diet well-balanced in proteins, complex carbohydrates, and fruits and vegetables is recommended.

Five small meals daily are ideal to help minimize nausea and keep your blood sugar at a consistent level.

Water is the best source of hydration. You should attempt to drink at least 8-10 eight ounce glasses daily.

Excess caffeine should be avoided in pregnancy. If you do need something, two caffeinated sources daily are preferred. Sources include coffee, tea, soda, and chocolate. The amount of caffeine in beverages does vary.

Do not eat soft cheeses if they are unpasteurized. You will need to read package labels. If in doubt, avoid it. Most cheeses in the United States are pasteurized.

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 avoid risk of contamination from a bacteria called Listeria.

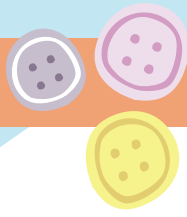
Certain types of fish should be avoided, particularly those containing a high level of mercury. Please consult the following website for more specifics:

<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm110591.htm>

If you are diagnosed with gestational diabetes after 28 weeks, you will need to follow a special diet that will be reviewed with you in detail at that time.

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Exercise, Vitamins & Travel

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. On the other hand, you should not start a new type of exercise routine in pregnancy.

If you are a very active person, you may need to modify your routine to avoid overheating or excessive increases in heart rate. Heart rate should remain below 140 beats per minute and you should limit sustained aerobic activity to 20 minutes or less. Always be sure to drink plenty of water throughout your workout. Stop if an activity causes pain, vaginal bleeding or spotting. Should those symptoms occur, be sure to rest until they resolve.

For safety reasons, be cautious of activities that require good balance after the second trimester.

Prenatal Vitamins

You may purchase any brand of prenatal vitamins, which should be used as directed on the label. We do not recommend any particular brand and a prescription is not necessary. Your vitamins should contain a minimum of 800 mcg folic acid. You may take your vitamins with food if you are experiencing nausea. DHA may be included in your vitamin as this helps fetal development.

Travel

Airline travel is permitted until 32 weeks if your pregnancy is without complications. We recommend that you do not make airline reservations months in advance.

When driving or flying, be sure to take breaks from sitting every hour by walking around. If that is not possible, do some exercises in your seat: rotate and flex your feet and ankles several times frequently. Take off your shoes if you can.

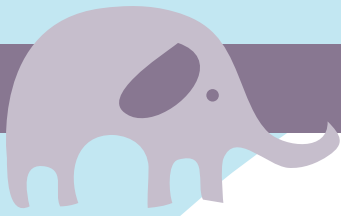
As always, drink plenty of water, even more than usual while traveling.

You should not travel more than one hours distance from SBCH after 34 weeks.

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Cold and Flu Prevention and Management

Vaccines

To help prevent illness, remember to get your vaccines during your office visit:

- Flu Vaccine – get this vaccine as soon as it is available; it should be preservative-free; all flu vaccines given at Sansum Clinic are preservative-free.
- Pertussis Vaccine (Tdap) – get this vaccine after your first trimester and before you deliver.

Hand Washing

Hand washing is very important in preventing the spread of colds and flu. Follow these steps for germ-free hands and remember to wash your hands often:

- Wet hands with warm water.
- Lather hands with anti-bacterial soap for 15 seconds.
- Rinse hands under running water.
- Dry hands with paper towels and throw paper towels in plastic lined trash can.

Cold or Upper Respiratory Infections

- The cold virus can last 7-14 days.
- A cough may last 2-4 weeks.
- Lots of rest, fluids, and a healthy diet are the best medicine.

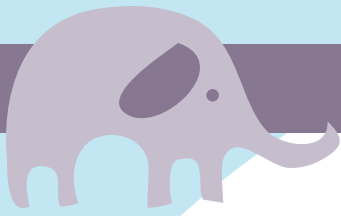
Coughing and Sneezing

- Use Kleenex to cover your nose and mouth when coughing and sneezing.
- Throw Kleenex away in plastic lined trash can.
- Wash hands after coughing and sneezing.
- Tie plastic liner and dispose in outside trash at the end of each day or when full.

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Cold and Flu Prevention and Management

Managing Flu Symptoms

The Flu is a virus that can last 48 hours to 2 weeks.

For nausea and vomiting caused by the flu or food poisoning:

- Do not eat or drink anything for 2-4 hours.
- Try small sips of water, Gatorade, broth, or 7-Up as tolerated.
- Eat saltine crackers or dry toast for the first 24 hours.
- If nausea is subsiding in 24 hours, eat a light diet for 2-3 days.
- It is ok if you cannot eat much, but is very important that you continue to drink fluids. Your biggest risk is for dehydration.

