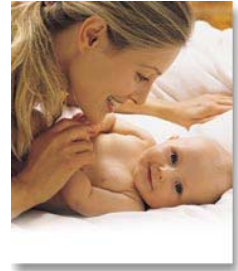




Eugene J. Louie-Ng, MD, FACOG
Michael S. Liao, MD

Helping you have a happy, healthy baby.

Pregnancy is an exciting time in a woman's life. It demands the selection of a caregiver competent in every service to ensure a healthy pregnancy and a smooth delivery. You want a doctor who is available during each stage of your pregnancy. You can feel confident Dr. Louie-Ng and Dr Liao will be with you from your initial exam through your baby's birth.



Thank you for choosing us to be your caregiver! Here is a list of common complaints and health problems pregnant women face and what you can do to relieve them. Use this as a reference guide, but never hesitate to call if you have a specific question or problem.

Heartburn

Avoid chocolate, fried foods, spicy and fatty foods, carbonated drinks, citrus juices, peppermint, alcohol, caffeine, and smoking, as all of these may exacerbate heartburn. Avoid tight fitting clothing. Avoid large meals. If your heartburn is worse at night, avoid eating just prior to going to bed and you can elevate the head of the bed on blocks 6 inches. Papaya fruit is a known alternative treatment for heartburn.

Medications safe to use: Tums, Mylanta, Maalox, Riopan, or Roloids.

Avoid medications containing aspirin such as Pepto Bismal.

Headaches

Headaches can be caused by a number of things including stress, certain food ingredients, sinus congestion, and poor vision. Often identifying and eliminating or treating these conditions will relieve headaches without the use of medications. If your headaches are unrelieved by conservative measures, if they are severe, if they are associated with changes in vision, or if you have a history of high blood pressure, please call us.

Medications safe to use: Acetaminophen, Tylenol (regular or extra strength), and Anacin 3.

Avoid all products containing aspirin as well as non-steroidal anti-inflammatory drugs (i.e. Advil, Ibuprofen, Motrin, Aleve, etc.)

Constipation

Drink a minimum of at least 8-10 glasses of water per day. Increase fiber in your diet such as bran cereals, green leafy vegetables, spinach, prunes, raisins, and raw fruits and vegetables. Please be aware that your prenatal vitamins containing iron or iron supplements may be contributing to your constipation. The hormones of pregnancy often contribute to constipation as well.

Medications safe to use: Colace, Peri-colace, Metamucil, Fiber laxatives, Fibercon, Perdiem, Citrucel, and Sennakot.



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Sinus Congestion/ Cold/ Respiratory Allergies

Increase fluid intake (minimum 8-10 glasses of water per day) and rest. Try a humidifier or a cool mist vaporizer. Breathe Right Strips may help relieve nasal congestion associated with pregnancy. If cold/symptoms persist for greater than one week, if you have a fever greater than 101 degrees, or if you have a severe sore throat, please call us or your primary care doctor.

Medications safe to use:

--For sinus congestion associated with respiratory allergies: (if taken in the past) Zyrtec or plain Claritin

--Nasal congestion: Sudafed or Chlortrimeton

--Sore throat: Sucrets, Cepacol lozenges, Chloraseptic Spray or lozenges

--Cough: plain Robitussin or Robitussin DM, Ricola cough drops or other menthol cough drops

Hemorrhoids

If heavy bleeding occurs, please call us. Comfort measures include warm, shallow baths.

Medications safe to use: Preparation H, Tucks, Anusol

Diarrhea

Avoid spicy or fried foods, avoid fruits and vegetables, avoid fruit juices or carbonated drinks, and avoid milk and all milk products. Fluid intake should be increased. Gatorade or decaf teas are good choices. A bland diet, such as fish, turkey, or chicken, should be eaten. If diarrhea persists, the BRAT diet consisting of bananas, rice, apples, and toast should be followed. Call the office if your diarrhea lasts longer than 2 days.

