



STRIDE
COMMUNITY HEALTH CENTER

STRIDE

Pregnancy Guide

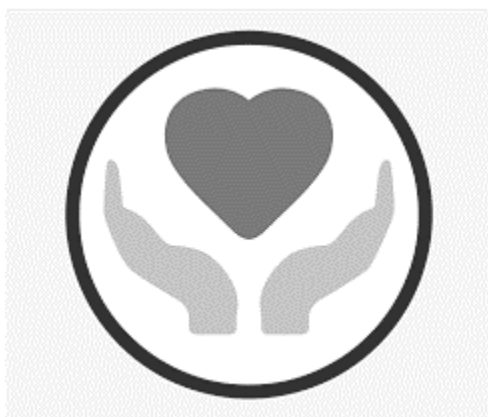


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1st & 2nd Trimester



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How to Reach Your Provider

Clinic phone number: 303-360-6276

After hours emergency: Call the hospital where you plan to give birth.

<p><u>Denver Health</u> 777 Bannock Street Denver, CO 80204</p> <p><u>Nurse Line</u> 303-739-1211 (after 20 weeks)</p>	<p><u>Intermountain Health</u> <u>Lutheran Hospital</u> 12911 W 40th Ave, Wheat Ridge, CO 80401</p> <p><u>Labor and Delivery</u> 303-425-2140</p>	<p><u>University of Colorado</u> Anschutz Inpatient Pavilion 12605 E. 16th Street Aurora, CO 80010</p> <p><u>Labor and Delivery</u> 720-848-5233</p>
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Other local hospitals (these hospitals are **not** STRIDE partners):

- Parker Adventist Hospital: 9395 Crown Crest Blvd Parker, CO 80138, (303) 269-4090
- St. Joseph's Hospital: 1375 E 19th Ave Denver, CO 80218, (303) 812-2000
- Sky Ridge Hospital: 10101 Ridgeway Pkwy Lone Tree, CO 80124, (720) 225-4111
- Castle Rock Adventist Hospital: 2325 Meadows Blvd Castle Rock, CO 80109, (720) 455-0355

For **non-emergency** questions you can use My Health Connection.

Your message may not be returned for up to 72 hours.

My Health Connection



What is a My Health Connection (MHC) account?

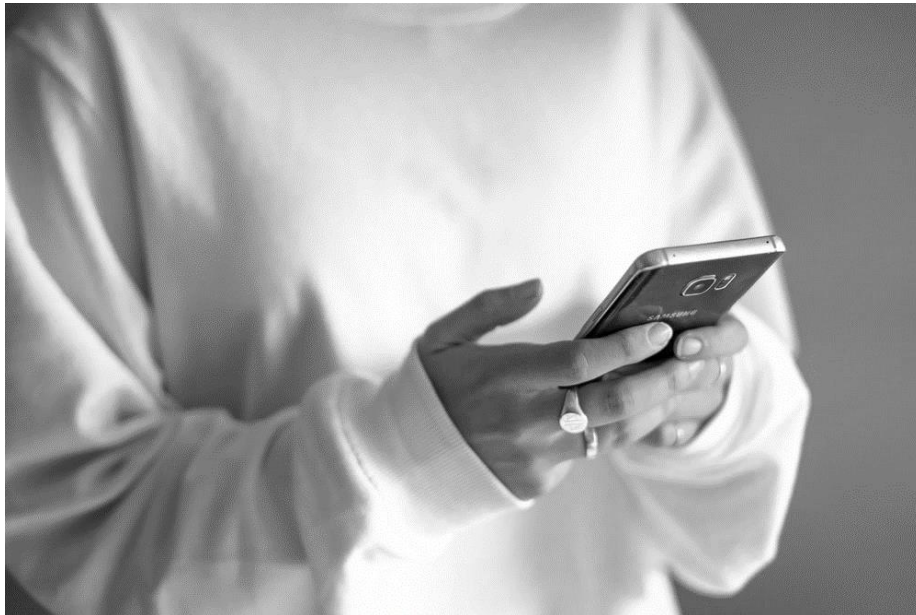
You can use the MHC account to:

- ✓ Email your provider or care team
- ✓ Request an appointment
- ✓ Receive test results online
- ✓ Access your medical information
- ✓ Pay your bill

How do I create an account?

There are 3 ways to set up an account:

- ✓ Have a link sent by text to your cell phone or to your email address
- ✓ Visit MyHealthConnection.uhealth.org
- ✓ Download the UCHealth app



Warning Signs



If you experience any of the signs or symptoms listed below, call your provider immediately or go to the hospital if it is after hours!

- Vaginal bleeding
- Leaking of fluid from vagina
- Pain or cramping that does not go away with Tylenol (acetaminophen)
- Severe or continuous headaches despite use of Tylenol (acetaminophen)
- Dimness, blurred vision, spots before your eyes or any other visual changes
- Severe pain under your right rib cage
- Vomiting or diarrhea which does not stop or inability to take or keep food down for 24 hours.
- Fever over 100.4 degrees
- Pain, burning or visible blood with urination
- Any other symptoms or concerns or a feeling that “something is not right”

What to Expect



When are my appointments?

- ✓ Once a month until 28 weeks of pregnancy
- ✓ Every 2 weeks from week 28 – 36
- ✓ Weekly starting at 36 weeks
- ✓ A follow up at 2 and 6 weeks postpartum
- ✓ Additional appointments for certain labs, ultrasounds or other visits will be made as needed.

Who will I see?

During your pregnancy you will see a certified nurse-midwife or a family doctor at each appointment. A nurse-midwife provides general women's healthcare as well as cares for people during pregnancy, birth, postpartum. If any high-risk conditions develop during your pregnancy, you may also need to see an obstetrician at the hospital. This is a doctor that specializes in pregnancy complications.

Your prenatal team also includes a care manager, a behavioral health provider and dental services. A behavioral health provider is someone that can help you if you are experiencing increased stress, depression, or anxiety during pregnancy. A care manager can assist you with many different resources you may need during the pregnancy for yourself, your family, and your baby. Dental services are also available at STRIDE.

When it is time to give birth, you will go the hospital that you discussed with your provider. Currently, STRIDE partners with Denver Health, University Hospital and Lutheran Medical Center. Each hospital that STRIDE partners with has midwives that will be with you during your labor. If any complications arise, a doctor will also be present to assist.

Your First Prenatal Visit

During your first visit, your midwife or provider will ask you about your medical history, discuss what to expect, review warning signs and perform a physical exam. There will also be time to answer your questions or concerns.

The following tests may be done:

- ♥ A urine test
- ♥ Blood tests
- ♥ A one-hour glucose (sugar) test
- ♥ A pap smear if needed
- ♥ Other tests as needed
- ♥ An ultrasound will not be done at your visit, but you will likely be scheduled for an upcoming ultrasound at Stride.

Return Visits

Your midwife or provider will talk about pregnancy care and will answer your questions.

Your provider will usually check and review:

- ♥ Weight
- ♥ Blood pressure
- ♥ Baby's heartbeat
- ♥ Uterus for growth
- ♥ Recent labs or ultrasounds
- ♥ What to expect during this time of the pregnancy

Other Prenatal Tests

- ♥ An ultrasound will be done in the 1st and 2nd trimesters, additional ultrasounds will be scheduled if needed.
- ♥ Tests for sexually transmitted diseases or infections
- ♥ Blood tests for genetic screening (optional)
- ♥ A blood glucose (sugar) test between 24-28 weeks (earlier if you have risk factors for gestational diabetes)
- ♥ Testing iron levels between 24-28 weeks
- ♥ Test for group B strep (GBS) between 35-37 weeks
- ♥ Your midwife or provider will talk to you if any additional tests are necessary.

Vaccines

Certain vaccines are recommended during pregnancy.

- ♥ Flu vaccine: a vaccine to help protect you during the flu season October-April
- ♥ Tdap: a vaccine that protects you and your baby from Pertussis (Whooping Cough) given between 28 and 32 weeks.
- ♥ Covid-19 vaccine: a vaccine that protects you and your baby from the Covid-19 virus.

