

Front Cover

# Great Expectations

**SAMPLE 2 COLOR CUSTOM**



*A guide to  
enjoying your  
pregnancy*



## Inside Front Cover

# Congratulations!



Whether you are beginning your first pregnancy, or already have children at home, your pregnancy is an exciting time. The upcoming birth of a child is a period of great expectations for you and for every member of your family.

The ability to nurture and bring forth life is perhaps a woman's most memorable and meaningful experience, one in which we hope to play a valuable role. We are here not only to listen but to educate you. We encourage you to share your feelings and questions openly with us, especially concerning the health and well-being of you and your unborn child. We are very excited that you chose our office to care for you and your baby.

Along with hopes and expectations, the days ahead will bring many questions. As you can see, this book contains a wealth of information on topics important to your well being and that of your unborn baby. Refer to it frequently throughout your pregnancy and post-natal period.

We try to be personally available to our patients for all of their care, including labor and delivery; however, it is impossible to be on call 24 hours a day, 365 days a year. The physicians routinely rotate call coverage after-hours, weekends, holidays and during vacations.

Many well-intentioned people will offer you advice, but what is good for one person may not be good for another. Please remember that we, your providers, are the best source of information. We at Leavitt Women's Healthcare look forward to proving to you that your decision to come to our office is one that you will never regret, as we demonstrate how years of experience has put us at the top of our field in the OB community.

### *The Providers and Staff at Leavitt Women's Healthcare*

#### Hours

Our office hours are Monday through Thursday 8:00 a.m. to 5:00 p.m. The office will be closed between 12:00 p.m. and 1:00 p.m. daily for lunch. We are closed Friday, Saturday and Sunday.

#### Telephone Numbers

- **Leavitt Women's Healthcare: (208) 529-5942**
- EIRMC Labor and Delivery: (208) 529-7135
- Mtn. View Labor and Delivery: (208) 557-2729

We try to answer all calls promptly. Should all of our lines be busy, you will be connected to an automated attendant. You will be offered a menu from which you can select an option and direct the call yourself if desired.

#### After Office Hours, Weekends, and Holidays

In case of emergency, you may call (208) 529-5942 and follow the instructions to reach the provider on call. If you leave a message, we will return your phone call on the next business day.

#### Before You Call

1. Check to see if the answer to your question is in this book.
2. Because the providers are busy seeing patients throughout the day it is our policy to have you speak to a nurse who will either be able to answer your question, or will speak to the provider and get back to you promptly.

#### Fees, Billing, and Collection Policies

We will contact your insurance company and verify your deductible and co-pays. With this information we will arrange easy monthly payments.

# Inside Back Cover

## MEDICATIONS SAFE TO TAKE DURING PREGNANCY

### Morning Sickness/Nausea

- You may try vitamin B6 (50mg) with ½ a Unisom tablet twice a day.
- Meclizine as directed on bottle (over-the-counter).
- Eat crackers before getting out of bed in the morning, frequent meals (every two hours), high carbohydrates (baked potatoes, toast, etc.) and high protein snacks at bedtime (hard cheese, etc.).
- Avoid foods difficult to digest, spicy foods, caffeine, cigarettes and cigarette smoke.
- Ginger or ginger tea is OK to try.
- Call the office if you are unable to keep any food or fluids down for over 24 hours.

### Colds, Cough, Allergies, and/or Flu Symptoms

- Call the office for fever over 101°F.
- Halls cough drops, Cepacol lozenges, Chloraseptic, Robitussin DM, Tylenol Cold/Sinus, Sudafed, Actifed, Chlor-Trimeton, Coricidin-D, Benadryl, Zyrtec, Claritin
- A vaporizer or humidifier may also help.

### Pain/Headache

- Extra Strength Tylenol, Tylenol
- DO NOT TAKE ASPRIN OR IBUPROFEN.

### Hemorrhoids

- Tucks, Anusol, or sitz baths
- If symptoms are severe, call the office.

### Vaginal Yeast Infections

- Over the counter Monistat or Gyne-Lotrimin cream (the five to seven day treatment works the best)
- If this does not help, call the office.

### Constipation

- Increase your dietary fiber (fruits, vegetables, oatmeal, whole grain foods) and increase fluid intake.
- Metamucil, Citrucel, Konsyl, Benefiber, FiberCon, Miralax
- Stool softener, i.e. Colace
- Avoid stimulant laxatives.

### Diarrhea

- No treatment for mild cases, just increase fluid intake.
- Call the office if accompanied with fever, severe cases or if symptoms persist beyond two days.
- Kaopectate, Imodium AD
- No Lomotil

### Heartburn/Indigestion

- Tums, Maalox, Mylanta (liquid or tablets), Zantac, Pepcid, Prilosec, Prevacid
- If symptoms persist call the office.
- Avoid foods difficult to digest, spicy foods, caffeine, cigarettes and cigarette smoke.