Medication safe to use: Kaopectate

Edema (swelling)/Fluid Retention

Avoid fast foods and decrease salt and sodium intake. Avoid Chinese, Mexican, and Italian foods, as well as seafood, cheese, and deli processed foods. Cranberry juice and all melons are natural diuretics (reduces retained fluid). Increasing your fluid intake of water and non caffeinated beverages also acts as a natural diuretic.

If you have access to a swimming pool, submersion under water for 45 minutes to one hour will have a diuretic effect. For foot edema, elevate your legs above your waist for 20 minutes at a time, several times a day.

Support pantyhose made especially for pregnancy may also help (you will need a prescription for these).



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Other Important Reminders

- Nose bleeds are common during pregnancy due to hormonal changes. If you cannot control a nose bleed after 15 minutes or if it is profuse bleeding, call us.
- Gum bleeds are common during pregnancy due to hormonal changes. While there is no treatment for this, it's important to maintain good oral hygiene. : brush, floss, and see your dentist at least every 6 months (no x-rays or teeth whitening).
- Avoid alcoholic beverages.
- Quit smoking. Smoking increases the risk of premature labor and birth defects. We have a list of resources to help you with this important step for both you and your baby's health.
- Avoid all saccharin.
- Limit caffeine and NutraSweet to only once per day.
- If painting, use latex paint only.
- Pregnant women are more susceptible to Listeriosis due to a weakened immune system caused by hormonal changes during pregnancy. This infection can lead to premature delivery, miscarriage, and severe illness in your newborn. Please avoid eating soft cheese like feta, Camembert, Brie, blue-veined cheeses, and Mexican style cheeses. Do not eat refrigerated pate' or meat spreads. Do not eat refrigerated smoked seafood unless it is in a cooked dish.
- Avoid raw eggs, raw meats, sushi, and raw dairy products.
- Important information about eating fish: Pregnant women should not eat shark, swordfish, tilefish, king mackerel, or fresh tuna due to risk of high mercury levels, which may damage the unborn child's developing nervous system. Fish that contain the lowest levels of mercury and are safe to consume during pregnancy include: canned tuna, shrimp, Pollock, salmon, cod, catfish, clams, flatfish, crabs, and scallops. Please limit servings to 12 ounces per week, with typical servings being 3-6 ounces a piece.



"I'm not just a doctor, I'm also a father."

"Our daughter, Samantha, is the most important person in the world to my wife and me. It's so special for me to help couples start families, because I've experienced firsthand the joy a child can bring into someone's life. I will gladly help you through each stage of your pregnancy.



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Nausea and Vomiting in Pregnancy

Nausea

Mild nausea and vomiting (often called "morning sickness") are common during the first trimester of pregnancy. "Morning sickness" doesn't necessarily occur in the morning. You may feel nausea at any time of day, especially when your stomach is empty. Some women find that they have an enhanced sense of smell and are more sensitive to odors during pregnancy. Some smells may instantly trigger your gag reflex.

Causes of Nausea During Pregnancy

More than half of all pregnant women have some nausea during the first trimester. For most women this nausea usually goes away by the second trimester. For some women, nausea and vomiting may continue even past the first 12 weeks of pregnancy.

Experts do not know why some women develop nausea while others do not. Nausea may be related to the increasing levels of hormones released during pregnancy.

Nausea: What You Can Do

Some women find the following tips helpful:

- **Get up slowly in the morning.** Sit on the side of the bed for a few minutes before standing up. Movement often makes nausea worse. You may find it helpful to eat a few crackers or another light snack before you get out of bed.
- **Eat five or six small meals each day.** Try not to let your stomach get completely empty. Eat the foods that smell and taste good to you. Eat bland foods that are easy to digest.
- **Eat snacks that are high in protein.** Examples are nuts and peanut butter.
- **Drink fluids often during the day.** Examples are broth, cola and Gatorade.
- **Get plenty of fresh air.** Avoid the smells that are unpleasant to you.



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- **Avoid fatty foods or foods that are hard to digest.** Avoid drinking citrus juice, milk, coffee, and tea with meals.
- **Always check with your health care provider** before taking any medicine to relieve nausea or before you use any health food remedies (such as ginger supplements) to relieve nausea.