Medications in Pregnancy

Safe Medications to Take While Pregnant or Breastfeeding

You may use the medications listed below in moderation if needed. Use any of these medications according to package directions. Call your provider if you have any questions about medications or symptoms.		
	Medications	Complementary Therapies and Remedies
Nausea	<ul style="list-style-type: none"> Ginger Capsules: take 250 mg orally 4x/day Vitamin B6: take 25 to 50 mg orally 3-4x/day. Do not take more than 200 mg/day Unisom® (doxylamine): take 25-50mg at bedtime or ½ tablet 2x/day Dramamine® Benadryl® (diphenhydramine) 	<ul style="list-style-type: none"> Eat small frequent meals/snacks every 2-3 hours Ginger candy or tea, ginger snaps Peppermint tea Diffuse peppermint oil Sea Bands® Good hydration
Heart Burn	<ul style="list-style-type: none"> Papaya Enzyme Calcium Carbonate (TUMS®, Maalox®, Mylanta®, Rolaids®, Gaviscon®) Pepcid® (Famotidine) 	<ul style="list-style-type: none"> Avoid trigger foods (spicy, greasy, chocolate, caffeine, acidic foods) East small, frequent meals Do not lie down immediately after eating Do not lay flat when resting
Pain/Fever	<ul style="list-style-type: none"> Tylenol® (Acetaminophen) Always treat a fever >100.4 Always call for a fever or severe pain not relieved with Tylenol or comfort measures 	<p><u>Pain</u></p> <ul style="list-style-type: none"> Epsom salt bath Topical pain rubs/patches Ice/heat Massage Stretching Avoid sudden movements
Headache	<ul style="list-style-type: none"> Tylenol (Acetaminophen) Magnesium supplement (200mg-400mg daily) 	<ul style="list-style-type: none"> Increase water intake Cold compress to eyes and forehead Peppermint essential oil on temples Take a small amount of caffeine
Cold/Cough	<ul style="list-style-type: none"> Mucinex® (Guaifenesin) Robitussin® (Dextromethorphan) Chloraseptic® Lozenges or throat spray Tylenol® (Acetaminophen) Vicks Vaporub® 	<ul style="list-style-type: none"> NetiPot nasal rinse Nasal Sprays (only containing saline) for nasal dryness Shower steam Warm tea with honey/lemon Warm saltwater gargle Humidifier Zinc lozenges Diffuse eucalyptus essential oil
Allergies/Nasal Congestion	<ul style="list-style-type: none"> Zyrtec® (Cetirizine) Claritin® (Loratadine) Allegra® (Fexofenadine) Benadryl® (Diphenhydramine) 	<ul style="list-style-type: none"> NetiPot nasal rinse Nasal Sprays (only containing saline) for nasal dryness Diffuse eucalyptus oil

Skin Rashes/Irritation	<ul style="list-style-type: none"> • Benadryl cream® • 1% hydrocortisone cream • Caladryl® • Calamine lotion® 	<ul style="list-style-type: none"> • Good skin hydration (Aveeno® or Eucerin® lotion, Coconut oil) • Oatmeal bath (Aveeno®)
Constipation	<ul style="list-style-type: none"> • Colace® (docusate sodium) • Metamucil® (psyllium) • Milk of Magnesia® laxative (magnesium hydroxide) • Fibercon® (calcium polycarbophil) • Magnesium supplement (200mg-400mg daily) 	<ul style="list-style-type: none"> • Drink lots of water! • Increase dietary fiber: fruits/berries, beans, oats, whole grains • Daily exercise such as walking
Diarrhea	<ul style="list-style-type: none"> • Imodium AD® (loperamide) <p><i>Call if symptoms are severe or associated with nausea and fever.</i></p>	<ul style="list-style-type: none"> • Drink plenty of water • Drink Pedialyte® • BRAT diet: bananas, rice, apple sauce, toast
Hemorrhoids	<ul style="list-style-type: none"> • Tucks® Pads • Anusol® • Preparation H 	<ul style="list-style-type: none"> • Avoid constipation (see recommendations for constipation) • Sitz baths • Ice pack • Witch hazel (same ingredient as Tucks® but can be placed on pad or washcloth)
Acne	<ul style="list-style-type: none"> • Benzoyl Peroxide • Salicylic Acid • Avoid retinoids/retinol 	<ul style="list-style-type: none"> • CeraVe® Hydrating Cleanser • Cetaphil® Gentle Cleanser • Witch hazel
Insomnia	<ul style="list-style-type: none"> • Unisom® (Doxylamine) • Benadryl® (Diphenhydramine) • Magnesium supplement (200mg – 400mg daily) 	<ul style="list-style-type: none"> • Warm bath • Diffuse lavender essential oil • Chamomile tea • Limit screen time before bed
Leg Cramps	<ul style="list-style-type: none"> • 300mg magnesium 	<ul style="list-style-type: none"> • Daily exercise • Leg/calf stretches • Warm bath with Epsom salt • Good hydration

Safety in Pregnancy

Travel

Generally, traveling by car and plane is considered safe in pregnancy. Consider limiting travel after 36 weeks due to increased possibility of labor.



Tips for Travel:

- Get up, stretch/move frequently for circulation
- Drink plenty of water
- Research doctors/hospitals where you are going in case of an emergency
- Avoid traveling to areas with high risk of Zika, malaria or Covid-19 (check wwwnc.cdc.gov/travel/notices/)
- If traveling abroad, be extra cautious about food

choices and drink bottled water.

- Check with the airline, you may need a letter from your provider stating it is ok to travel.
- When traveling to the mountains be sure to drink plenty of water to avoid altitude sickness and dehydration. Avoid exerting yourself. Limit traveling above 8000 ft.
- Wear a seatbelt anytime you are in a car. Place the lap belt under your belly across your hips and thighs and continue to use the shoulder belt. **If you have been in a car accident go to the closest hospital.**

Intimacy



In general sex in pregnancy is considered safe. If there are any medical concerns your provider will let you know. During the pregnancy your desire to have sex may change. In the first trimester you may not want to have sex due to nausea and fatigue. In the second trimester your desire may increase as you start to feel better. The changes to your body in the third trimester may make having sex uncomfortable so try different positions and find what works for you.

Body Temperature

Soaking in a warm bath is relaxing and relieves sore muscles, but you should be cautious with the water temperature. When your temperature is elevated so is your baby's. Avoid temperatures over 100 degrees. In as little as 10 minutes, your body temperature can become elevated to 102. Exposure to extreme heat can cause dehydration, heat exhaustion and heat stroke. Avoid hot tubs, hot springs and saunas. Make sure you stay well hydrated and drink plenty of water!



Chemicals

Avoiding chemicals in pregnancy is recommended but chemicals are all around us. Here are some tips to consider:

- When working with cleaners or anything with strong fumes be sure you are in a well-ventilated area and wear a mask and gloves.
- Consider using natural or environmentally friendly cleaners.
- Always thoroughly wash your produce to get rid of chemicals and bacteria.
- Avoid using any pesticides and if you must use them have someone else apply them. If using indoors make sure you allow enough time for the area to air out before returning.

Caffeine

Large amounts of caffeine may be harmful during pregnancy and should be avoided. Limit caffeine to 200 mg per day, this is approximately one 12 oz serving. Remember, caffeine is not only found in coffee but also certain types of teas, chocolate, sodas, energy drinks and medications. Caffeine can also cause dehydration. Make sure you increase your water intake when consuming caffeine. Due to changes in your body in pregnancy you may be more sensitive to caffeine and may feel jitters, nervousness, nausea and headaches.

Pets

We know you love your pets but during pregnancy it may be best to leave some pet care to other people. This includes cleaning cat pans. Cat feces can contain toxoplasmosis. This is a parasite that is commonly found in dirt and in other animals. Have another person clean the cat litter or if you must do it yourself, wear a mask and gloves and wash your hands. If you own a dog, have another person clean up the waste, if you must do it, wash your hands thoroughly. If you own a large sized dog be careful that it does not jump onto your pregnant belly.

Alcohol

Alcohol should be avoided during pregnancy. No amount of alcohol has been proven safe to consume during pregnancy. This includes beer, wine and liquor. Alcohol quickly passes through the placenta to your baby. Alcohol exposure can cause miscarriage, birth defects, preterm birth and low birth weight. Chronic exposure to alcohol can lead to fetal alcohol syndrome.