For diarrhea:

- Do not eat or drink anything for 2-4 hours.
- Try small sips of water, Gatorade, broth, or 7-Up as tolerated.
- May use Imodium for 1-2 days, following package instructions.
- Good foods to consume after diarrhea stops are bananas, unsweetened applesauce, rice, toast, cottage cheese, then advance to soups and other foods as tolerated.
- Continue with increased water daily for several days while you are recovering.

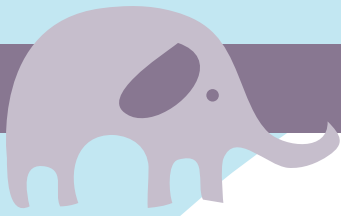
See your primary care provider or go to Sansum Clinic Urgent Care for:

- Severe vomiting or diarrhea.
- If you are unable to eat or drink anything for 24 hours.
- If your urine is dark or you are only urinating 2 times or less daily.
- If your symptoms continue for several days without improvement.

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Safe Over-the-Counter Medications

Safe Over-the-Counter Medications for Colds, Cough, Body Aches, & Headaches

The following medicines are safe at any stage of pregnancy and should be taken according to regular adult dosing instructions on the package. There is no special dosing for pregnancy. In general, it is best to treat the specific symptoms that are bothering you rather than using a multi-symptom medicine during pregnancy. This list is also the same one used when you are breastfeeding.

For aches, pains, headaches, or fever:

- Regular strength Tylenol (325 mg.)

For congestion:

- Plain Sudafed – sold at the pharmacy counter; usually a red and white box.
- Claritin or Claritin-D – best when you have itchy or runny eyes/nose or other allergy-like symptoms in addition to congestion.
- Benadryl – 25-50 mg at night if you are having trouble sleeping due to cold symptoms or the general discomforts of pregnancy; may make you drowsy the next day; try first at lowest dose to see how you tolerate it.
- Since all of these medicines above treat the same symptom, you should use only one at a time. Do not double-up in one dose.
- Afrin nasal spray – for 3 days only.
- Saline nasal spray – for as long as needed; also good for allergies and dry nose.

For cough and sore throat:

- Hot tea with honey.
- Robitussin DM.
- Any throat lozenges or cough drops (Halls, Vicks, Luden's, etc.).

In general:

Vicks (or generic brand) vapor rub, chicken soup, hot herbal teas, and hot, steamy baths are also great.

Do not take Airborne, Tylenol Cold (or like medicines), or high doses of vitamin C or zinc.

You should not use ibuprofen (Advil or Motrin) at all during pregnancy. It is safe for use after you deliver your baby and with breastfeeding.

It may help to sleep in a recliner chair or with your head elevated on extra pillows in your bed while you have cold symptoms.

See your primary care provider or go to Sansum Clinic Urgent Care if:

- Symptoms worsen.
- You are coughing up green or yellow sputum.
- You have severe coughing not relieved with the remedies above.
- You are short of breath.
- You have a persistent fever above 101 degrees not relieved by Tylenol. All patients need to have a thermometer for personal home use during and after pregnancy, as the Advice Nurse will often ask you if you have a fever when you call.

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20-36 Weeks (Second Trimester)

Preterm Labor Precautions at 20-36 Weeks

Reasons to be evaluated at Santa Barbara Cottage Hospital between 20-36 weeks:

- *If you have uterine cramping and/or tightening between 20-36 weeks 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 or the ER. 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 for any possible leaking of amniotic fluid or with vaginal bleeding.
- Each of our doctors and nurse midwife takes call once weekly for a 24 hour period beginning at 7:00 a.m. daily. do not need to call prior to going into the hospital. You may call our Advice Nurse during of-fice hours and your message will be marked “Urgent.” If in doubt, or you do not hear back within one hour, go into the hospital.
- On a day when both our nurse midwife and a physician are on-call, you may choose to have either one care for you. Our doctor also serves as back-up at all times, for instance if you should need a cesarean section or if complications arise, and exclusively follows any high-risk patients.

Fetal Kick Counts for Decreased Fetal Movement *after 28 Weeks*

If you feel less movement than usual from your baby after 28 weeks, it is necessary to take time to rest and follow these instructions in a quiet place free from distractions. Fetal kick counts are done by:

- Emptying your bladder.
- Quickly drinking a Big Gulp size of ice cold water.
- Lying down on your left side.
- Lying still 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, the Advice Nurse will arrange for monitoring at The Perinatal Center. If it is after hours, go to SBCH Labor & Delivery.