When to Talk to Your Health Care Provider

Mild nausea and occasional vomiting aren't a threat to your baby's health as long as you're able to keep some food down and drink plenty of fluids.

Call your health care provider if your nausea and vomiting become severe. For example:

- You haven't been able to keep anything (including fluids) down for 24 hours or if you experience any of the following symptoms:
- You almost always vomit shortly after eating or drinking anything.
- You begin to lose weight.
- Your urine is dark-colored.
- Your heart races or pounds.
- Your urine looks concentrated and dark-colored.
- You don't urinate every 4-6 hours.
- You vomit blood.

Severe nausea and vomiting can be a symptom of a condition called hyperemesis gravidarum (excessive vomiting in pregnancy). If your vomiting is severe, your health care provider will do lab tests on your blood and urine to check for medical conditions. Moderate or severe morning sickness may require:

- Medication to reduce nausea and vomiting
- Hospitalization
- Intravenous fluid treatment
- Fasting, then slowly introducing food into your diet



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It's important to recognize the warning signs of preterm labor (labor that starts before 37 weeks)

- Uterine contractions (your uterus gets tight and then relaxes)
- Four or more uterine contractions each hour
- Cramps (like menstrual pain)
- Low-back ache, pain or pressure
- Pressure in your pelvic area
- Stomach Pains (like gas pains)
- Fluid is leaking from your vagina (your bag of water has a leak or has broken)



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PRINCE WILLIAM HOSPITAL BIRTHING CENTER

FREQUENTLY ASKED QUESTIONS

May I see the new Birthing Center prior to my delivery date?

Yes, tours of the Hylton Family Birthing Center are offered several times a month. Tours fill up quickly, so please register several months prior to your due date. To register, call (703) 369-8543 Monday through Friday from 9:00 a.m. to 4:00 p.m.

May my spouse or support person stay overnight with me?

Yes, the Birthing Center has private postpartum rooms, which include private showers for all new mothers. There is also a comfortable pull-out sofa that can accommodate one adult.

Are my other children allowed to stay overnight with me after I deliver?

The Birthing Center cannot accommodate children overnight. We suggest that you make plans for the care of your baby's siblings well in advance of your due date.

How many people can accompany me in the labor and delivery rooms?

Birthing Center policy allows three visitors at one time in the labor and delivery rooms. No children under 12, except siblings; siblings must be accompanied by an adult. We encourage the adult responsible for the baby's siblings to be someone other than the spouse or support person.

Can my children accompany me into the labor and delivery rooms?

Yes, however, siblings must be accompanied by an adult other than yourself at all times.

Are my children allowed to visit after I've delivered my baby?

Siblings are allowed to visit, however, they must be accompanied by an adult other than yourself at all times.

What are the postpartum visiting hours and policy for family and friends?

Visiting hours are from 11:00 a.m. to 8:00 p.m. Birthing Center policy allows four visitors at one time in the postpartum rooms. No children under 12, except siblings; siblings must be accompanied by an adult at all times.

Are meals provided for my spouse or support person?

Meals are provided for the new mother and infant. In addition, there is also a kitchen in the Birthing Center that is equipped with light snacks such as soup and juice. Prince William Hospital has a wonderful dining room with reasonable prices.

Continental Breakfast: 6:30 a.m. to 11:00 a.m.

Self-Serve Buffet Breakfast: 7:00 a.m. to 9:30 a.m.

Full Lunch: 11:00 a.m. to 2:30 p.m.

Full Dinner: 4:30 p.m. to 7:00 p.m.

Do I need to pre-register with the Birthing Center?

Yes. Your obstetrician should give you a pre-registration form several months prior to your due date. If you do not receive the form, please call the Birthing Center at (703) 369-8122.



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Will my baby stay with me the entire time?

After the delivery, you will have a brief recovery period in the labor and delivery room with your baby. The baby will be taken to the newborn nursery to be registered as a patient. You will be moved to a private postpartum room. If you choose, the baby may join you in your room and stay with you. There may be tests or procedures that the baby requires and, if this is the case, you will be notified in advance. For the safety and security of all newborns, only hospital staff is permitted in the nursery.