Smoking

Smoking can cause many complications in pregnancy such as miscarriage, low birth weight, preterm labor, and problems with the placenta. Nicotine use in pregnancy has also been linked to learning disabilities. Quitting is recommended but even reducing the amount you smoke can decrease your risk of complications. Avoid nicotine products in pregnancy including cigarettes, e-cigarettes, secondhand smoke exposure and vaping.

Smoker's Quitline: 1-800-QUIT-NOW



Marijuana

Marijuana should not be used during pregnancy. This includes smoking, vaping and edibles. The available research, while limited, shows marijuana to be related to preterm birth, low birth weight and stillbirth. Marijuana may also affect your baby's brain development and lead to learning disabilities.



Illicit Substances

Illicit substances such as amphetamines, cocaine, narcotics and heroin should always be avoided. They are associated with fetal anomalies and poor pregnancy and birth outcomes including problems with the placenta, preterm birth, low birth weight, neonatal withdrawal and increased risk for sudden infant death syndrome (SIDS).

Depression



Depression is common, it occurs in about 7 out of 100 people. Depression can occur for the first-time during pregnancy or may become worse during pregnancy. Depression can also develop after the baby is born. There is no simple treatment, but it is very treatable! Medications can help some people,

especially those with severe depression. The most effective treatment is a combination of medication and counseling.

How do I know if I have depression?

Your provider will ask you some questions during each trimester of the pregnancy about how you are feeling. People with depression often say that they feel sad or hopeless. They no longer enjoy doing things that normally make them feel happy. In severe cases people may think about hurting themselves or others.

If you have thoughts of hurting or killing yourself tell your provider immediately or go to the closest hospital!

What can I do to help my depression?

Tell your provider how you are feeling. Don't be afraid to talk about how you are feeling. Your provider can help you. For some people counseling and self-care activities may be enough. Examples of this are exercise, spending time outdoors, doing something you find relaxing, being with friends and family and decreasing the stress in your life. At STRIDE you can meet with a behavioral health provider (counselor) at any time. Sometimes medications are needed. Your provider will talk to you about this option if necessary.

Intimate Partner Violence

You have the right to be safe!

If someone is hitting you, threatening you or trying to control you it is a **CRIME!** Help is available to you. You are not alone. 1 in 4 and 1 in 9 people in the U.S. have been the victim of abuse by an intimate partner. Not all relationships involve physical abuse. Here are some other examples.

Safe Relationship	Abusive Relationship
Make decisions jointly with your partner	You are not allowed to make decisions
You can decide on issues of work, school, and money	Your partner controls your employment, withholds money for basic needs
You feel safe to discuss your hopes and fears	Partner uses jealousy, stress, and frustration to justify actions
When you say no to sex it is respected	Sex is forced against your will
Your opinion is valued	Partner is degrading, plays “mind games”.
You have the freedom to visit others	You are isolated from loved ones and friends

What Can You Do? Seek support! Tell your provider, counselor, family, friends, neighbors or contact one of the agencies below.

- **National Domestic Violence Help Line** www.thehotline.org
24-hour Help Line: 1-800-799-7233 (TTY 1-800-787-3224)
Support, crisis intervention, and referral services in over 170 languages
Phone lines open 24/7; online chat available 7:00am – 2:00am (MST)
- **The Family Tree – Women in Crisis Shelter** Jefferson County
24 Hour Crisis Line: 303-420-6752 www.thefamilytree.org
Offers services in English and Spanish
- **The Blue Bench** 24hr Sexual Assault Hotlines
English 303-322-7273 and Spanish 303-329-0031
- **Colorado Coalition Against Domestic Violence** 303-831-9362
- **Denver Victim Service Center** 303-894-8000 *24 hours*
- **CO Citizen’s Advocate Office** 303-866-2885
- **Denver Safe House** 303-318-9989
- **Gateway Battered Women’s Shelter-Arapahoe County** 303-343-1851
- **Alternatives to Family Violence – Adams County** 303-289-4441
- **Servicios de la Raza** 303-458-5851
- **Rose Andom Center** 720-337-4400
- **Project Safeguard**
 - Adams County 303-637-7761
 - Arapahoe 303-799-3977
 - Broomfield 720-887-2179
 - Denver 720-865-9159



YOUR CHANGING BODY AND YOUR GROWING BABY

Remember: Every Pregnancy Is Different!

Questions about your growing baby or changing body? Ask your provider!

Pregnancy is divided into three trimesters.

1st trimester = months 1-3 (weeks 1-12)

2nd trimester = months 4-6 (weeks 13-27)

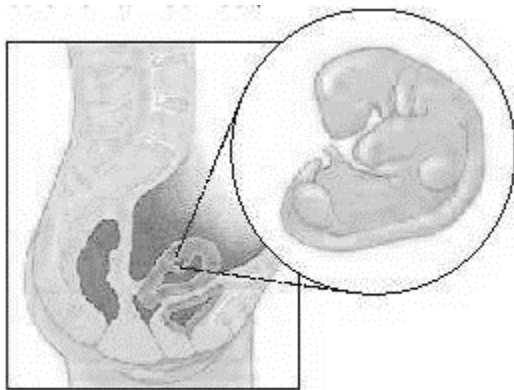
3rd trimester = months 7-9 (weeks 28-40)

Your due date is the beginning of week 40 of the pregnancy but very few babies are born on their due date. Most pregnancies last for 41 weeks.



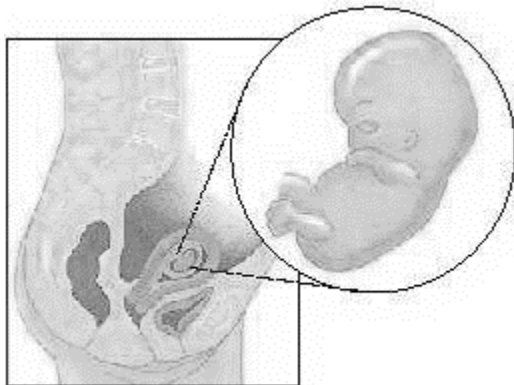
Pregnancy: Your First Trimester Changes

The first trimester is a time of rapid development for your baby. Because your baby is growing so quickly, it is important that you start a healthy lifestyle right away. By the end of the first trimester, your baby has formed all of its major body organs and weighs just over an ounce.



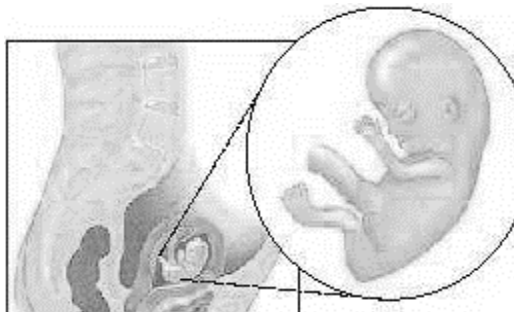
Month 1 (weeks 1 to 4)

The placenta (the organ that nourishes your baby) begins to form. The brain, spinal cord, heart, gastrointestinal tract, and lungs begin to develop. Your baby is about $\frac{1}{4}$ inch long by the end of the first month.



Month 2 (weeks 5 to 8)

All of your baby's major body organs form. The face, fingers, toes, ears, and eyes appear. By the end of the month, your baby is about 1 inch long.



Month 3 (weeks 9 to 12)

Your baby can open and close its fists and mouth. The sexual organs begin to form. As the first trimester ends, your baby is about 3 inches long.

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Pregnancy: Your Second Trimester Changes

Each day, you and your baby are changing and growing together. Here's a quick look at what's happening to both of you.

How you are changing

Even when you don't notice it, your body is adapting to meet the needs of your growing baby. The changes in your body might also affect your moods.

Your body

Your uterus expands as baby grows. As the weeks go by, you will feel more pressure on your bladder, stomach, and other organs. You may notice some skin color changes on your forehead, nose, or cheeks. Freckles may darken, and moles may grow. You may notice a darker line on your abdomen between your belly button and pubic bone in the midline.

Your moods

The second trimester is often easier than the first. Still, be prepared for mood swings. These are due to the increase in hormones (chemicals that affect the way organs work) produced by your body. These mood swings are a normal part of pregnancy.

