

Salem Health Midwives and OB/GYN  
**Your pregnancy journey**



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Salem Health Midwives and OB/GYN

# Your pregnancy journey



Salem Health Midwives and OB/GYN

875 Oak St. SE, Building C

Suite 5030



Salem, OR 97301

Phone: **503-814-4480**

Monday through Friday: 8 a.m. to 5 p.m.

[salemhealth.org/womenshealth](https://salemhealth.org/womenshealth)

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# Welcome

Thank you for choosing Salem Health Midwives and OB/GYN for your pregnancy care. We're excited to join you on this journey! Our clinic has a team of experts ready to help patients with pregnancy, birth and postpartum. We are also proud to be a Baby Friendly<sup>®</sup> designated hospital, which means you and your baby will receive optimized parent-baby care.

It's important to read this entire booklet so you know what to expect during and after your pregnancy. We also provide important information about our clinic and services, so you can feel safe knowing your health is in the best hands. Please take a few minutes to review.

## Nurse intake

During this appointment, we will talk about your health history and pregnancy information. Please note this will be a video appointment. If you're a new patient, your nurse will help you choose a provider for your prenatal care. Once you choose, we'll schedule your physical exam with your new provider.

## Provider intake

During this appointment, a prenatal care provider will perform a physical exam. This includes a breast and pelvic exam, and a Pap smear (if indicated). We will also test for sexually transmitted infections. Please prepare to leave a urine sample. Before your appointment, please complete any ordered labs at one of Salem Health's lab locations.



## Appointment preparation

Please be prepared for all your appointments! It's important you bring a copy of your insurance card and photo identification or driver's license. Also, bring a list of all your medications and vitamins.

*You may bring two people to your appointments; this includes babies or children. However, your provider does wish to focus on you during your appointment so please consider coming alone if able.*

To see our visitor policy visit, [salemhealth.org/visitors](https://salemhealth.org/visitors).

Do you have forms to turn in? Bring any forms, authorizations or letters with you. Allow one week to 10 days for provider processing.

## Late arrivals

If you are more than 10 minutes late to your appointment, you might be rescheduled. If there is a gap in the schedule for a later time, you may wait for that appointment. Please arrive at least 15 minutes early to allow time for parking and registration.

## Phone calls

Did we miss your phone call? Please leave your name, date of birth and brief message stating your concern. We will return your call as soon as possible. Calls received after 3 p.m. may not be returned until the following business day.

## After hours calls

A provider is always on call for urgent concerns or questions. For urgent after hour's needs, call our main number at **503-814-4480** to reach a provider. Please be available to receive your return call by deactivating call blocking for restricted numbers. If the on-call provider is attending a birth, they may not be immediately available. For emergencies, please go directly to the Salem Health Family Birth Center or the Salem Health emergency room.

## Results (lab, ultrasound, or x-ray)

Your results will be available to see through your MyChart account when complete. Once your provider has reviewed your results you will be notified with more details by a phone call or MyChart message.

## Prescriptions

Need a refill? Your pharmacy can help. Please call them if you have questions or visit your MyChart account, where you can manage prescriptions online. Allow up to two business days for prescription refills. If a preauthorization for medication is needed, your request may be delayed for up to two weeks. The authorization process varies by insurance companies.

## Insurance and copay collection

Your copay and/or coinsurance will be collected at the time of visit. Any charges from Salem Health Hospitals and Clinics locations will be sent to you in one convenient monthly statement. Do you have questions about your insurance coverage? Please contact your insurance carrier.

## Deliveries

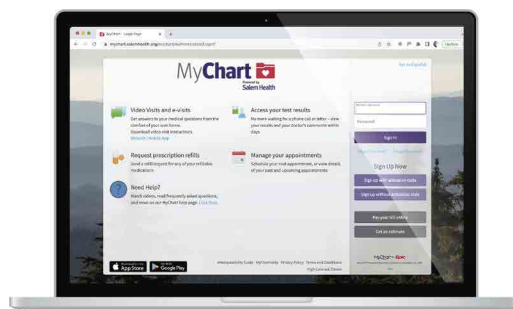
Childbirth deliveries are done at Salem Health in building D. Your provider will answer any questions and review this with you during your routine visits.

## Privacy during labor

While cameras are welcome in the Family Birth Center, we do have a few guidelines we ask visitors to follow. Videotaping or livestreaming is not allowed in the Family Birth Center, including the operating room in the event of a Cesarean section. Families and patients are welcome to take still photos of their own delivery experience and of their family members. Staff must give their permission before being photographed by family members.

## Using MyChart

As a Salem Health patient, you have free and secure access to MyChart, a health management app where you can make appointments, message your provider, see test results, manage prescriptions and more. If you do not already have a MyChart account, ask about creating one when you check in or follow the steps below.



**Desktop:** Open your web browser and go to the MyChart home page: [mychart.salemhealth.org](http://mychart.salemhealth.org).

**Mobile:** Go to the app store and download the MyChart app. When you open the app, select Salem Health as your provider.

Enter your username and password, and then click on “Sign In.”

If you are having difficulty logging in, please see the FAQ link available on the login screen. For additional help, please call the MyChart Support Line at **503-562-4278**.



### About our OB/GYNs and Certified Nurse Midwives

Our OB/GYNs support you in all aspects of obstetrics and gynecology care, including family planning, pregnancy and prenatal care, childbirth, surgery, and treatment of diseases and disorders of the reproductive system.

Our Certified Nurse Midwives (CNM) are advanced practice nurses (APRN) trained to focus on all aspects of obstetrical care. This includes pregnancy, prenatal care, childbirth and postpartum evaluation. They also treat common disorders and diseases of the reproductive system. CNMs utilize a holistic approach to care for patients throughout their lifespan and provide pap smears, birth control, menopause care and more. They are trained to assist surgeons if a cesarean section is needed.

#### Services offered by Salem Health:

- Family planning
- Prenatal care
- Labor and delivery
- Postpartum care

- Gynecologic care, including colposcopy
- Screening for specific cancers
- Screening and management for sexually transmitted infections
- Trial of labor after cesarean section
- Gynecologic surgery
- Birth control and family planning
- Infertility evaluation
- Management of irregular periods
- Menopause management

#### Board certified providers

Our OB/GYNs are certified by the American Board of Obstetricians and Gynecologists.

