



# Caring for Yourself During Pregnancy & Beyond

# Welcome

Thank you for choosing UCSF Women's Health Obstetrics Services for your pregnancy care.

It's an exciting time and we are pleased to be able to partner with you on your path towards delivering a healthy baby.

Our multidisciplinary team is committed to providing you with compassionate and expert care so that you enjoy a safe and rewarding experience.

This patient guide was created to provide you with a resource that explains the many services we offer and what you may expect along your journey.

If you have questions along the way, please do not hesitate to ask us.

Sincerely,

Your Team  
UCSF Women's Health Obstetrics Services



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# Important Contact Information

Main Number to Reach Us: (415) 885-7788

Call this number to:

- › Make appointments: our staff will assist you in scheduling at any of our locations
- › Reach our advice nurse during business hours (Monday-Friday: 8:00am-4:30pm)
- › Reach the on-call provider for urgent matters at any time after business hours

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## Our Locations

### **UCSF Obstetrics Services & Perinatal Medicine Specialties at Mission Bay**

UCSF Ron Conway Family Gateway  
Medical Building  
1825 4th Street, 3rd Floor  
San Francisco, CA 94143  
(415) 885-7788  
[ucsfhealth.org/clinics/obstetrics\\_services/](https://ucsfhealth.org/clinics/obstetrics_services/)

### **UCSF Obstetrics & Gynecology at Mount Zion**

2356 Sutter Street  
San Francisco, CA 94143  
(415) 885-7788  
[ucsfhealth.org/clinics/obstetrics\\_services/](https://ucsfhealth.org/clinics/obstetrics_services/)

### **Blood Draw Lab**

Mission Bay: 1825 4th St, 3rd Floor  
(415) 514-2629 M-F, 7:00am-5:30pm

Mount Zion: 2330 Post St, 1st Floor  
(415) 885-7531, M-F, 7:00am-5:30pm

Parnassus: 400 Parnassus Ave, 1st Floor  
(415) 353-2736, M-F, 7:30am-6:00pm

Lakeshore: 1569 Sloat Blvd, San Francisco  
M-F, 8:00am-12:00pm and 1:00pm-4:30pm  
(415) 476-9096

Berkeley Outpatient Center  
3100 San Pablo Ave, Berkeley, M-F, 8:00am-4:00pm  
(510) 985-5060

Cancer Center Redwood City  
2900 Whipple Ave., Suite 130, Redwood City  
(415) 476-7267  
M/W, 8:30am-12noon, 1:00pm-4:30pm  
Patients must have lab orders from a UCSF provider  
(closed UC holidays, open Tuesday after Monday holidays)

### **Women's Health Resource Center [womenshealth.ucsf.edu/whrc](https://womenshealth.ucsf.edu/whrc)**

Betty Irene Moore Women's Hospital  
1855 4th Street, A3473-Mission Bay  
San Francisco, CA 94158  
For more information: (415) 514-2670, email us  
[whr@ucsf.edu](mailto:whr@ucsf.edu)

If you are a patient or would like to be a patient at any of the following sites, please contact them directly:

### **UCSF Young Women's Clinic**

2356 Sutter Street, 6th Floor  
San Francisco, CA 94143  
(415) 353-7332

### **Family Medicine Center at Lakeshore**

1569 Sloat Blvd.  
San Francisco, CA 94132  
(415) 476-9096

### **Berkeley Outpatient Center**

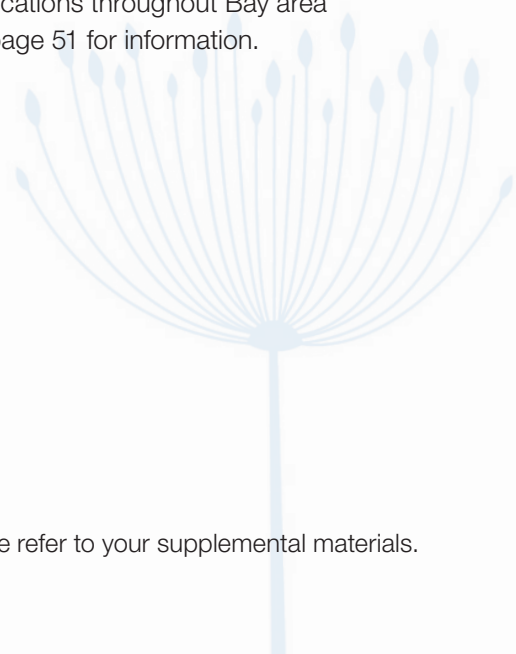
3100 San Pablo Ave.  
Berkeley, CA 94702  
(510) 985-5060

### **UCSF Benioff Children's Physicians groups**

Various locations throughout Bay area  
Refer to page 51 for information.