What security measures are in place to ensure the safety of my baby?

Rest assured that Prince William Hospital has state-of-the-art technology in place to ensure your safety and that of your newborn. The Birthing Center was designed with safety, security and comfort as top priorities. Security measures at the Birthing Center will be explained in detail when you are admitted.

May I receive phone calls while I'm in labor?

Though incoming calls are permitted, we encourage patients to call their friends and family with updates on the progress of labor. Many times, there are procedures or examinations being performed in nearby rooms and interruptions may not be welcome.

This information is found on the Hylton Family Birthing Center website at <http://www.pwhs.org/services/birthingcenter/>. Please refer to this site or call them directly with any hospital-specific questions.



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Maternal/Child Health Classes offered by Prince William Health System

All Maternal/Child Health Classes are taught by certified childbirth educators and board certified lactation consultants. To register, call (703) 369-8405. The Wellness Center reserves the right to cancel classes that do not meet the minimum number of participants. Prices are subject to change. All fees are non-refundable. For more class information, including class dates, go to the Hylton Family Birthing Center at <http://www.pwhs.org/services/birthingcenter/> or call them directly at the number above.

Birthing Center Tours

This comprehensive tour will familiarize you with the Birthing Center before your baby arrives. Children are NOT allowed on the tour. Pre-registration required. Please call Robin Pointer at (703) 369-8543 to reserve your space on the tour. **Fee:** Free

Childbirth Preparation

This five-week course provides the expectant mother and her support person with information on pregnancy, labor, birth, breathing, relaxation and the post partum period. Topics on medication, anesthesia and cesarean are also discussed. Please bring three pillows, a blanket and a snack. (NOTE: A tour of the Birthing Center is not included with this class.) **Fee:** \$130 Registration Required

Weekend Childbirth Preparation

Ideal for the busy couple, the course content is the same as the five-week series but is condensed into two full weekend days. Please bring three pillows, a blanket and a snack. (NOTE: A tour of the Birthing Center is not included with this course.) **Fee:** \$130

Baby Care Basics

This class is a must for parents expecting their first child. Learn about your newborn's appearance, diapering, bottle and breastfeeding, cord care, circumcision care, crying, comforting your baby and more. This class is taught by a registered nurse. **Fee:** \$45

Breastfeeding

This class is taught by a lactation specialist. Learn techniques to make breastfeeding easy and successful. Class fee includes participant and one adult partner. **Fee:** \$40

Sibling Class

This class is for children between the ages of 3 and 8. This fun, interactive class helps to prepare a child to become a big brother or sister. The youngster will learn what to expect when the new baby arrives, how the baby will look, what the baby eats and more. The child will also learn how to hold and diaper a baby as well as make a gift for their new baby brother or sister. A short tour of the postpartum room and family waiting area in the Birthing Center is included. Please do not attend if child is sick. **Fee:** \$22 per child



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New Mommies Group

This group of moms and babies meets every Wednesday from 10:30 a.m. to 11:30 a.m. to discuss topics such as first-year milestones, colic, breastfeeding, and the joys and adjustments to motherhood. This is a great way to meet new friends who are experiencing the same things you are. On the last Wednesday of each month, moms have the opportunity to Ask the Pediatrician, when pediatrician Katherine Abbott, MD, visits the group to share her expertise. **Fee:** \$3

In order to make best use of your insurance coverage, it is important that you call your insurance company (customer service number is generally found on the back of your insurance card) to verify your maternity coverage, as soon as possible.

During your conversation with your insurance company, you should make sure that:

You have maternity coverage _____

Do you have a "waiting period" before your maternity coverage takes effect - has this time period been met? _____

Do you have a deductible- how much? _____

You should also ask your insurance company:

Are non-stress tests, ultrasounds, and lab work covered? _____

Is there a limit to how many you can have? _____

Do you need to go to a specific facility for these services? _____

Please be assured that we will provide all pre-certifications that your insurance company requires.

Knowing all of this information ahead of time will make your pregnancy a little less stressful. If at any time you have questions, please call us at (703)361-3551