The American College of Nurse-Midwives recognizes the Salem Health midwifery group for being a best practice. The American Midwifery Certification Board has also certified them.

#### Meet our OB/GYNs and CNMs

Our providers look forward to supporting you in all of your health care needs throughout your life. To meet our OB/GYNs and midwives, visit [salemhealth.org/womenshealth](http://salemhealth.org/womenshealth).

# Screening and testing information





# Screening and testing information

## Prenatal labs

Every pregnant patient will have a standard panel of laboratory tests ordered at their initial visit. These labs include testing for blood type, anemia (low iron), immunity to rubella and sexually transmitted infections (STI) screening. Other tests may be recommended depending on your personal history or pregnancy-related risks. A shorter set of labs is repeated at 24 to 28 weeks for all patients.

## Genetic screening

Optional genetic screening is offered to every pregnant patient. There are several screening options available, which can include blood tests from the pregnant patient and ultrasounds. Genetic screening tests identify pregnancies with increased risk for cystic fibrosis, trisomy 21, Spina Bifida and other specific genetic conditions. Both the nurse who completes your intake and your provider will be able to answer any questions you have regarding genetic screening.

## Cervical cancer screening

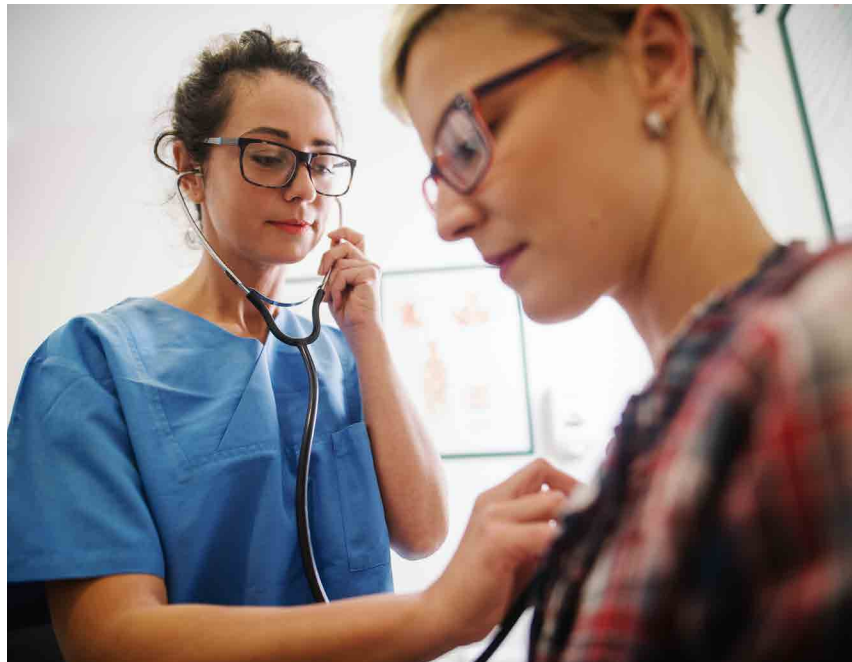
Cervical cancer screening with a Pap smear is recommended for all women. Pregnancy does not affect the scheduling of Pap smear test. If you are due for one, it will be performed during prenatal care.

## Tuberculosis (TB) screening

Some pregnant patients will need to be tested for Tuberculosis (TB). During your nurse intake visit, you will be asked a series of questions to determine if you need TB screening.

## Gestational diabetes

All pregnant patients are screened for gestational diabetes between 24 to 28 weeks of pregnancy. The screening is done using a timed glucose test conducted in the lab. Some patients will need to be screened for diabetes very early in pregnancy as well.



# Staying healthy

Staying healthy



# Vaccinations and pregnancy

All pregnancy medical experts agree that you need three vaccines for pregnancy: influenza (flu), pertussis (whooping cough), and COVID-19.

## Why do I need a flu shot during pregnancy?

- Getting the flu during pregnancy can put you in the hospital.
- Because the flu changes from year to year, the vaccine for the flu is updated each year.
- A flu shot protects your health by reducing your risk of getting the flu. It can also protect your baby from the flu for a few months after birth.
- You need to get the flu shot during each pregnancy. You should get it as soon as it becomes available in the fall.



## What's Tdap and why do I need it during pregnancy?

- Tdap is a vaccine for kids 11 years and older and adults that protects against tetanus, pertussis, and diphtheria.
- Pertussis (also called whooping cough) is a contagious disease that causes a bad cough.
- In babies, it can be very serious. One-half of babies who get pertussis end up in the hospital.
- There is a vaccine for pertussis, but babies can't get it until they are 2 months old. You can protect your newborn by getting vaccinated with the pertussis vaccine (Tdap) when you are pregnant.

- To give your baby the best protection, you need to get Tdap during each pregnancy. The ideal time is between 27 and 36 weeks of pregnancy.
- Tdap has been proven to be safe during pregnancy. It does not cause birth defects or pregnancy problems.
- People who will have contact with your baby should also get Tdap. Even if they received a standard tetanus booster within the past 10 years, they should get the Tdap vaccination at least 2 to 3 weeks before the baby is born.

## Why do I need the COVID-19 vaccine during pregnancy?

- The vaccines are effective at preventing COVID-19 disease, especially severe illness and death.
- Vaccination during pregnancy may transfer protective antibodies to your baby through the placenta and breast

milk. These antibodies may lower the chance of your baby getting COVID.

- No safety concerns or increased risks of pregnancy loss, growth problems, or birth defects have been reported in pregnant people who have been vaccinated.

