



Columbia St. Mary's Women's Hospital
Birthing Services
414-585-1142

2323 N. Lake Dr., Milwaukee WI 53211

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Your PREGNANCY GUIDE



Columbia St. Mary's
A Passion for Patient Care SM



Congratulations on your pregnancy!

We will be here for you along the way.

Your birthing experience should be unforgettable — as should the care you receive leading up to your delivery. Thank you for sharing this special time in your life with us. We will help you monitor your health as well as your baby's throughout this journey. We encourage you to ask questions along the way.

At your delivery, you'll be surrounded by a specialized and supportive birthing team that will ease you through the process. We offer a wide variety of options including medications like epidurals and comfort techniques like aromatherapy, birthing balls and large tubs for hydrotherapy. Our new family suites were designed for your comfort and are the perfect place to celebrate your new baby and recover – making the transition from hospital to home much easier.



*Columbia St. Mary's Birthing Program is ranked in the **TOP 10 IN THE NATION** for quality care measures by Consumer Reports.**

* "What hospitals don't want you to know about C-sections." *Consumer Reports* (2014, May 8).

Personal information



MY DUE DATE IS: _____

MY TEAM

PROVIDER: _____

NURSE/MEDICAL ASSISTANT: _____

PHONE NUMBER: _____

NOTES: _____

OTHER IMPORTANT CONTACT INFORMATION: _____

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Staying healthy during pregnancy

It is extra important to take care of yourself during your pregnancy. Your health directly affects the health of your baby.

Some simple steps to stay healthy include:

1. Take a prenatal vitamin
2. Get plenty of exercise
3. Eat healthy, including lots of fruits and vegetables
4. Reduce stress as much as possible
5. Go to all prenatal appointments

Some foods are considered unsafe during pregnancy. Do not consume these items:

- Raw or uncooked foods from animals
- Hot dogs, lunch meat and unpasteurized dairy products

Online resources

We encourage the use of mobile applications and websites and recommend these online resources for information about pregnancy and infant development:

www.kellymom.com **www.askdrsears.com** **www.babycenter.com**

Remember, your provider can help you understand the websites and mobile applications that are available online. Sometimes forums and online resources offer advice that is contradictory or not applicable to your health or that of your baby. Don't hesitate to ask our team for advice at your next appointment.



Pregnancy timeline

You should see a provider for prenatal visits:

- Every 4 weeks until your 32nd week of pregnancy
- Every 2 weeks between your 32nd and 36th week of pregnancy
- Every week between your 36th and 40th week of pregnancy

If you go past your due date, your provider may want to see you twice per week.

Other milestones to expect for you and your baby

4th week	<i>EVENT FOR YOU</i> Positive pregnancy test	<i>EVENT FOR YOUR BABY</i> Embryo is fully formed
10th – 12th weeks	<i>EVENT FOR YOU</i> First visit to your provider Prenatal bloodwork Chorionic villus sampling*	<i>EVENT FOR YOUR BABY</i> Heartbeat can be heard at your doctor's visit
11th – 14th weeks	<i>EVENT FOR YOU</i> First trimester screening* Noninvasive pregnancy screening*	<i>EVENT FOR YOUR BABY</i> Baby's body is fully formed Kicking, stretching and hiccupping occurs – even though you can't feel them yet
15th – 20th weeks	<i>EVENT FOR YOU</i> Quad screening/AFP*	<i>EVENT FOR YOUR BABY</i> Baby can sense light
16th – 18th weeks	<i>EVENT FOR YOU</i>	<i>EVENT FOR YOUR BABY</i> Sex organs are developed
15th – 23rd weeks	<i>EVENT FOR YOU</i> Amniocentesis*	<i>EVENT FOR YOUR BABY</i>

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20th week	EVENT FOR YOU Ultrasound; you can find out the baby's sex	EVENT FOR YOUR BABY First movements may be felt
24th week	EVENT FOR YOU Sign up for your prenatal classes	EVENT FOR YOUR BABY Find a doctor for your baby
28th week	EVENT FOR YOU Prenatal glucose testing Rhogam for Rh-negative women*	EVENT FOR YOUR BABY Movements will be felt every day
30th week	EVENT FOR YOU Kick counts	EVENT FOR YOUR BABY
32nd week	EVENT FOR YOU	EVENT FOR YOUR BABY Baby can identify your voice
36th week	EVENT FOR YOU Pack hospital bag so you are ready Group B strep culture	EVENT FOR YOUR BABY Baby's weight gain has increased
37th – 40th weeks	EVENT FOR YOU Cervical exams*	EVENT FOR YOUR BABY
39th week	EVENT FOR YOU	EVENT FOR YOUR BABY Lungs are ready to breathe
39th – 41st weeks	EVENT FOR YOU Labor and birth of your baby	EVENT FOR YOUR BABY Happy Birthday!
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* This test is needed only when medically necessary. Your provider will let you know if you should schedule these tests before your appointment.