Patients who will deliver at the **ZSFG Family Birth Center**, please refer to your supplemental materials.



# Your Health Care Team and Their Roles

Your healthcare team is an integrated group of nurse practitioners, certified nurse midwives and physicians (including residents, fellows and attendings) who specialize in routine and high-risk pregnancy care. Each type of provider provides a unique perspective on pregnancy and birth that enhances your experience. You may see different types of providers throughout your pregnancy.

At the time of delivery, you will be cared for by a team including: nurses, residents, fellows, certified nurse midwives and attending physicians. The team taking care of you on labor and delivery is dedicated to caring for patients in labor and rotates from day to day. The provider you have seen for your prenatal visits is not necessarily going to be the provider who delivers your baby. You may not opt out of resident-care.

UCSF is a teaching hospital, committed to training excellent future healthcare providers. There may be a nursing, midwife and/or medical student in training who may participate in your care with close supervision from a licensed provider.

## Certified Nurse-Midwife (CNM)

Certified nurse-midwives have a college or graduate degree in nursing and have completed specialized training in midwifery. A nurse-midwife could be your primary health care provider during prenatal care and delivery. In addition to caring for patients, they teach and do research at the University.

## Nurse Practitioner

Our nurse practitioners (NP's) are medical providers who have completed advanced education and clinical training, with an emphasis in women's health. An NP is qualified to provide a wide range of healthcare services and is part of your prenatal and postpartum care team.

## Obstetrician/Gynecologist (Ob-Gyn)

Obstetricians/gynecologists are physicians who have special training in obstetrics and gynecology. In addition to caring for patients, they teach and do research at the University. They are sometimes called attendings, which is a term that means they have completed their training.

## Maternal-Fetal Medicine Specialist

A specialist (maternal-fetal medicine specialist, sometimes referred to as an "MFM" or perinatologist), is an obstetrician/gynecologist physician with specialized training in caring for patients and babies who may be at high risk for complications. In addition to caring for patients, they teach and do research at the University. They are sometimes called attendings, which is a term that means they have completed their training.

## Maternal-Fetal Medicine (MFM) Fellow

An MFM fellow is a physician who is trained to care for patients with high-risk pregnancies. They have graduated from medical school and finished a residency training program in obstetrics/gynecology. You may be treated by a fellow during your care at UCSF.

## OB-Gyn Resident

A resident is a physician who has graduated from medical school and is in graduate training. They are supervised by the attending physician.

## Medical Student

During one of your appointments, a medical student may take your medical history and present your case to the attending physician or the health care team. Medical students may also be part of the labor and delivery team.

## Midwifery Students

Midwifery students may also be a part of your health care team, both during prenatal visits and during labor and delivery.

## Registered Dietitian

Registered dietitians provide nutritional counseling for pregnant patients. They also provide nutritional management for patients who have high risk pregnancies due to pre-existing and gestational diabetes.

## Social Worker

Social workers offer a wide variety of services focused on providing short-term counseling and connections to community resources.

## Lactation Consultant

An International Board Certified Lactation Consultant (IBCLC) provides lactation services to UCSF patients in both outpatient and inpatient areas. One-on-one lactation appointments are available for patient and baby couplets to help address breastfeeding difficulties.

## Patient Navigator

The patient navigator is a valuable resource to help coordinate your care and guide you through the experience of having your baby at UCSF.

## Research Assistant

A research assistant may approach you and ask you to participate in a clinical research study.

## Perinatal and Antenatal Testing Nurses

These nurses are specially trained and experienced in the care of pregnant patients. They work with the other team members to coordinate your plan of care, ensure the safety of your baby and provide education.