*Disclaimer: This information is produced by The Society for Maternal-Fetal Medicine (SMFM).*

*Reference to specific commercial products, manufacturers, companies, or trademarks does not constitute its endorsement or recommendation by either organizations. To learn more visit [highriskpregnancyinfo.org/vaccines-in-pregnancy](https://highriskpregnancyinfo.org/vaccines-in-pregnancy).*

# Common complaints and medications

## Colds

- Increase your oral intake of fluids (preferably water) to at least 8 to 10 glasses (64 to 80 ounces) a day.
- Run a cool mist vaporizer.
- Increase your rest.
- Take Tylenol (acetaminophen) for headache or pain. Follow dosage directions on the box. **Do not exceed 4000 mg per day.**
- For a sore throat, gargle a ½ teaspoon of salt in 16 ounces of warm water; if sore throat persists for more than a week or you have had exposure to strep throat, please call your primary care provider's office.
- For cough, mix equal parts of honey and lemon juice with hot water, and sip one to two teaspoons every one to two hours.



### Medications recommended for colds

Sudafed PE

Robitussin PM

Chlorpheniramine (Chlor-Trimeton)

Chloroseptic throat spray

Afrin nasal spray (limit use to less than 3 times per day)

Mucinex

Emergen-C

Saline nasal spray (Ocean Nasal Spray)

Tylenol (acetaminophen). Do not exceed 4000 mg per day.

## Constipation

- This is a very common occurrence during pregnancy.
- Drink 8 to 10 glasses of water (64 to 80 ounces) a day.
- Increase fiber content in nutrition (fruits, vegetables and whole grains).
- Consider taking a daily fiber supplement.
- Attempt to exercise regularly.

### Medications recommended for constipation

Increase fiber in your diet and consider a daily fiber supplement.

Colace or the generic brand (take 1 to 2 tablets daily).

## Heartburn

- Avoid overfilling the stomach; eat multiple small meals throughout the day.
- Sleep in a semi-reclined position if symptoms are worse at night.
- Avoid eating within one to two hours of going to bed.
- Avoid foods containing high fat, caffeine or chocolate. We also recommend you limit intake of spicy or highly seasoned foods and acidic foods.
- Do not treat symptoms by taking milk products — it will increase acid production.

### Medications recommended for heartburn

Tums

Mylanta

Pepcid AC

(Source: Centers for Disease Control and Prevention; Information developed by CDC, 2021.)

Reference to specific commercial products, manufacturers, companies, or trademarks does not constitute its endorsement or recommendation by the U.S. Government, Department of Health and Human Services, or the Centers for Disease Control and Prevention.

## Hemorrhoids

- Avoid constipation. Drink at least 8 to 10 glasses of water (64 to 80 ounces) a day.
- Use Tucks (witch hazel pads) or moistened cotton balls for cleaning after each bowel movement.

### Medications recommended for hemorrhoids

Anusol, Anusol HC

Preparation H

## Dizziness

- This usually occurs with a sudden change of position, so change positions slowly.
- Keep well hydrated and make sure to eat every two to three hours to keep blood sugar normal.



## Headaches

- Headaches are common during pregnancy, especially during the first trimester.
- Increase fluid intake and rest.
- Cold applications and massages to head and neck may be helpful.
- Take Tylenol (acetaminophen), regular or extra strength, according to package instructions.
- Avoid Motrin (ibuprofen) and products containing Motrin during pregnancy.
- If your headaches are not relieved by the above methods, please call our office.

## Nausea/vomiting

- Nausea and vomiting during pregnancy is very common during early pregnancy and less frequently during the later months.
- Eat small and frequent meals.
- Vitamin B6 (Pyroxidine) 25 to 50 mg every six hours and add 12.5 to 25 mg of Unisom (doxylamine) at night. This works well after several days.
- You may find that the smell, thought or sight of certain foods may increase your nausea. Avoid these foods as much as possible. (Do not be surprised if these foods change.)
- If nausea is severe, try sips of water, Gatorade, popsicles, ginger ale or ginger snaps.
- Acupressure wristbands.
- If the above measures do not work or if you are unable to maintain hydration, please call our office.

## Contractions

- A contraction is a tightening of the uterine muscle. Contractions occur normally throughout the pregnancy.
- It's normal for contractions to occur occasionally. If you experience six to 10 painful contractions every hour for at least 2 hours and they have not stopped after drinking a lot of water and rest, please call the office or the on call provider.
- If you're having regular uterine tightening occurring more than five times per hour, drink two glasses of water and lie on your side for one hour.

## Diarrhea

- Generally, no treatment is needed, unless symptoms persist for more than 24 hours or if you start to become dehydrated.

## Urgent warning signs

If you have any of these symptoms during or after pregnancy, contact your health provider and get help right away. If you can't reach your provider, go to Salem Health's emergency room. Remember to say that you're pregnant or have been pregnant within the last year.

- Headache that won't go away or gets worse over time.
- Feeling of dizziness, fainting or confusion.
- Thoughts about hurting yourself or your baby.
- Changes in your vision.
- Extreme fever.
- Trouble breathing or shortness of breath.
- Chest pain or fast beating heart.
- Pain or pressure in the chest or abdomen.
- Severe nausea and throwing up (not similar to morning sickness).
- Baby's movements stop or slow down.
- Vaginal bleeding or fluid leaking during or after pregnancy.
- Swelling redness or pain of your leg.
- Extreme swelling of your hands or face.
- Overwhelming tiredness.

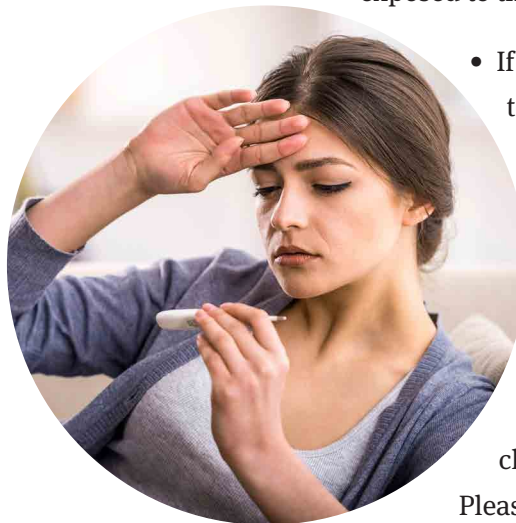
## Bleeding

If you are bleeding heavier than your normal period, call the clinic or the on call provider. The on call providers can be reached at **503-814-4480**.