Common concerns and what to do

There may be times in your pregnancy when you experience some discomfort or symptoms that you are concerned about. Don't hesitate to reach out to your provider at any time.

Symptoms that need to be checked by a doctor:

- Any bleeding from your vagina
- Cramping (with bleeding or after the first trimester)
- Cramping in regular intervals
- Severe pain in your abdomen
- Severe headache that won't go away, abdominal pain, changes in your vision, and sudden or severe swelling
- Baby's activity level declines (after you have started to feel your baby moving regularly)
- Flu-like symptoms; temperature over 100 degrees
- Pain, redness, swelling in one leg
- Severe mood changes, thoughts of harming yourself or someone else



Sometimes you may need to take an over-the-counter medication for small discomforts. For the symptoms listed below, you may try the following medications before calling your doctor.

If your symptoms don't go away, ask your nurse or doctor for other options.

<i>Mild headache/aches and pains</i>	>>> Tylenol®/acetaminophen
<i>Allergies</i>	>>> Benadryl®
<i>Nasal congestion</i>	>>> Sudafed®/Wal-Phed® (take with caution and drink extra water)
<i>Cough</i>	>>> Robitussin® DM (do not use for more than 1 week) (take with caution and drink extra water)
<i>Sore throat</i>	>>> Alcohol-free lozenges
<i>Heartburn</i>	>>> TUMS®, Mylanta®, Maalox®
<i>Constipation</i>	>>> Metamucil®, Colace®, milk of magnesia
<i>Diarrhea</i>	>>> Imodium®
<i>Gas</i>	>>> Gas-X®
<i>Hemorrhoids</i>	>>> TUCKS®, anusol HC, chilled witch hazel packs, sitz bath
<i>Nausea (morning sickness)</i>	>>> Unisom® regular strength, peppermint, ginger, vitamin B6 (no more than 200 mg)

>>> *Remember, at any time during your pregnancy,
do not consume alcohol, beer, wine, drugs or cigarettes.*

When labor starts...

Call your doctor before you come to the hospital.

Our Birthing Program is located in the Columbia St. Mary's Women's Hospital. If you think you are in labor, please come to our main entrance at 2323 N. Lake Drive, Milwaukee. If it is after 8 p.m., please go directly to the Emergency Department, and staff will assist you in getting directly to labor and delivery.

Visitors will need to check in at the family suites reception window on the 7th floor. All minor children must be supervised by an adult other than the patient. There are no restricted hours for visiting, but we do encourage you to take time to rest and bond with your new baby.

Don't forget to pack your baby's car seat, clothes and blankets for their ride home!





Columbia St. Mary's

A Passion for Patient Care™

MILWAUKEE CAMPUS

Prospect Medical
Commons
Parking Garage

Prospect
Medical Commons
2311 N. Prospect Ave.
Milwaukee 53211
414-319-3000

Parking
Garage A

Main Hospital &
Sacred Heart
Rehabilitation Institute
2301 N. Lake Dr.
Milwaukee 53211
414-585-1000

EMERGENCY
ENTRANCE

MAIN HOSPITAL
ENTRANCE

Women's Hospital &
Sacred Heart
Rehabilitation Institute
Outpatient
2323 N. Lake Dr.
Milwaukee 53211
414-585-1000

WOMEN'S
HOSPITAL
ENTRANCE

Parking
Garage B

Valet
Parking

Cancer Center/
WTMC
Parking Garage

Valet
Parking

Cancer Center &
Water Tower
Medical Commons
2350 N. Lake Dr.
Milwaukee 53211

Heritage Center
2320 N. Lake Dr.
Milwaukee 53211



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MEMORIAL
DRIVE

WATER TOWER ROAD

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