## Genetic Counselor

A genetic counselor is a health care professional with a Master of Science degree in Human Genetics. Genetic Counselors work closely with families by reviewing screening and testing options, explaining risks for chromosome abnormalities and birth defects, and discussing relevant family histories of genetic conditions. They help families understand this information and provide support during their decision-making process.

## Diagnostic Sonographer

The Diagnostic Sonographer specializes in pregnancy ultrasound and works under the supervision of a Perinatologist. A Diagnostic Sonographer performs the ultrasound exam when your baby needs screening for birth defects and growth. The sonographer also assists the physician during diagnostic procedures.

## Obstetrics Care Team

Our services are organized into clinical care teams. A clinical care team is made up of physicians, nurse practitioners, certified nurse midwives, and clinical and administrative staff. Our clinical care teams work closely with you to keep you healthy during pregnancy and make sure your health needs are met.

**Why is this important to you?** When your main provider is not available, another member of the team is available to see you for follow-up visits, respond to your messages, refill prescriptions, and give you your test results.

Your healthcare team is an integrated group of nurse practitioners, certified nurse midwives and physicians (including residents, fellows and attendings) who specialize in routine and high-risk pregnancy care. Each type of provider delivers a unique perspective on pregnancy and birth that enhances your experience in our practice. Using evidence-based medicine approaches, our clinical care teams will partner with you to provide comprehensive support.

## Primary Care Provider vs Obstetrician

You may be thinking, now that I am pregnant, my OB provider will take care of all my needs. OB doctors, midwives and perinatologists are experts in pregnancy-related issues, but your PCP has a better understanding of your entire health picture.

Symptoms	Provider
Acne or pre-existing skin conditions such as warts, eczema	Dermatologist or PCP to refer to Dermatologist
Allergies	PCP or PCP referral to allergist
Bone Pain-broken bones, sprains	PCP, Emergency Department if you think you have broken a bone
Bug/Insect/Tick bites	PCP
Conjunctivitis/Pink Eye	PCP or urgent care
Dental pain, bleeding gums	Dentist
Earache	PCP
Ingrown hair follicles or nails	PCP
Lab tests for preexisting or non-OB related conditions.	PCP
Podiatry issues, foot and toe pain	PCP
Preexisting back pain	PCP
Sinus ache, sinus infection	PCP or urgent care
Strep throat, sore throat	PCP
Referrals to other specialties, e.g. chiropractor, allergist, physical therapy for preexisting conditions, dermatology	PCP
Renewal of medication prescriptions not prescribed by your OB provider	PCP

# Your pregnancy timeline at-a-glance

January						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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29	30	31				

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April						
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June						
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29	30					

July						
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August						
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September						
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29	30					

October						
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November						
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29	30					

December						
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29	30	31				

## General Care steps

☐ Follow up OB care with MFM team

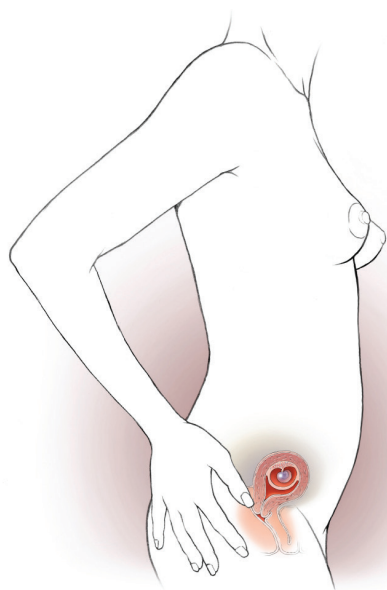
☐ Centering Pregnancy program

☐ Follow up OB care with generalist OB doctor

☐ Follow up OB care with CNM

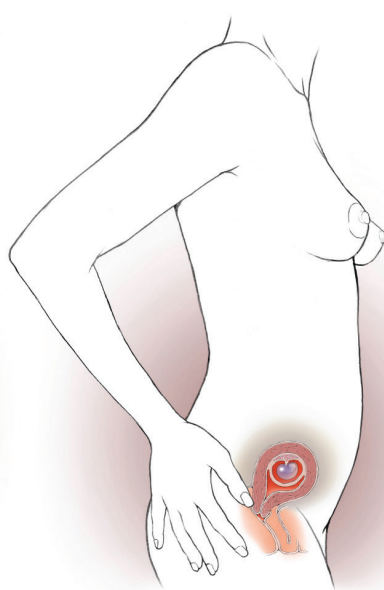
For additional details see the Prenatal Care Outline on the Women's Health Resource Center website at <https://womenshealth.ucsf.edu/whrc>