## Exposure to communicable diseases (chicken pox, measles, mumps, etc.)

If you're exposed and have questions, please call and speak to a nurse. If you've had any of the illnesses previously, you are most likely immune. Your immune system will protect your infant.

Chicken pox is a viral infection, which is highly contagious. The virus is airborne and will be spread through direct contact of coughing and sneezing. You're contagious before the rash appears and for many days after. If you've never had chicken pox, it's best to stay away from those known to have been exposed to the disease.



- If you think you've been exposed to chicken pox or have it, please call us immediately.

- Please do not come to the office unless directed to prevent exposure to other patients.

- The same virus that causes chicken pox causes shingles.

Please follow the above guidelines if you are exposed.

## Ruptured membranes

If you suspect that your water has broken, call the office if it is during office hours. After hours, go to the Salem Health Family Birth Center, which is located in Building D on the third floor.

## Fever

For a temperature greater than 100.4°F, with or without cold symptoms, please call the office.

For a temperature less than 100.4°F, take Tylenol according to package instructions, increase rest and increase fluids.

*(Source: American College of Obstetricians and Gynecologists, 2021.)*

## Unusual vaginal discharge

Call the office if you have discharge that burns, itches, or has a foul odor. If you have symptoms of a yeast infection, over-the-counter Monistat can be used. Call the office if symptoms persist.

## Pain

If you're having severe pain, please call the office immediately. If it's after hours, you'll be directed to the provider on call.

## Urinary tract infections

Call if you have any of the following symptoms or if these symptoms persist after 48 hours of taking antibiotics for a urinary tract infection.

- Pain or burning with urination
- Urinary urgency
- Blood in your urine
- Severe one-sided back pain
- Fever (100.4°F or higher) or shaking chills

## Other Medications

Please review all medications you are taking with your provider, including all over the counter, prescription, and herbal medications (this includes marijuana). Please follow the directions on your medication's container. If your symptoms are not relieved with medication, please discuss with your provider. The following over-the-counter medications are recommended and considered safe for use during pregnancy:

## Prenatal supplements

A prenatal vitamin is a pill that you take daily during pregnancy. It helps make sure you are getting the right amount of certain nutrients that are important to your baby. Ask your health care provider to help you choose the best one for you. Important nutrients during pregnancy include:

- Folic acid – it is best to start taking this supplement three months before you start trying to get pregnant. Folic acid helps



prevent certain problems in your baby. During pregnancy, you need to take 400 micrograms (mcg) of folic acid daily.

- Iron, calcium, and vitamin D — these supplements are also to be taken during pregnancy at the instruction of your provider. They help keep you and your baby healthy. Be sure to take them at different times of the day because calcium makes it hard for the body to absorb iron. We recommend taking iron with orange juice as it helps to increase its absorption.



## Seasonal allergy medications

We recommend the following over the counter medications to alleviate seasonal allergies.

- Sudafed PE
- Diphenhydramine (Benadryl)
- Zyrtec
- Chlorpheniramine (Chlor-Trimeton)
- Claritin
- Any over-the-counter allergy medication

## Other things to remember

### Dental work

- It is better to have dental problems treated during pregnancy than postpone treatment. Studies show an increase risk of preterm delivery in patients with untreated dental problems.
- Inform your dentist of your pregnancy before any X-rays or procedures.
- If dental X-rays are required, your abdomen should be shielded.
- Fillings and/or extractions may be performed under local anesthetic.
- If the dentist is considering general anesthesia or gas, please have them contact your provider.
- If needed, your dentist may prescribe antibiotics or pain medicine.
- If your dentist requires a clearance letter for you to be treated, call the office and request one. Please have the fax number at your dental office when you call.

### Intercourse

Unless your provider advises differently, intercourse or sex is okay during pregnancy.



# Nutrition and exercise



# Nutrition

## What you eat matters

It is very important for you and your baby that you have a healthy nutrition. What you eat affects both of you. During pregnancy, you'll likely need about 300 more calories per day than before you became pregnant. A healthy goal is to eat the number of servings listed below daily for each food group. It is highly suggest that you cut down on salt and caffeine while also limiting the amount of sweets and high-fat food you eat. Do not smoke or drink alcohol.



## Fats and oils

Recommended servings: 6 to 8 teaspoons.

## Fruits

Recommended serving: 2 cups.

### Examples of 1 cup servings

- 1 medium apple
- 1 medium orange
- 1 medium banana
- 1 cup chopped fruit
- 1 cup 100% fruit juice (pasteurized)
- ½ cup dried fruit

\* Choose whole grains whenever possible.

\*\* Try to choose low-fat options; avoid soft cheeses and unpasteurized milk.

\*\*\* Avoid raw or undercooked meats, eggs, seafood, fish, and shellfish. Some types of fish, like shark, swordfish, and king mackerel should not be eaten during pregnancy. Avoid hot dogs, luncheon meats, and cold cuts unless heated to steaming just before being served. Ask your health care provider about safe choices.

## Vegetables

Recommended serving: 2 ½ to 3 cups.

### Examples of 1 servings

- 2 cups raw, leafy greens
- 1 cup raw or cooked cut-up vegetables
- 1 cup 100% vegetable juice (pasteurized)

## Grains and cereals\*

Recommended serving: 6 to 8 ounces.

### Examples of 1-ounce servings

- 1 slice of bread
- ½ cup cooked rice
- ½ cup cooked cereal
- ½ cup pasta
- 1 ounce cold cereal

## Dairy\*\*

Recommended serving: 3 cups.

### Examples of 1-cup servings

- 1 cup milk
- 1 cup yogurt
- 1 ½ ounces natural cheese
- 2 ounces processed cheese

## Protein\*\*\*

Recommended serving: 5 to 6 ½ ounces.

### Examples of 1-ounce servings

- 1 egg
- 1 ounce of lean meat, poultry, or fish
- ¼ cup cooked beans
- 1 tablespoon peanut butter
- ½ ounce nuts

## Fluids

Recommended servings: 8 or more 8-ounce glasses.