### Leg Cramps

- Calcium (500mg) daily at bedtime.
- Call your doctor if only one leg is hurting all the time.

### Avoid...

- Alcohol, drugs and smoking in pregnancy.
- Allka Seltzer, Pepto Bismol, aspirin, ibuprofen (Advil, Motrin, etc.)
- Limit caffeine to one or two servings per day.

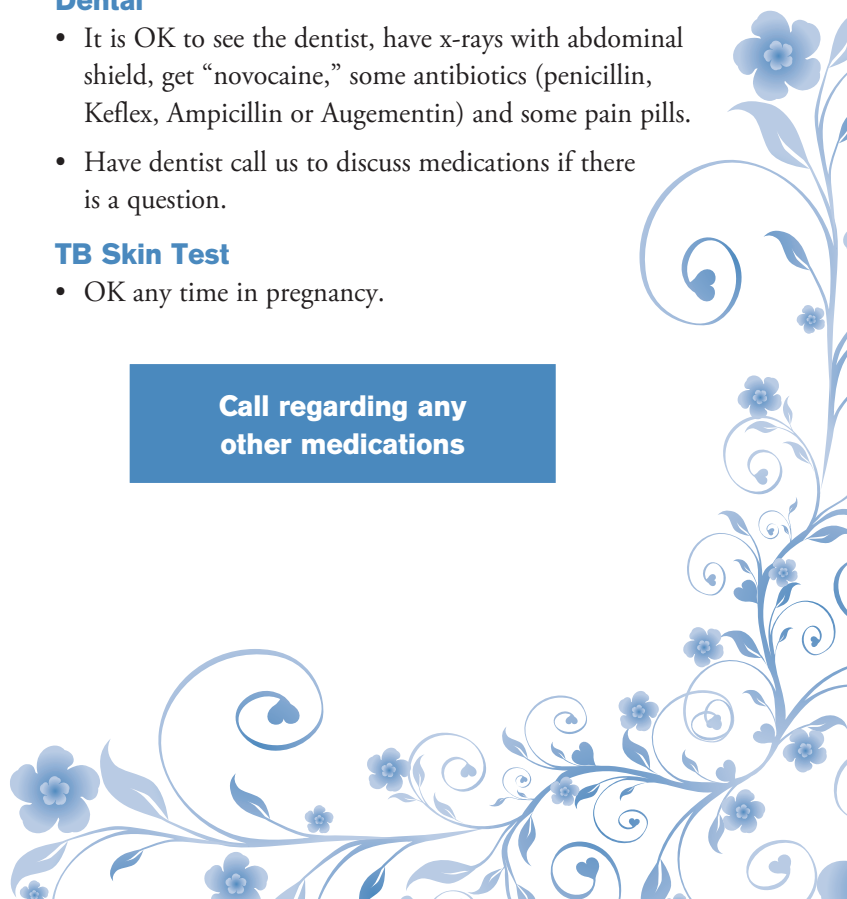
### Dental

- It is OK to see the dentist, have x-rays with abdominal shield, get “novocaine,” some antibiotics (penicillin, Keflex, Ampicillin or Augementin) and some pain pills.
- Have dentist call us to discuss medications if there is a question.

### TB Skin Test

- OK any time in pregnancy.

Call regarding any other medications



# Back Cover

## Fish Consumption During Pregnancy

- Pregnant and nursing women should not eat certain fish with high levels of mercury, including shark, swordfish, king mackerel, and tilefish.
- The U.S. Food and Drug Administration and the U.S. Environmental Protection Agency advise pregnant and nursing women to consume no more than 12 ounces (two average meals) per week of a variety of fish and shellfish that are low in mercury content (guidance available at [www.cfsan.fda.gov/~dms/admehg3.html](http://www.cfsan.fda.gov/~dms/admehg3.html)).
- Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.
- Pregnant and nursing women should consume no more than two 6-ounce cans of tuna per week (total fish consumption should not exceed 12 ounces per week). Because albacore tuna is also high in mercury, it is advisable to choose light tuna instead.
- Pregnant and nursing women should also check local advisories about the safety of fish caught in local lakes, rivers, and coastal areas.

If no advice is available, you should consume no more than 6 ounces (one average meal) per week of fish caught in local waters and no other fish during that week.

**As always, if you have a true medical emergency  
please call 911 or go to the emergency department.**



## Pregnancy Warning Signs

If any of these warning signs occur, please call your doctor immediately:

- Severe lower abdominal pain or cramping
- Heavy bleeding from the vagina (like a menstrual period)
- Uterine contractions or lower back pain in regular intervals more than 4 times an hour, when less than 37 weeks
- Gush or trickle of fluid from the vagina
- Decreased movement of the baby after 26 weeks
- Fever more than 101°F
- Severe headaches or visual changes
- Severe vomiting



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