# Baby's Month-to-Month Development



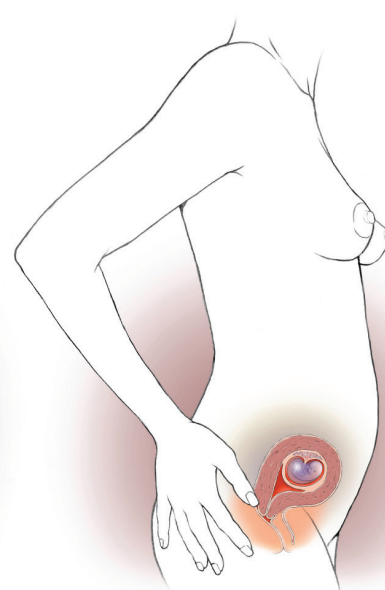
## **First Month** 4-8 weeks (since last menstrual period)

The baby has begun to develop a heart, liver and digestive system. The baby is being nourished and getting rid of wastes through the placenta and umbilical cord (the vascular structures that connect baby to the wall of the uterus). The entire baby is approximately  $\frac{1}{8}$  inch ( $\frac{1}{2}$  cm) in length.



## **Second Month** 8-12 weeks

By the end of the second month, most patients begin to notice the physical signs of pregnancy (i.e. nausea, fatigue, breast pain, etc.). The baby's arms and legs have begun to form. All the major internal organs have developed and the tiny heart begins to pump blood. Facial features become more defined and brain development is well underway. The baby is nearly 2 inches (5 cm) long.

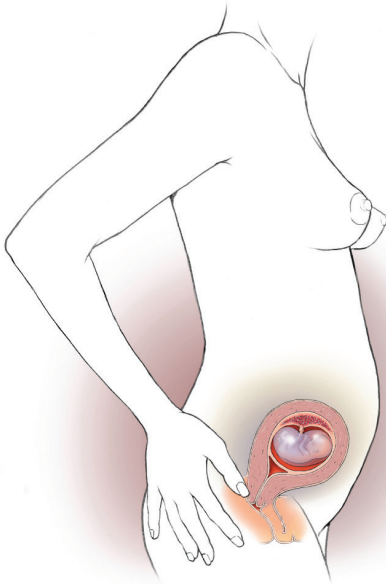


## **Third Month** 12-16 weeks

By the third month, the baby is now growing rapidly, adding a few millimeters of length each day. Features are becoming distinct. The baby weighs about 1 ounce (28 g) and is 3 inches (8 cm) long.

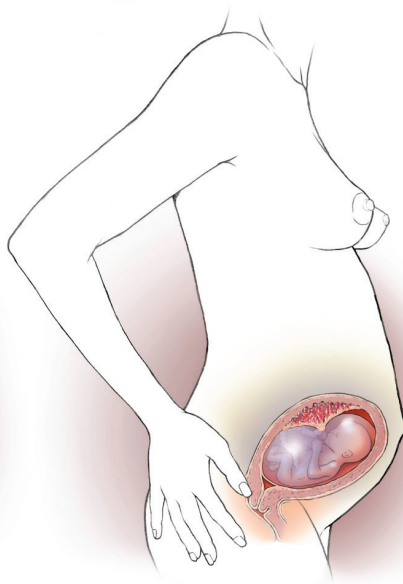






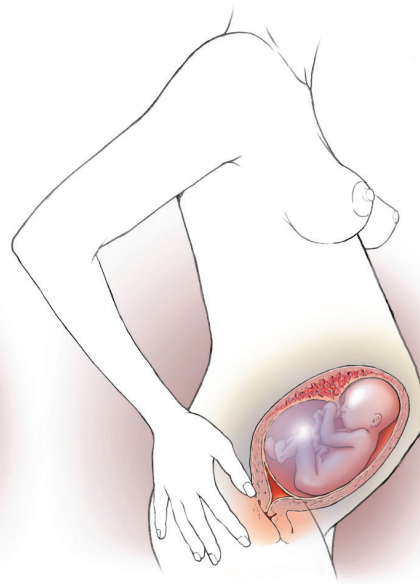
#### **Fourth Month** 16-20 weeks

All of the organs are formed and now the baby must simply grow in size. By the fourth month, babies become more active and may begin to push their arms and legs against the sac in which they float. The baby is now more than 6 inches (15 cm) long and weighs more than  $\frac{1}{4}$  pound (114 g).