Examples
Water
Diluted juices: apple, orange, cranberry
Mineral water
Clear soups or broth

## Healthy nutrition habits during pregnancy

Now that you know how important a healthy nutrition is for you and your baby — here are some things you can do to create and manage healthy nutrition habits.

### A healthy weight

A slow, steady rate of weight gain is often normal and best. After the first trimester, you may gain about a pound a week. If you were overweight before pregnancy, your health provider can work with you to determine what a healthy weight goal is for your pregnancy.



## Dietary restrictions

If you have questions about certain dietary restrictions talk to your provider about adapting your eating habits for a healthy pregnancy.

## Ideal weight gain

Please talk to your provider about concerns regarding your weight gain goals during pregnancy.

## Fluids

Your baby needs fluids at this time. Drink at least 8 to 10 cups of fluid daily. Fluids also decrease constipation, flush out toxins and waste, limit swelling, and help prevent bladder infections. Water is best. Other good choices include:



- Water or seltzer water with a slice of lemon or lime (these can also help ease an upset stomach).
- Clear soups that are low in salt.
- Low-fat or fat-free milk, soy or rice milk with calcium added.
- Popsicles or gelatin (avoid those high in sugar).

## Foods to limit

- Caffeine — moderate consumption of caffeinated beverages is safe during pregnancy (up to 24 ounces, 300 mg/day). Avoid energy drinks, which contain high concentrations of caffeine.
- Artificial sweeteners.
- Do not eat any type of organ meats.

- Certain types of fish.
- Fish and shellfish that contain mercury in lower amounts, like shrimp, canned light tuna, salmon, Pollock and catfish.

## Foods to avoid

These foods can harm your growing baby.

- Any type of alcohol.
- Unpasteurized dairy foods and juices.
- Raw or undercooked meat, poultry, fish or eggs.
- Unwashed fruits and vegetables.
- Prepared meats, like deli meats or hot dogs (unless heated until steaming hot).
- Fish that are high in mercury, like shark, swordfish, king mackerel, tilefish, and albacore.

*(Source: Krames on Demand, 2021. This information is not intended as a substitute for professional medical care. Always follow your health care professional's instructions.)*

## Exercise

- Aerobic exercise may be continued during pregnancy if you're accustomed to doing it. The general rule is any exercise that you did before pregnancy is OK during pregnancy.
- Listen to your body as you exercise. Stop if you have severe pain, difficulty breathing or dizziness that doesn't stop easily with rest.
- Be sure to increase your water intake when you exercise.
- Avoid tanning beds, Jacuzzis, saunas and hot tubs.
- Avoid activities where you could fall or be injured. Extreme sports like horseback riding, skiing and SCUBA diving are not safe in pregnancy.



# Staying safe during your pregnancy



Staying safe during pregnancy

# Staying safe during pregnancy

## Hair treatments

Hair dye/highlights and perms are OK to get during pregnancy; but make sure the area is ventilated while doing so.

## Household chemicals

Use household cleaning supplies and chemicals with caution. When cleaning with household products, please heavily ventilate the area. Make sure to read the label instructions in all of your products as well.

## Painting

- Although home or major renovations can be done while pregnant, it can cause exposures to dangerous substances. Please wear protective equipment and take precautions.
- Avoid removal of old paint if there is any risk of lead exposure.
- Paint in a well-ventilated area; avoid prolonged exposure to paint fumes/vapors.

## Pesticides

Avoid exposure to chemicals such as pesticides, flea dips or bombs, insecticides and herbicides.

## Pets

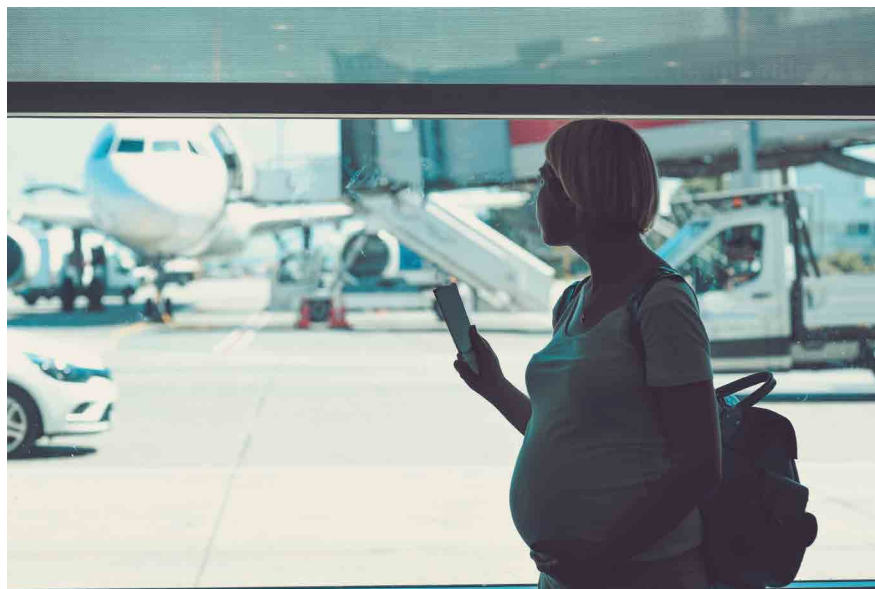
- Toxoplasmosis can be found in cat droppings and the soil. Wear gloves when gardening or changing cat litter or have someone else change the litter while you are pregnant.
- Avoid contact with pet rodents (hamsters, rats, etc.)
- Avoid contact with reptiles.

## Body piercings and tattoos

We do not recommend body piercing or tattoos during pregnancy. This is because of the risk of infection.

## Travel

- Flying on a commercial airline presents no threat to your pregnancy.
- We do not recommend long distance travel during the last two months of pregnancy.
- Lap and shoulder belts should both be worn throughout pregnancy; lap belt should be across the hips.
- During long flights/drives get up and stretch every two hours, and drink plenty of water.



# Prepare for labor



# Prepare for labor



## Managing labor pain

There are many ways to manage pain during labor. It can often be done with no anesthesia or strong pain medicines. Talk to your health care provider about any choices you would like to explore.