Fetal movement prior to 28 weeks may not be consistently felt. Over the course of your pregnancy, you are likely to notice that you baby tends to move at certain times such as after you eat or when you lie down to sleep or rest. If you are especially active or you don't eat regularly during the day, especially foods high in protein, your baby may be less active than usual.

Round Ligament Pain & Maternity Support Belt

Beginning around 18 or so weeks, you may notice a pulling, aching, or sore sensation throughout your low belly, hips, lower back, and/or groin areas. This may be caused by stretching of the ligaments supporting your growing uterus. It can be very uncomfortable.

Best treatments are: a position of comfort, gentle pressure with the palms of your hands against that area, or a maternity support belt.

Maternity support belts can be purchased locally at Motherhood Maternity or Chicken Little or online (Amazon.com, margoinnovations.com).

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After 36 Weeks (Third Trimester)

Labor Precautions after 36 Weeks

Reasons to be evaluated at Santa Barbara Cottage Hospital after 36 weeks:

- If you experience regular contractions that:
 - You have to “huff and puff” through.
 - During which you cannot carry on a normal conversation.
 - Occurring every 3-5 minutes for greater than 1 hour.
 - Lasting longer than 60 seconds.
 - If you are planning for a scheduled cesarean section, you should follow the same advice above but go into Labor and Delivery when contractions are every 7-10 minutes for greater than 1 hour.
- Also go in to Santa Barbara Cottage Hospital if you notice:
 - Any leaking of amniotic fluid.
 - Heavy vaginal bleeding with or without clots.
 - Decreased fetal movement that does not improve with Fetal Kick Counts (see handout regarding second trimester), you should also go in.

“Bloody show” or mucousy vaginal bleeding is not worrisome, neither is passing your mucus plug.

Acquiring or Buying a Breast Pump

Most CA insurances now cover an electric breast pump for use by breastfeeding mothers. You need to check with your insurance company to see who they are contracted with for “durable medical equipment (DME).”

Your doctor or nurse midwife will give you a printed order, but you are responsible for placing the order and setting up shipment.

Ask your insurance company which breast pump they will cover. At times it is a lesser model, but you can pay an additional fee for an upgrade. We recommend the **Medela Pump-In-Style**, which is a “double-electric” pump. It is best to begin arranging for shipment around 36 weeks of pregnancy, as the process takes awhile and you may need the pump as soon as you are discharged from the hospital to prevent or resolve potential breastfeeding problems.

If your insurance does not cover the cost of a breast pump (includes some government employees or those insured under some educational institutes), one can be purchased at Chicken Little, Santa Barbara Baby, Babies R’ Us, or Amazon.com.

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About Circumcision

One of our group's physicians, Dr. David Raphael, will perform a circumcision during your hospital stay for patients using the Sansum Clinic Pediatric Department once your baby boy has been examined by the pediatrician. If Dr. Raphael is not available or your baby is diagnosed with hypospadias, your pediatrician will provide you with information to schedule an appointment after your discharge home with Sansum Clinic Urologist Dr. Alex Koper.

For patients who are using pediatricians outside of Sansum Clinic, the baby must be examined and an order given by the pediatrician for Dr. Raphael to perform the procedure.

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, so payment of \$400 (cash or check made out to Sansum Clinic) is requested at the time of service.

Ongoing Support and Resources for You After You Deliver and Go Home

Our Advice Nurses are more than happy to answer any questions or speak with you about your problems or concerns after you deliver your baby. At times, we may encourage you to call your baby's pediatrician also.

We would especially like to hear from you if you are experiencing depression, frequent crying, difficulty bonding with your baby, high anxiety, or breast/breastfeeding issues or symptoms.

The following are some helpful resources for you once you're home with your baby:

PEP (Postpartum Education for Parents):

- www.sbpep.org (also see brochure).
- Offers local education, classes, and support groups for new moms.
- Has a 24 hour "Warmline" for questions and support at (805) 564-3888.

WIC (Women, Infants, & Children)

- www.countyofsb.org/phd/nutrition.aspx?id=25266
- www.fns.usda.gov/programs-and-services
- Provides assistance with food and formula and free breast pumps for low income mothers .

TLC (The Lactation Center)

- Offers telephone advice and on-on-one appointments, as well as a drop-in breastfeeding support group (see brochure.)

La Leche League

- www.lillofsb.org
- Provides information, classes, and a telephone help line for breastfeeding moms.
- (805) 270-3321

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