How your baby is growing



Month 4

Baby's heartbeat may be heard with a **Doppler** (hand-held ultrasound device) by 10 to 12 weeks. Eyebrows, eyelashes, and fingernails begin to form.



Month 5

You may feel your baby move. After a growth spurt, your baby nears 10 inches.

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Month 6

Baby's fingerprints have formed. Your baby weighs about 1 to 2 pounds (0.45 to 0.9 kg) and is about 12 inches long.

Comfort Tips

Pregnancy can bring discomfort of different kinds. Below are tips for ways to feel better.

Nausea:

- Get up slowly. Eat a few unsalted crackers before you get out of bed.
- Avoid smells that bother you.
- Eat small, bland, low-fat, high-protein meals at frequent intervals.
- Sip on water, weak tea, or clear soft drinks, like ginger ale. Eat ice chips.
- Try taking vitamin B6.

Coping with fatigue:

- Take catnaps when you can.
- Get regular exercise.
- Accept help from others.
- Practice good sleep habits, like going to bed and getting up at the same time each day. Use your bed only for sleep and sex.

Calming mood swings:

- Talk about your feelings with others.
- Limit sugar, chocolate, and caffeine.
- Eat a healthy diet. Don't skip meals.
- Get regular exercise.



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Back Pain:

- Maintain good posture
- Wear comfortable shoes
- Shift positions often when standing
- Bend at the knees when lifting
- Wear a maternity band
- Take a warm bath
- Apply moist heat and massage
- Use topical pain rubs / patches
- **STRETCH!** See examples below

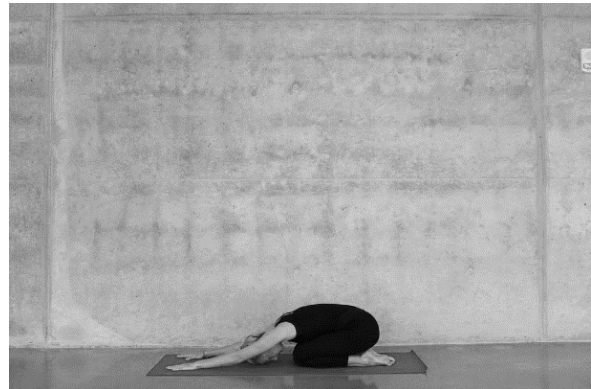


Cat/Cow Stretch

1. While on your hands and knees slowly tilt your pelvis up and look up. Hold for 3-5 seconds.
2. Slowly round your back like an “angry cat” while tucking your chin to your chest. Hold for 3-5 seconds.
3. Repeat as many times as you like.

Child’s Pose

1. Kneel on the floor. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips. Make enough room for your pregnant belly.
2. Exhale and lay your torso down between your thighs and stretch both arms in front of you. You can place a pillow under your head for comfort if needed.
3. Hold for as long as is comfortable.



Headaches:

- Drink at least 8-10 glasses (8 ounces each) of water each day.
- Get plenty of emotional support and rest.
- Eat foods rich in Magnesium. Examples: spinach, beans and nuts.
- Take 200-400mg magnesium daily.
- Apply peppermint oil to your temples or back of your neck. (Be careful sometimes this can irritate skin).

***Call the clinic or go to the hospital if you have a headache that does not go away with 1000mg Tylenol and rest!**



Leg Cramps:

- Eat foods that are rich in potassium (examples: bananas, avocados, spinach, potatoes, dried fruit) and magnesium (examples: spinach, beans, nuts, bananas, orange juice).
- Take 200-400mg magnesium daily.
- Gently stretch affected leg.
- **If your leg develops a red spot, a line, or a lump, or feels painful or warm, call the clinic immediately or go to the closest hospital! This can be a warning sign of a blood clot.**

Swelling:

- To limit ankle swelling, sit with your feet raised or wear compression socks/stockings.
- Drink plenty of water.
- Soak in a warm bath with Epsom salts.
- Avoid salty foods or eating out frequently (foods prepared at restaurants can contain high amounts of sodium).

Call the clinic or go to the hospital if you develop severe swelling or swelling in your face and a headache that will not go away with Tylenol and rest!



Sleeping:

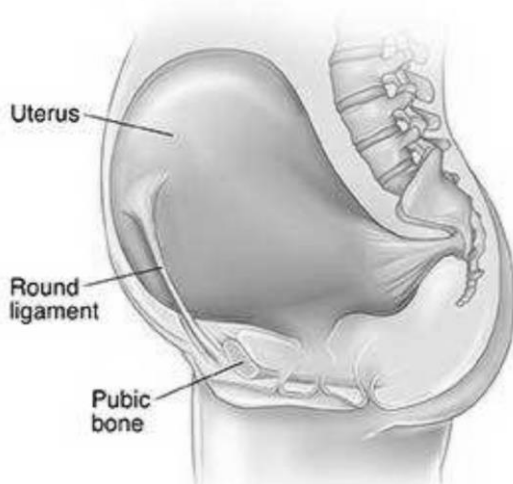
It is common to have difficulty sleeping in pregnancy. This is due to the normal changes in your body and hormone fluctuations. Below are some tips to help you get a good night of rest.

- Try to go to bed at the same time each night.
- Avoid drinking large amounts of fluids before bed.
- Avoid eating a large meal or foods that are spicy or greasy before bed to prevent acid reflux.
- Take a warm bath or shower before bed.
- Avoid “screens” before bed, this includes television, cell phones, computers, or tablets.
- Keep the lighting dim, if needed use a night light in your bathroom to avoid turning on a bright light.
- Place a few drops of lavender essential oil in a diffuser or on your pillow.
- Practice slow breathing techniques, listen to an app with background sounds or meditation visualizations to help you fall asleep.
- During the 1st and early 2nd trimester you will be able to sleep in your normal positions. As your baby grows larger you will need to adjust your sleeping position and will no longer be able to sleep on your back. The size of the baby will put pressure on the vena cava, a vein that circulates blood and oxygen throughout your body. The pressure on the vena cava can make you feel light-headed, dizzy, nauseous or have difficulty breathing. At this time of the pregnancy, it is recommended that you sleep on your side. The left side is optimal for circulation, but the right side is also acceptable. Plan to use pillows between your legs, behind your back and one in front of you for support. Think of a “nest” of pillows.



Round Ligament Pain:

Round ligament pain is a common problem in pregnancy. Ligaments are strong tissues that connect bones, muscles, and organs. There are 2 round ligaments. There is 1 on each side of the uterus. The top part of each ligament attaches to the upper side of the uterus. The bottom of each ligament attaches down in the pubic area. These ligaments help keep the uterus in place as you move around.



What causes round ligament pain in pregnancy?

As your uterus grows during pregnancy, the round ligaments are stretched and work harder when you move around. They may stretch too quickly when you stand up or bend or laugh. Nearby nerves may be irritated, or the ligaments may have a painful spasm.

Symptoms of ligament pain in pregnancy

The symptoms are sharp pains that last a few seconds. The pain may happen most often on the right side of the belly. It may happen in the

hip, the lower belly, or even deep down in your pubic area. The pain may happen when you:

- Move suddenly
- Stand up
- Walk
- Roll over in bed
- Laugh
- Cough
- Sneeze

Treatment for round ligament pain in pregnancy:

To help prevent pain:

- Move slowly when you stand up, roll over, turn, or bend.
- Don't stand for long periods of time.
- Don't lift heavy objects.
- Do gentle daily stretches of your hip joints.
- Wear a belly band designed for pregnancy or tie your belly up with a scarf or rebozo to take pressure off of the round ligaments. © 2000-2020 The StayWell Company, LLC.

HEALTH DURING PREGNANCY

Guidelines for Healthy Weight Gain During Pregnancy

How much weight you gain during pregnancy depends on your pre-pregnancy weight. Your provider will talk to you about the right amount of weight to gain.

Pre-pregnancy	Maximum Weight Gain
Underweight BMI less than 18.5	28-40 pounds
Normal weight BMI between 18.5-24.9	25-35 pounds
Overweight BMI between 25-29.9	15-25 pounds
Obese BMI 30 or more	11-20 pounds



EXERCISE IN PREGNANCY

Regular exercise during pregnancy can be beneficial.

Before you begin any exercise program, please talk with your provider.