#### **Fifth Month** 20-24 weeks

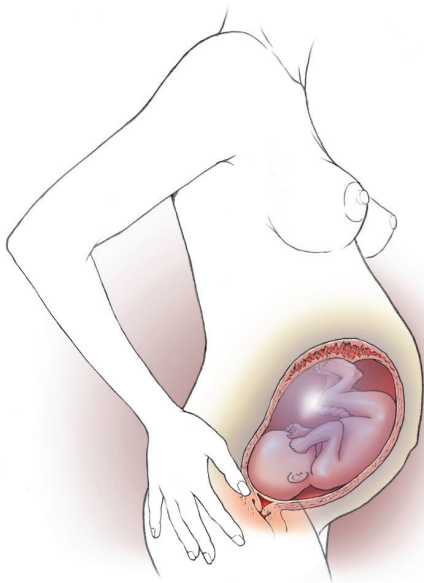
Movements are stronger and more easily felt. The baby is now about 10 inches (25 cm) long and weighs about  $\frac{1}{2}$  pound (227 g).



#### **Sixth Month** 24-28 weeks

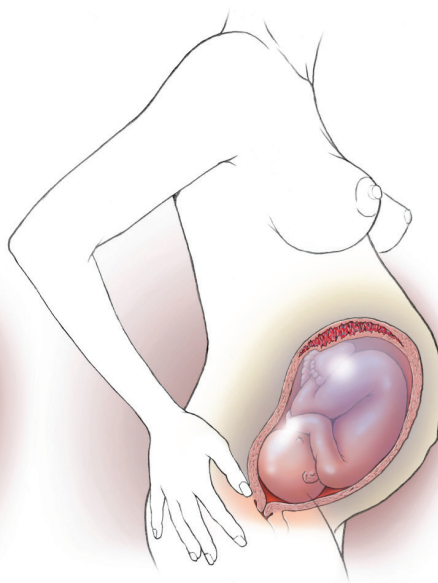
The patient's abdomen continues to get bigger and the baby's movements become faster.

The baby's skin is red and wrinkled. The baby is about 12 inches (30 cm) long and weighs about  $1\frac{1}{2}$  pounds (689 g).



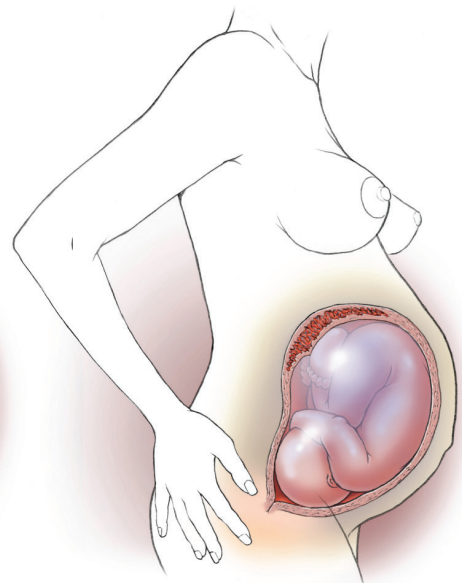
#### **Seventh Month** 28-32 weeks

The baby's eyes may occasionally be open for short periods of time. If born at this time, the baby would be considered premature and require special care. The baby weighs approximately  $2\frac{1}{2}$  pounds (1.13 kg) and is about 15 inches (38 cm) long.



#### **Eighth Month** 32-36 weeks

The baby is now almost fully grown and movements or "kicks" are strong enough to see from the outside. The skin is no longer as wrinkled, and the baby is usually in the head-down position from which birth will occur. The baby weighs about 4 pounds (1.81 kg) and is about  $16\frac{1}{2}$  inches (42 cm) long.



#### **Ninth Month** 36-40 weeks

The baby has now reached a size and maturity that allows it to live outside the pregnant person's body. The head is covered with hair. The baby settles down lower into the abdomen preparing for birth. The baby weighs around 6 to 7 pounds (2.7 to 3.2 kg) and is 20 inches (50 cm) or more long.