## Relaxation techniques

These techniques can help you through labor and prepare you to welcome your baby in a more relaxed environment. They are often taught in special classes prior to your due date so when it's time for birth, you're equipped and prepared with the skills needed. Interested in learning more about these classes? Your health care provider can help you!

- Breathing techniques
- A warm tub or shower (the birth center has a tub and shower you can use during early labor).
- Massage and therapeutic touch by your support person or labor coach
- Reading materials that are comforting or inspiring
- Music that is soothing
- Hypnosis
- Acupressure
- Heat and cold application
- Aromatherapy
- Birth ball

## If you need medicine

You may plan to use little or no medicine. However, you may change your mind during labor. You can ask for medication or epidural at any time if you need it.

## Skin-to-skin contact with your newborn

Skin-to-skin contact between a parent and their newborn provides many benefits for the health of the baby. This is the transition period after birth for you and your baby.



Immediately following delivery, your nurse will dry your baby and keep the baby skin-to-skin on your chest, allowing for close and tender contact with your newborn.

Contact between a parent and their newborn provides the baby with the best possible temperature regulation. Babies who get cold can have problems with breathing, feeding and maintaining proper blood sugar levels. Babies in skin-to-skin contact with a parent also cry less than those placed in a bassinet.

After birth, babies usually become quiet and alert. They have the ability to look directly into their parents eyes and respond to their voices. During this quiet alert phase, your infant will make their first attempts to interact with you and the world around them.



Newborns have an extraordinary ability to respond to you. Skin-to-skin contact allows them to feel the familiar and comforting rhythm of your heartbeat. They can see the shape of your face and begin to recognize your taste and smell. They will also recognize and respond to the soothing sound of your voice.

A parent's gentle touch triggers physical and emotional responses. Touch also helps calm your baby and promotes their immune system.

### Did you know?

- Babies have an amazing ability to interact with their parents. They can distinguish touch, smells, tastes, sounds and sights right away.
- If you choose to breastfeed, skin-to-skin contact right after birth helps babies to breastfeed as soon as possible.
- With skin-to-skin contact, the parent's temperature will warm and cool in response to the baby, providing consistent warmth.
- Skin-to-skin contact is a great way for parents and partners to bond with the baby.

## Rooming-in

### What is rooming-in?

Where your baby stays with you in a crib in your room throughout your hospital stay.

### What are the advantages of rooming-in?

- Baby sleeps better and cries less.
- Baby is fed more often.
- Baby eats on-demand.
- Baby gains weight better.
- Baby develops less jaundice.

- Parents get to know their baby better.
- Baby learns to recognize its parents.
- Less stressful for the baby. Baby is easier to calm.
- Parents are better prepared to take care of baby on their own.
- Parents learn to recognize their baby's feeding cues earlier.
- Parents ensure the care they want for the baby.
- Rooming-in parents get more rest and they experience less separation anxiety.
- Rooming-in parents have less incidence of postpartum depression.
- If you are choosing to breastfeed, you can begin sooner and continue longer. It can also help breastfeeding issues decline, while helping milk appear sooner, and the baby being more satisfied.
- It's good practice for parents to sleep when the baby sleeps. We recommend all parents nap during the day and limit visitors.



# Breastfeeding



# Breastfeeding

## Benefits for the baby

There are many benefits to your baby being breastfed. For infants, breast milk is the most complete nutrition they can receive. It has just the right amount of fat, sugar, water and protein needed for a baby's development and growth. Actually, most babies find it easier to digest than formula.

Breast milk has antibodies that help protect infants from sickness, bacteria and viruses. In the first year of life, a breastfed baby has a lower rate of sudden infant death syndrome. In addition, babies who have been breastfed for at least six months are less likely to have ear infections, diarrhea and respiratory illnesses.



When they are older, they have lower rates of developing diabetes, lymphoma, leukemia, Hodgkin's disease, obesity, high cholesterol and asthma. Ultimately, breastmilk changes to meet your baby's needs as they grow and it helps your baby's brain develop.

## Benefits for the parents

Your baby is not the only one that benefits from breastfeeding. For feeding parents, it helps them heal after delivery while decreasing the bleeding after giving birth. It also lowers the risk of developing breast and ovarian cancers.

Additionally, it saves you and your partner time and money. It reduces the time you spend warming up bottles and the formula you have to purchase often. Breastmilk is always free and ready to go.

If one of your health goals is to lose weight, breastfeeding can help you burn extra calories — making it easier to lose weight after pregnancy. Most importantly, with practice you can feed the baby easily anywhere.

## When to start breastfeeding

Early and frequent breastfeeding will help you develop your milk supply to best satisfy your baby's needs. If possible, try breastfeeding in the delivery room as soon as possible — a nurse can help you! It may take two to three weeks to feel like your baby is thriving on breast milk.

- Do not give your baby water or juice unless directed by your provider.
- Drink many fluids and eat a well-balanced diet.
- Delay using a pacifier until your baby is at least one month old so it can establish regular and healthy feeding habits.

## Challenges during breastfeeding

### Sore nipples

Nipples may feel tender at first. A good latch is key. When baby latches, make sure your baby has a wide mouth, tongue down prior to latching and nipple to the roof of the mouth to get a deeper latch. Lips should be flanged out with the bottom lip positioned well below the nipple.

### Low milk supply

Offer both breasts at each feeding. Have your baby stay at the first breast until they stop sucking and swallowing. After, offer the second breast.

## Engorgement

Continue to feed your baby every two to three hours, use cold compresses between feeds to decrease swelling, and pump as needed.

## Nursing “strike”

This sometimes happens when the baby has been breastfeeding well for months and suddenly refuses the breast. Pump if your baby is refusing to breastfeed to maintain your milk supply.

Breastfeeding can be challenging. Get advice from one of our lactation consultants by calling **503-814-4539**.

## FAQs about breastfeeding

### How do I know breastfeeding is going well?

- You can see and hear your baby sucking and swallowing.
- Your breasts are softer afterwards.
- Baby feeds 8 to 12 times in a 24-hour period (about every two to three hours and 20 to 40 minutes each session).
- Baby has at least one wet/dirty diaper for every day their first six days of life, and then about six wet diapers per day.
- Baby looks satisfied after feeding.