General Guidelines:

- ✓ Try to exercise for 30 minutes at least 3-5 times per week.
- ✓ If you were exercising before pregnancy you can typically continue that type of exercise with modifications for your changing body.
- ✓ Do not exceed a heart rate of 140 beats per minute. If you are too out of breath to talk while exercising, slow down or take a break.
- ✓ Do not do exercises that put you at risk for getting hit or kicked in the stomach or falling.
- ✓ **Listen to your body! If something hurts, stop!**



Great Ways to Exercise:

- Walking
- Swimming
- Elliptical machine
- Yoga or stretching
- Low-impact aerobics
- Light weight training
- Hiking
- Dancing

Are there reasons I should not exercise?

Talk to your provider about exercise if you:

- Have a serious heart or lung disease
- Have high blood pressure
- Have preterm labor signs
- Have problems with your placenta
- Have any vaginal bleeding

STOP exercising if you:

- Have bleeding or are leaking fluid from your vagina
- Have trouble breathing
- Feel dizzy, lightheaded or nauseous
- Have pain or swelling in your leg
- Have contractions



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Dental Care During Pregnancy

Why is dental care important?

During pregnancy you are more likely to have problems with your teeth or gums. If you have an infection in your teeth or gums that is not treated it can increase the risk of a baby being born early (premature birth) or having a baby with a low birth weight.



What is periodontal disease?

Periodontal disease is an infection in the mouth caused by bacteria. The bacteria use the sugar you eat to make acid. That acid can destroy the enamel (protective coating) on your teeth, which can cause cavities. Gum swelling and bleeding can be early signs.

Why are pregnant women more at risk?

1. Pregnancy gingivitis – During pregnancy, changes in your hormones allow bacteria to grow in your mouth more easily.
2. Nausea and vomiting – The stomach acids from vomiting can also break down the tooth's enamel.

What can I do to prevent dental problems?

1. Brush your teeth after each meal. If brushing your teeth triggers vomiting, use a mouth wash that does not contain alcohol.
2. Drink plenty of water each day.
3. Avoid sugary foods/beverages.

Is it safe to visit a dentist during pregnancy?

YES! Seeing a dentist in pregnancy is not only safe but strongly recommended. You should schedule an appointment if you have not had a routine cleaning in the past 6-12 months or if you notice any pain, swelling, bleeding or any other changes that do not seem normal to you.

How can I find a dentist?

Dental services are available through STRIDE. A dental hygienist will meet with you during your pregnancy but you can also schedule directly with a STRIDE dentist if you have any concerns.

Nutrition in Pregnancy

Good nutrition in pregnancy is important for you and your baby.

- ✓ You need **300-400 extra** calories each day.
- ✓ Eat a balanced diet with fruit, vegetables, protein, whole grains and dairy.
- ✓ Eat small, frequent snacks/meals throughout the day instead of 3 large meals each day. This will help you to get the nutrients you need and will decrease feelings of nausea or acid reflux.
- ✓ Make sure you are well hydrated! Water is very



important in pregnancy. Drink at least 65 ounces of water daily. Water helps to decrease headaches, cramping, constipation and nausea.

Prenatal Vitamins

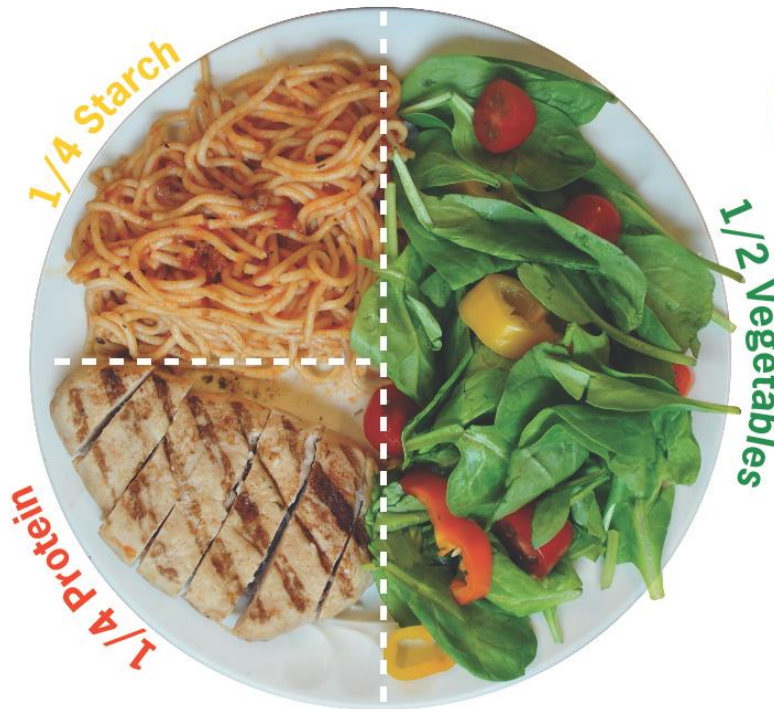


- ♥ Take a prenatal vitamin every day while you are pregnant and breastfeeding.
- ♥ Most prenatal vitamins are similar so choose one that is affordable and doesn't upset your stomach.
- ♥ Chewable or gummy vitamins can be a good option if you have nausea or have a difficult time swallowing pills.
- ♥ Try to find a prenatal with DHA. DHA is good for the baby's brain development.

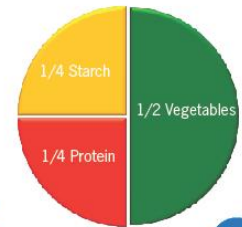
My Healthy Plate



Water is the best drink for you.



Plan the portions on your plate.



Fruit or Dairy*

*Ask your nutritionist if you should eat fruit or dairy at your meals.



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Healthy snack ideas:

- ♥ Plain or naturally low sugar yogurt with fruit
- ♥ Apple, carrots, or celery with peanut butter
- ♥ Whole grain crackers with cheese
- ♥ Whole grain cereal
- ♥ Hard boiled eggs
- ♥ Fresh fruit or vegetables
- ♥ Nuts or trail mix
- ♥ Whole grain bread or crackers with peanut butter, cheese, avocado or another protein

Limit the following:

- | | |
|---|-------------------------------|
| ♥ Chips and crackers | ♥ Breads |
| ♥ Sauces | ♥ Pasta |
| ♥ Desserts / sweets / candy | ♥ Fast food / processed foods |
| ♥ Sugary beverages such as soda and juice | ♥ Fried foods |



Essential Vitamins and Minerals for Pregnancy

Vitamin/Mineral:	Why You Need It:	Where You Find It:
Vitamin A & Beta Carotene 770 mcg, daily max = 1000 mcg	Helps bones and teeth grow	Liver, milk, eggs, carrots, spinach, green and yellow fruits & vegetables, broccoli, potatoes, pumpkin
Vitamin D 5mcg/600 IU, daily max = 4000	Helps body use calcium, promotes strong teeth and bones	Milk, fatty fish, sunshine
Vitamin E 15mg, daily max = 1000 mg	Helps body form and use red blood cells and muscles	Vegetable oil, wheat germ, nuts, spinach, fortified cereals
Vitamin C 80-85mg, daily max = 2000 mg	Protects tissues from damage, helps absorb iron, builds a healthy immune system	Citrus fruits, bell peppers, green beans, strawberries, papaya, potatoes, broccoli, tomatoes
Thiamin/ B1 1.4 mg	Increases energy levels	Whole grains, fortified cereals, wheat germ, organ meats, eggs, rice, pasta, berries, nuts, legumes, pork
Riboflavin/B2 1.4 mg	Maintains energy, eyesight, healthy skin	Meats, poultry, fish, dairy products, fortified cereals, eggs
Niacin/B3 18mg, daily max = 35mg	Promotes healthy skin, nerve function and digestion	High-protein foods, fortified cereals and bread, meats, fish, milk, eggs, peanuts
Pyridoxine/B6 1.9mg, daily max = 100-200mg	Helps form red blood cells, helps to reduce nausea	Chicken, fish, liver, pork, eggs, soybeans, carrots, cabbage, cantaloupe, peas, spinach, sunflower seeds, bananas, beans, broccoli, brown rice, oats, peanuts, walnuts
B12 2.6mcg	Important in DNA formation, may help prevent neural tube defects	Shellfish, fish, beef, liver, pork, eggs, dairy, poultry
Folic Acid/Folate 400-800mcg, daily max = 1000mcg	Helps support the placenta and prevents neural tube defects	Oranges, strawberries, green leafy vegetables, beets, broccoli, cauliflower, fortified cereals, peas, pasta, beans, nuts
Calcium 1000-1300mg	Healthy bones and teeth, prevent blood clots, helps muscles and nerves function	Yogurt, milk, cheese, dark leafy vegetables, canned fish with bones, calcium-fortified juices, almond/soy milk, bread, cereals
Iron 27mg	Helps in the production of hemoglobin, prevents anemia, low birth weight and preterm labor/birth	Beef, pork, dried beans, spinach, dried fruits, wheat germ, oatmeal or grains fortified with iron
Protein 71g	Helps in the production of amino acids, repairs cells, encourages healthy weight gain	Animal based meats: lean beef, pork, chicken, turkey, eggs, fish, dairy, veggie burgers, beans, legumes, nuts
Zinc 11-13 mg	Helps produce insulin and enzymes	Red meats, poultry, beans, nuts, whole grains, fortified cereals, oysters, dairy products
Choline 550mg	Helps prevent neural tube defects, helps with brain development and overall brain function	Beef, poultry, wheat germ, brussel sprouts, eggs, salmon, lima beans, edamame, collard greens

FOOD SAFETY DURING PREGNANCY

Prevent Foodborne Illness:

- ✓ Properly store foods
- ✓ Wash your hands before preparing food
- ✓ Wash all produce before preparing food
- ✓ Use a separate cutting board for meat and produce
- ✓ Clean and disinfect all utensils, counter tops and cutting boards
- ✓ Wash your hands after preparing food and before eating



Foods to AVOID in Pregnancy:

Don't Eat	Why	What to Do
Soft cheeses made from unpasteurized milk: Brie, feta, Camembert, Roquefort, queso blanco and queso fresco	May contain <i>E. Coli</i> or <i>Listeria</i>	Eat hard cheeses such as cheddar or swiss OR check the label and make sure the cheese is made from pasteurized milk.
RAW cookie dough or cake batter	May contain <i>Salmonella</i>	Bake the cookies and cake. Don't lick the spoon!
Raw or undercooked fish	May contain parasites or bacteria	Cook fish to 145° F.
Unpasteurized JUICE or cider (including fresh squeezed)	May contain <i>E. Coli</i>	Drink pasteurized juice only.
Unpasteurized MILK	May contain bacteria	Drink pasteurized milk only.
Salads MADE IN THE STORE or bagged lettuce	May contain <i>Listeria</i>	Make salads at home.
Raw SHELLFISH (oysters, clams)	May contain bacteria	Cook shellfish to 145° F.
Raw or undercooked SPROUTS	May contain bacteria	Cook sprouts thoroughly.

Foods to be CAREFUL with in Pregnancy

Be careful with These Foods	Why	What to Do
Hot dogs, lunch meats, cold cuts and other deli style meats	May contain <i>Listeria</i>	Reheat to steaming hot or 165° F before eating even if the label says it is precooked.
Eggs and pasteurized egg products	Undercooked eggs may contain <i>Salmonella</i>	Cook eggs until yolks are firm. Cook meals containing eggs to 160° F.
Fish	May contain parasites or bacteria	Cook to 145° F.
Meat	Undercooked meat may contain <i>E. coli</i>	Cook beef, veal and lamb to 145° F. Cook pork and ground meats to 160° F.
Meat spread or pate	May contain bacteria	Eat canned versions only.
Poultry	May contain bacteria	Cook to 165° F.
Smoked seafood	Refrigerated versions are not safe unless they have been cooked to 165° F	Eat canned versions or cook to 165° F.

Fish

Fish and shellfish are important and very healthy during pregnancy. However, you need to be careful about what types you are eating. During pregnancy, it is safe to eat up to 12 ounces of fish a week.

Avoid eating farm-raised fish.

Fish that are considered **safe** to eat during pregnancy:

- Shrimp or crab
- Canned Light Tuna
- Salmon
- Pollock
- Catfish
- Cod
- Tilapia

Fish that should only be consumed in **small amounts** during pregnancy are:

- Shark
- Canned albacore tuna
- Swordfish
- Tilefish
- King Mackerel

These fish have higher levels of Mercury, a heavy metal, that can be unhealthy for pregnancy if consumed in large amounts.



RESOURCES

There are many resources available to you during your pregnancy. Below are some that we recommend. Your care manager will meet with you during your prenatal visits to discuss what resources are right for you and how to register.

♥ **MotherWise**

A support group offering workshops and one-on-one support during pregnancy and postpartum.

♥ **Women's Infant and Children (WIC)**

A nutritional program that offers supplemental foods, breastfeeding support and education for pregnant people and families with children up to age 5 years.

♥ **Nurse Family Partnership (NFP)**

A program for first-time pregnant people that provides them with their own private nurse. The nurse meets with them during their pregnancy and postpartum to provide education and support until their child is 2 years old.

In the 2nd trimester you may want to start exploring your options for hospital and classes. The following is a list of area hospitals that partner with STRIDE and information on how to register for tours and classes.

♥ **Denver Health**

790 Delaware St., Pavilion C, Denver, CO 80204 303-739-1211
www.DenverHealth.org/Pregnancy
Email: info4moms2be@dhha.org
Phone: 303-602-5526.

♥ **University Hospital Anschutz Medical Center**

Anschutz Inpatient Pavilion 12605 E. 16th Street Aurora, CO 80010 (4th Floor)
720-848-5233
Virtual tour: <https://www.uhealth.org/locations/uhealth-labor-and-delivery-unit-university-of-colorado-hospital/>
Classes: <https://www.uhealth.org/events/>

♥ **Lutheran Medical Center**

8300 W. 38th Avenue Wheat Ridge, CO 80033
303-425-2140
Tours and Classes: <https://www.sclhealth.org/locations/lutheran-medical-center/services/pregnancy-baby/>



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3rd Trimester



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Warning Signs



If you experience any of the signs or symptoms listed below, call your provider immediately or go to the hospital if it is after hours!

- Vaginal bleeding that is bright red or like a period.
- Before 37 weeks, pain or cramping that is severe and/or does not go away with changes in position or hydration.
- After 37 weeks, contractions that get longer, stronger and closer together to the point of being 5 minutes or less apart, lasting at least one minute for one hour or more.
- Before 37 weeks, change in vaginal discharge (watery, bloody, or mucous).
- Your water breaks. This can feel like a gush or can be a constant trickle over several hours.
- An overwhelming feeling of pressure in your pelvis or a need to bear down.
- Severe or continuous headaches despite use of Tylenol (acetaminophen).
- Dimness, blurred vision, spots before your eyes or any other visual changes.
- Vomiting or diarrhea which does not stop or inability to take or keep food down for 24 hours.
- Fever over 100.4 degrees.
- Pain, burning or visible blood with urination.
- Your baby is not moving normally.
- Any other symptoms or concerns or a feeling that “something is not right”.

What to Expect in the Third Trimester

When are my appointments?

- Every two weeks from 28-36 weeks. Once every week from 36 weeks until your baby is born.
- Additional appointments or ultrasounds may be scheduled as needed. Sometimes your baby may need extra monitoring, such as a non-stress test, that would create a need for you to come in more frequently.
- After the baby is born you will be seen at 2 weeks and 6 weeks postpartum. You can schedule your baby's first visits at Stride. Just call after your baby is born to schedule!
- If you would like to see your provider or a lactation consultant before your 2 or 6 week postpartum visit, please call to schedule.

Prenatal Tests

- Ultrasounds and fetal monitoring will be scheduled as needed.
- Tests for sexually transmitted infections include syphilis testing at 28 weeks and gonorrhea/chlamydia testing at 36 weeks for clients at higher risk.
- Test for Group B Strep (GBS) at 35-37 weeks.
- Your provider will talk to you if any additional tests are necessary.
- **Tdap**: a vaccine that protects your baby from Pertussis (Whooping Cough) is given between 28 and 32 weeks.
- **Rhogam** is given at 28 weeks for those who are Rh negative.



What is Gestational Diabetes?