### Why is important to feed my baby whenever they show signs of being hungry?

- Helps your baby to be settled and content.
- Helps prevent breastfeeding complications.
- Helps you have a good milk supply.
- Helps your baby get just the right amount to eat.

### Why is it important to position and attach my baby properly for breastfeeding?

- Helps your baby to get enough breast milk.
- Helps you have enough milk for your baby throughout the day.
- Helps prevent nipple pain and damage.

### What are the risks of giving my baby anything other than breast milk when I am breastfeeding?

- May make your baby less content with breastfeeds.
- May make your baby more susceptible to illness.
- May reduce your milk supply.



## Pumping and breast milk storage

If you're unable to breastfeed your baby directly, it's important to remove milk during the times your baby normally would feed. This will help you continue to make milk. Before you express breast milk be sure to wash your hands. Also, make sure the area where you are expressing is clean.



If you need help getting your milk to start flowing, apply a warm moist compress to the breast for two to three minutes, gently massage the breasts, or sit quietly and think of a relaxing setting. It also helps to have one of the following items nearby — a picture of your baby, baby blanket or an item of your baby's clothing that has their scent on it.

### Pumping tips

It may take time adjusting to pumping breast milk in any environment. For easier pumping, try these tips for getting your milk to let down from the milk ducts:

- Relax as much as you can.
- Massage your breasts.
- Gently rub your nipples.
- Visualize the milk flowing down.

### After each pumping

- Label the date on the storage container. Include your child's name if you are giving the milk to a childcare provider.
- Gently swirl the container to mix the cream part of the breast milk that may rise to the top back into the rest of the milk. **Shaking the milk is not recommended** — this can cause a breakdown of some of the milk's valuable components.
- Keep milk at room temperature for four hours.
  - ▶ If you will be feeding your baby within four hours, milk doesn't need to be refrigerated.
  - ▶ If you don't plan on feeding it to your baby within four hours, refrigerate or chill the milk right after it is expressed. You can put it in the refrigerator, place it in a cooler or insulated cooler pack; or freeze it in small (2 to 4 ounce) batches for later feedings.

### Storage of breast milk



Breast milk can be stored in clean glass or hard BPA-free plastic bottles with tight-fitting lids. You can also use milk storage bags, which are made for freezing human milk. Don't use disposable bottle liners or other plastic bags to store breast milk.

## Tips for freezing milk

- Wait to tighten bottle caps or lids until the milk is completely frozen.
- Try to leave an inch or so from the milk to the top of the container because it will expand when freezing.
- Store milk in the back of the freezer — not in the freezer door.



## Tips for thawing and warming up milk

- Clearly label milk containers with the date it was expressed. Use the oldest stored milk first.
- Breast milk does not necessarily need to be warmed. Some parents prefer to take the chill off and serve at room temperature. Some parents serve it cold.
- Never put a bottle or bag of breast milk in the microwave. Microwaving creates hot spots that could burn your baby and damage the components of the milk.
- Thaw frozen milk in the refrigerator overnight or warm milk to room or body temperature by holding the bottle or frozen bag of milk under warm running water, or place it in a container of warm water.
- Swirl the milk and test the temperature by dropping some on your wrist. It should be comfortably warm.

- Use thawed breast milk within 24 hours. Do not freeze thawed breast milk.

### Freshly expressed breastmilk storage guidelines (for healthy term babies)

Room temperature: 4 hours at 66 to 78 degrees Fahrenheit.

Refrigerator: 4 days at 39 degrees Fahrenheit or lower.

Freezer: 6 to 12 months at 0 to 4 degrees Fahrenheit (6 months — Best. 12 months — Acceptable).

Thawed breastmilk: Use within 24 hours.

## Breast pumps

### General information

- Breast pumps are available upon discharge on the mother-baby floor. Your nurse can provide more information.
- Breast pumps come in a variety of styles and prices.
- Pumping should not be uncomfortable.
- Suction on a breast pump can be adjusted.
- Suction should not be turned up higher than what is comfortable.
- Make sure all pump parts are put together securely.



## Personal use of breast pumps

- Personal use pumps are retail personal care items, like a toothbrush.
- They should never be resold or shared among breast feeders.
- Internal parts and personal pumps can't be sterilized; there is a risk of cross contamination with sharing pumps.

## Working parents and breastfeeding

Planning for your return to work can help ease the transition. Learn as much as you can ahead of time and talk with your employer about your options. This can help you continue to enjoy breastfeeding your baby long after your parental leave time.

### During pregnancy

- Join a breastfeeding support group and talk with other parents. For more information on support groups and classes visit Salem Health's Community Education Center's (CHEC) website at [salemhealth.org/chec](http://salemhealth.org/chec).
- Talk with your supervisor about your plans to breastfeed at work. Discuss different types of schedules, such as starting back part time at first or taking split shifts.
- Find out if your company provides a lactation support program for employees. If not, ask about private areas where you can comfortably and safely express milk. The Affordable Care Act supports work-based efforts to help nursing parents.
- Ask the lactation program director, your supervisor, wellness program director, employee human resource office or other coworkers about the process of breastfeeding at your place of work.

## After the baby is born

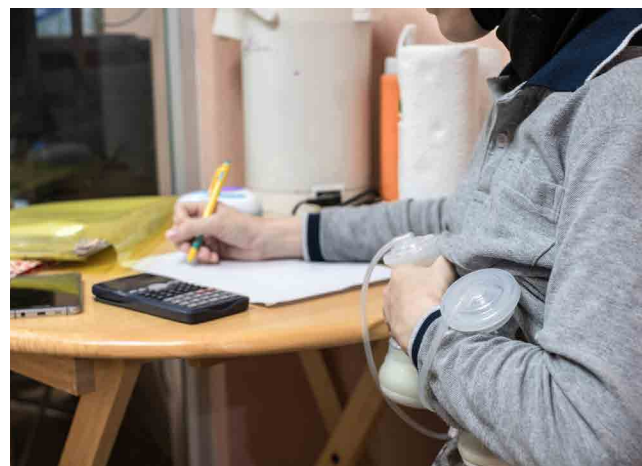
- Set up a breastfeeding routine that works for you and your baby.
- Ask one of our Salem Health lactation consultants for help. They support patients in providing the best nutrition for their newborns. Give them a call: **503-814-4539**.