Gestational diabetes is a type of diabetes that occurs in some during pregnancy. If you have diabetes, your body has trouble processing and using the sugar you eat. This causes you to have high blood sugar, which can cause complications in your pregnancy.

In order to screen for gestational diabetes,

your provider can do a blood test called a glucose challenge test. For those with higher risk for gestational diabetes, this test is done early in the pregnancy. For those who are low risk or had a normal early glucose test, this is done or repeated around 28 weeks. For this screening, you drink a sugary drink and one hour later your blood is drawn and tested.

If your screening is abnormal, a second test called a 3-hour glucose tolerance test is done. For this test:

1. You need to fast for at least 8 hours. Your blood will be drawn before you eat or drink anything.
2. You will then drink a sugary drink.
3. Your blood will be drawn one, two and three hours after you finish the drink.

If you are diagnosed with gestational diabetes, there are things you can do for your health and your baby's health. Sometimes gestational diabetes can be controlled with diet and exercise, other times medication is needed to help control blood sugar. If you are diagnosed with gestational diabetes, your provider will help you get the support and treatment you need to ensure a safe and healthy pregnancy and birth.

Your Body

During your third trimester, you may experience some or all of the following:

- More obvious movement from baby.
- Practice contractions (Braxton-Hicks). These usually feel like a tightening of your abdomen that comes and goes, sometimes with certain activities or if you don't drink enough water. If you change positions, rest, or hydrate, these practice contractions will resolve.
- Back and round ligament pain. It is common as baby grows to have discomfort in the places that are working the hardest to support your expanding belly. These include your low back and your round ligaments. The round ligaments connect your uterus and pelvis. Your pregnancy hormones also relax your connective tissue, making it even more stretchy. Wearing a belly band or tying your belly with a rebozo can help relieve these discomforts.
- Shortness of breath. As baby gets bigger, the amount of space left for your lungs gets smaller. You may feel some mild shortness of breath during activity.
- Heartburn. Pregnancy hormones also relax the valve between your stomach and esophagus and allow stomach acid to travel in the wrong direction. This is called reflux. Eat small, frequent meals and avoid acidic, spicy, and fried foods.
- Spider veins, varicose veins, and hemorrhoids. Increased blood flow may cause tiny red veins (spider veins), enlarged veins (varicose veins), or hemorrhoids. Exercising and elevating your legs can help with varicose veins. To prevent hemorrhoids, drink lots of fluid and eat a high fiber diet.
- Frequent urination. As your baby gets bigger and moves lower into your pelvis, more pressure is placed on your bladder, which can cause more frequent urination and sometimes leaking urine. **If you ever believe you are leaking amniotic fluid, call your provider or go to the hospital.**
- Emotions. As the time of birth approaches, you may feel excited or anxious. Talk to your provider about your fears and questions. It is helpful to be prepared for the hospital and make sure you have everything you need at home for after your baby arrives.



Your Baby

Your baby is growing. Your sleep may change because your baby may move a lot at night. You may feel some contractions. **If you have more than 5-6 painful contractions in one hour which do not stop, call your provider or go to the hospital.** You may have backaches and trouble breathing as your baby grows and moves inside your uterus. Your feet, legs, and hands may swell. Colostrum (a yellowish fluid – the first milk) may leak from your breasts.

Your baby kicks and stretches. Your baby can suck its thumb and open and close its eyes. Your baby's brain is growing very fast. Most organs are working, but your baby's lungs are still not ready to work on their own. Your baby's head and bones are soft and flexible so they can fit through the birth canal. In the 9th month, your baby is moving into position to be born.

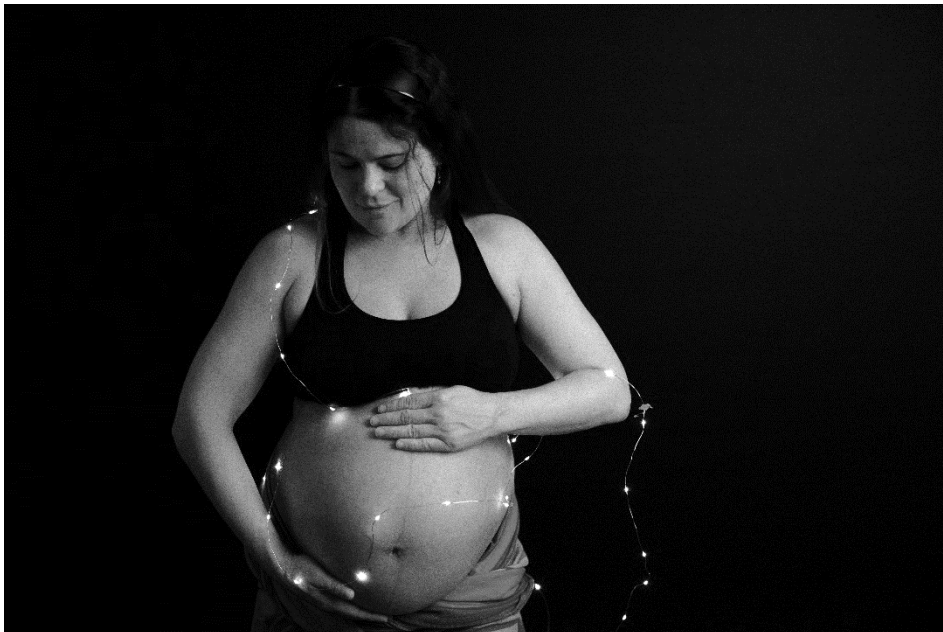


Kick Counts

Counting your baby's movements after 28 weeks is a good way to check on baby's wellbeing. Babies do not move constantly, sometimes they are awake and moving and other times they are sleeping. Common times to feel your baby move are after eating, drinking or when you are resting. If you are not feeling your baby move as you normally do then try the following.

Kick Count Instructions:

1. Stop any activity.
2. Drink a cold glass of water or juice and have a snack to eat. This will help your baby feel energetic.
3. Sit or lie down, focusing on your baby.
4. Count baby's movements. Every kick or movement counts.
5. You should feel at least 10 movements over the course of two hours or less. You will probably feel 10 movements much sooner than 2 hours.
6. **If you do not get 10 movements in 2 hours, call your provider or go directly to the hospital if it is after hours.**



What is GBS?

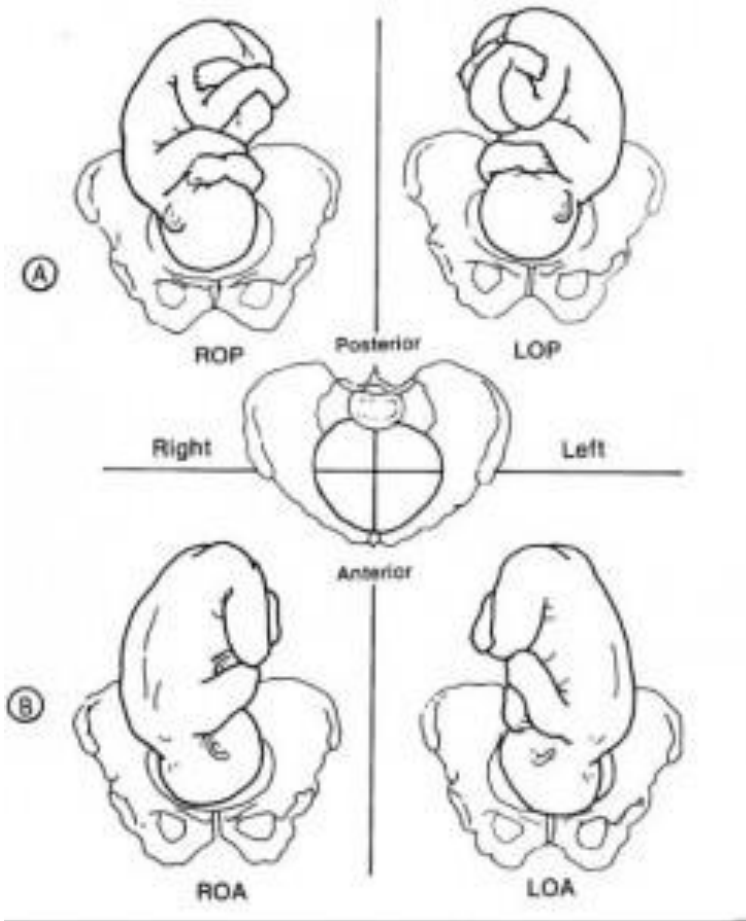
Group Beta Strep or GBS is a common bacteria that lives in the human body. It is not harmful in healthy people. GBS can be found in the rectum and/or vagina of about every 2 out of 10 pregnant women close to the time of birth. At the time of birth, babies can be exposed to GBS bacteria if it is present in the rectum or vagina. Babies can get an infection from GBS exposure.

Because of this risk to babies, we test for GBS bacteria using a vaginal/rectal swab sometime between 35 and 37 weeks of pregnancy. If your test is positive for GBS, it is recommended that you receive antibiotics through an IV during labor to prevent your baby from being exposed to GBS bacteria. GBS is not dangerous to your baby in the womb, so it does not get treated before labor and birth.

Antibiotic treatment for GBS is very effective. If babies do get sick from exposure to GBS it most often happens in the first 24 hours after birth and they can also be treated with antibiotics as needed. Most babies will recover completely from GBS infection.



Positioning of the Baby



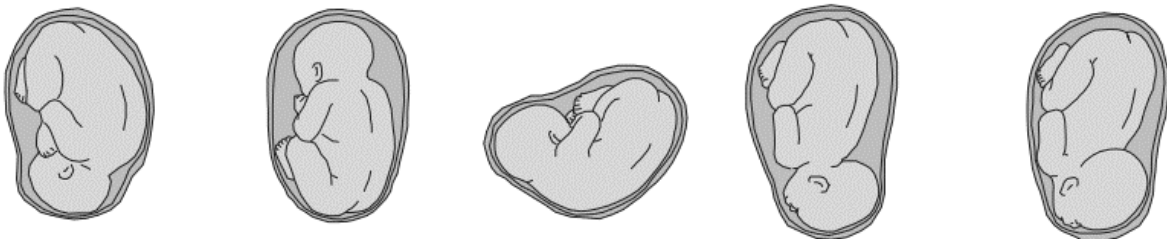
Babies can lie in several different positions in the womb. When we talk about babies being vertex or breech we are talking about their presenting part. A baby who is vertex is head down, and a baby who is breech is bottom down. Sometimes babies present with a shoulder or face. Often babies who present breech or shoulder first are born via Cesarean.

When we talk about anterior or posterior positions, we are talking about where the baby's back is. An anterior baby has their back to your front or belly. A posterior baby has their back to your back.

Babies usually face a little left or right, they are rarely facing

directly toward the front or back, which is why you might feel like your baby likes to lie on one side or the other more often, or you might feel like there is "more" baby on the right or left.

Vertex 96.8% Breech 2.5% Shoulder 0.4% Face 0.2% Brow 0.1%

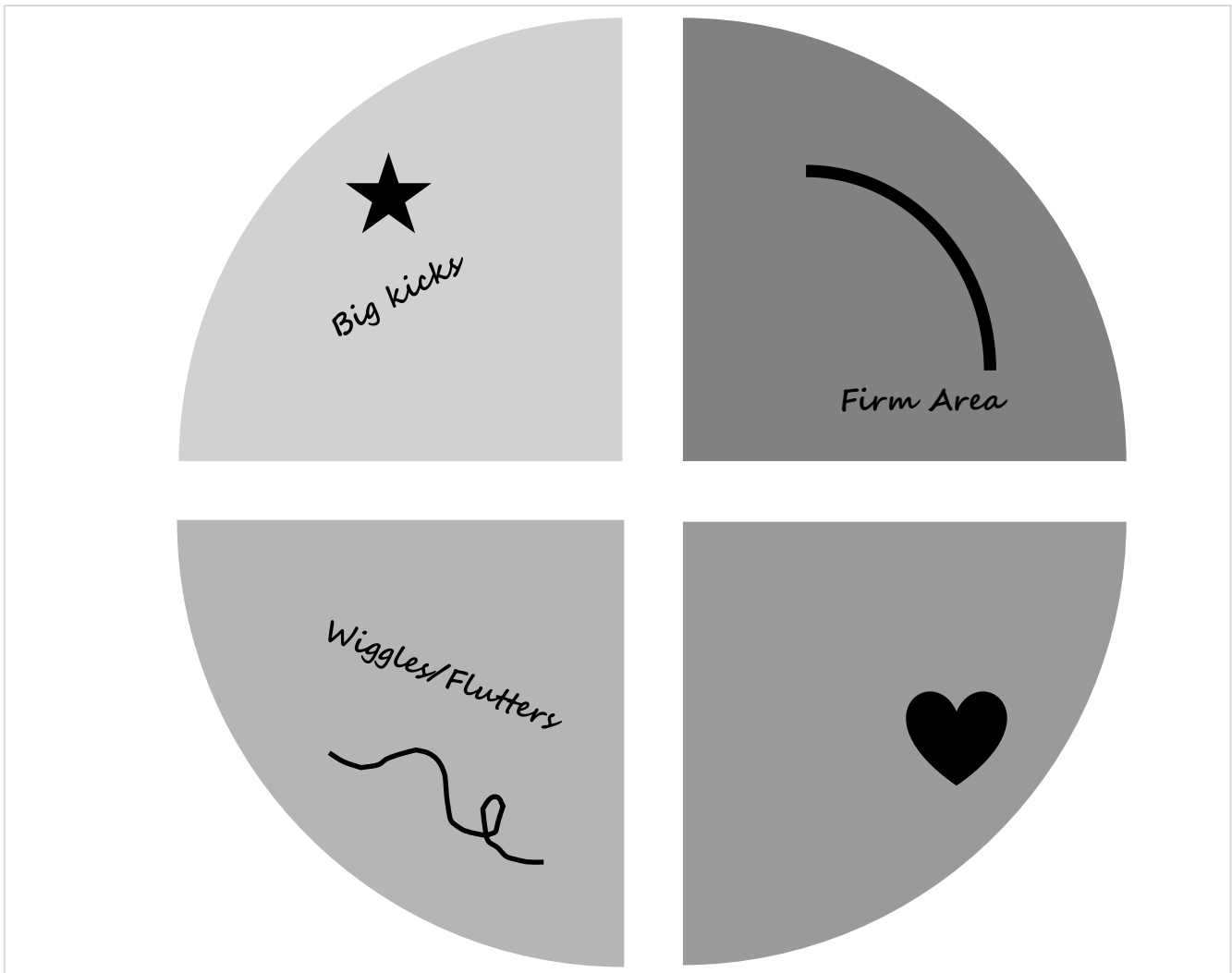


The ideal position for labor and birth is occiput (headfirst) and anterior (with their back to your belly), however, babies can be born in many different positions!

Belly Mapping – how to tell the position of your baby.

1. Draw a circle and divide it into four parts.
2. Feel your belly and think about where your baby kicks and moves the most.
3. Draw in kicks and wiggles on your belly map.
4. If you know where your midwife or provider last heard your baby's heartbeat, you can draw that on your map as well.

Larger kicks usually indicate feet. A big bulge that “rolls” along your belly is often a bottom. Flutters or wiggles may be hands moving. If you feel firmness along one side of your belly, this is likely the baby's back. Remember the rule of opposites: If you can tell where baby's feet are, the head is essentially opposite.



How to Encourage Baby into an Ideal Position



To encourage your baby to lay in the hammock of your belly, or with their back to your front, rather than in a posterior position with their back to your back, you can use gravity! Sit and rest in positions that encourage the heaviest parts of your baby, the head and spine, to the front of your belly. For example, sit actively leaning slightly forward, sit on an exercise ball, and use a pillow behind your back when driving.

Try thinking of your belly button sending out a beam of light.

If the light from your belly button would eventually hit the ground, you are sitting or resting in a good position to encourage baby to be anterior.

If the light from your belly button would eventually go into the air and not reach the ground, you may not be using gravity to your advantage.

Remember, we can only ENCOURAGE a baby to turn into an anterior position. If your baby chooses another position, it is not because of anything you did or did not do!



References

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- American College of Obstetricians and Gynecologists
- March of Dimes
- Spinning Babies
- The Institute for Family Health
- The StayWell Company