### During your parental leave

- Take as many weeks off as you can. At least six weeks of leave can help you recover from childbirth and settle into a good breastfeeding routine. Twelve weeks is even better.
- Practice expressing your milk by hand or with a quality breast pump.
- Help your baby adjust to taking breast milk from a cup shortly before you return to work.
- See if there is a childcare option close to work. This way you can plan to visit and breastfeed your baby, if possible. Ask if the facility will use your pumped breast milk.
- Talk with your family and your childcare provider about your desire to breastfeed. Let them know you will need their support.

### Back at work

- Keep talking with your supervisor about your schedule and what is or isn't working for you.



Keep in mind that returning to work gradually gives you more time to adjust.

- If your childcare is nearby, find out if you can visit to breastfeed over lunch. If not, freeze 2 to 4 ounces at a time to save for your baby. This gives you some extra milk in storage and may increase your milk volume.
- When you arrive to pick up your baby from childcare, take time to breast feed first. This will give you both time to reconnect before traveling home and returning to other family responsibilities.
- If you're having a hard time getting support, talk to your human resources department. You can also ask a lactation consultant for tips.

## When to express milk

At work, you'll need to express and store milk during times you would normally feed your baby. This turns out to be about two to three times during the typical eight-hour work period. Expressing milk can take about 10 to 15 minutes. Sometimes it may take longer. This will help you make enough milk for your childcare provider to feed your baby while you're at work.

As the baby gets older, the number of feeding times may go down. Many breast feeders take their regular breaks and lunch breaks to pump. Some get to work early or stay late to make up the time needed to express milk.

## Find a private place to express milk at work

Work with your supervisor to find a private place to express your milk. The Affordable Care Act supports work-based efforts to help nursing parents. The Department of Labor is proposing a new regulation to allow nursing women reasonable break time in a private place (*other than a bathroom*) to express milk while at work. (*Employers with fewer than 50*

*employees are not required to comply if it would cause the company financial strain*).

If your company doesn't provide a private lactation room, find another private area you can use. You may be able to use:

- An office with a door
- A conference room
- A little-used closet or storage area

The room should be private and secure from intruders when in use. The room should also have an electrical outlet if you are using an electric breast pump. Explain to your supervisor that it's best not to express milk in a restroom. Restrooms are unsanitary, and there are usually no electrical outlets. It can also be difficult to manage a pump in a toilet stall.

## Storing your milk at work

Breast milk is food, so it's safe to keep it in an employee refrigerator or a cooler with ice packs. Talk to your supervisor about the best place to store your milk. If you work in the medical field, don't store milk in the same refrigerators where medical specimens are kept. Be sure to label the milk container with your name and the date you expressed the milk.

## Call to Action to Support Breastfeeding

The Surgeon General's *Call to Action to Support Breastfeeding* explains why breastfeeding is a national public health priority and sets forth actionable steps that businesses, communities, health systems, and others can take to support nursing parents. Learn more at [www.surgeongeneral.gov](http://www.surgeongeneral.gov).

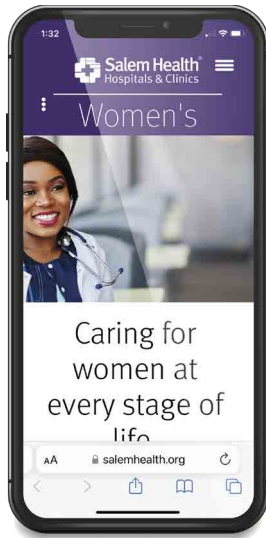
*The Business Case for Breastfeeding* is a resource kit that can help your company support you and other breastfeeding parents in the workplace.



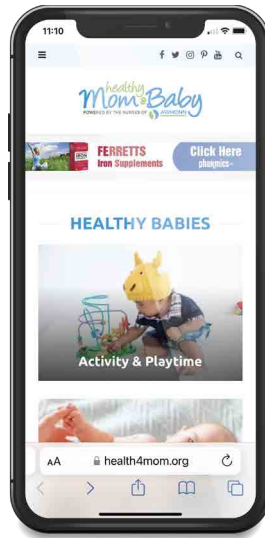
# Resources



# Resources



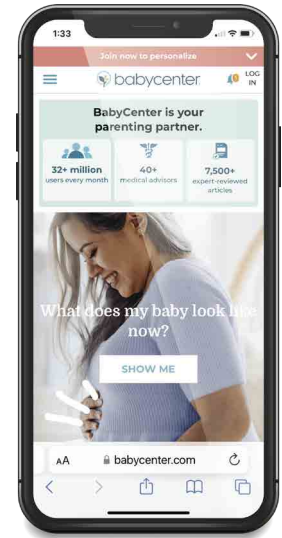
**Salem Health Women's Health**  
[salemhealth.org/womenshealth](http://salemhealth.org/womenshealth)



**Healthy Mom and Baby**  
[health4mom.org](http://health4mom.org)



**March of Dimes**  
[marchofdimes.org](http://marchofdimes.org)



**Baby Center**  
[babycenter.com](http://babycenter.com)

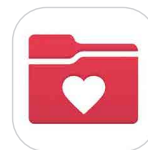


**Office on Women's Health (OASH)**  
[womenshealth.gov](http://womenshealth.gov)



**MotherToBaby**  
[mothertobaby.org](http://mothertobaby.org)

## Free smartphone apps for expecting parents



**MyChart for Salem Health**  
[mychart.salemhealth.org](http://mychart.salemhealth.org)



**Text4Baby**  
[text4baby.org](http://text4baby.org)



**Ovia Health**  
[info.oviahealth.com/enroll](http://info.oviahealth.com/enroll)



**The Bump**  
[thebump.com](http://thebump.com)



**What To Expect**  
[whattoexpect.com/mobile-app](http://whattoexpect.com/mobile-app)



## Your Guide to Breastfeeding

Scan the QR code to download the PDF.

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