# Common Discomforts of Pregnancy

Pregnancy produces many physical changes. Aside from weight and body shape, other changes in your body chemistry and function take place.

During pregnancy, the heart works harder, body temperature rises slightly, body secretions increase, joints and ligaments are more flexible, and hormones are altered. Mood changes can occur due to a combination of hormonal shifts and greater fatigue. It is also common to feel anxious about body image, sexuality, finances, relationship roles, and impending parenthood. Following is a list of the most common discomforts of pregnancy and some guidelines on how to deal with them.

## Nausea and vomiting

Nausea is a common side effect of pregnancy, especially during the first three months. Despite being called morning sickness, it can occur any time of day. Here are some tips to help you get through the nausea so that it does not interfere with balanced nutrition and appropriate weight gain:

- › Eat small frequent meals. Try three meals and 2-4 snacks per day, with no more than 2-3 hours between feedings. Going too long without eating during pregnancy can cause nausea or make it worse. If you experience continuous nausea, eat every 1 to 2 hours.
- › For balanced nutrition, choose a variety of foods from all food groups.
- › Avoid greasy, fried and high fat foods. They are more difficult to digest and can make nausea worse.
- › Consume dry starchy foods (such as crackers, pretzels, toast, or cereal) in the morning before you get out of bed. It may help if you stay in bed for 20 minutes or so after eating. Get up slowly from bed. A sudden change of position can make you more nauseous.
- › Tea made by boiling minced fresh ginger root may reduce nausea (strain before drinking). Carbonated beverages relieve nausea for some patients, and chamomile tea may also help.
- › Stay away from strong odors. Eat in a well-ventilated room and get plenty of fresh air.
- › Many patients find cold foods easier to tolerate than hot foods.
- › Take prenatal vitamins only as directed. If they upset your stomach, try taking them before bed or ask your practitioner if you can delay taking them for a few weeks. Your health care provider might recommend a multivitamin with less iron or folic acid if your nausea continues.
- › Avoid coffee. It stimulates acid secretion which can make nausea worse.
- › Stay hydrated. Drink small amounts of liquid throughout the day. Dry meals and snacks may minimize nausea, so drink liquids 20-30 minutes before or after your meals and snacks.
- › Try supplementing vitamin B6. Take 25 mg three times a day.
- › Wear anti-sea-sickness wrist bands (sea-bands). Watch YouTube on how to put them on. These can be purchased at most pharmacies.
- › Please read "Use of Medications during Pregnancy and while Breastfeeding," included in this guide (pages 13-14).



## Constipation

Digestion naturally slows down during pregnancy which can lead to constipation. Decreased physical activity also contributes to the problem. If the following tips do not relieve your constipation, be sure to talk to your health care provider.

- › Increase fiber in your diet. Choose brown or wild rice, whole grain breads and other whole grains, such as oatmeal, millet and quinoa. Try whole grain pasta, buckwheat noodles and whole wheat tortillas. Limit white bread, white rice and pasta.
- › Eat at least 4 1/2 cups per day of a combination of fresh and dried fruits, raw and cooked vegetables, and salads.
- › Eat prunes or figs, or drink prune juice. These fruits contain a natural laxative.
- › Choose a breakfast cereal that has at least 5 grams of fiber per serving.
- › Drink plenty of fluids.
- › Be more active.
- › If the problem is not resolved with the above suggestions, let your health care provider know. Over-the-counter stool softeners and laxatives are safe for use in pregnancy. Use them as directed. Be sure to discuss with your healthcare provider. The iron supplements can make constipation worse. The prescription for iron can be adjusted by your provider if it becomes a problem.

## Fatigue and insomnia

This is very common during pregnancy. Get as much sleep or rest as you can – even short naps will help. A warm bath, massage or a cup of hot milk or non-caffeinated tea before bed may help.

## Breast tenderness

Breast tenderness is most noticeable during the first three months of pregnancy. The breasts get bigger and can be quite tender. While uncomfortable, this is a positive sign that there will be sufficient milk after birth.

A good support bra is useful.

## Frequent urination

Frequent urination is common during pregnancy. It is most noticeable during the first three months and towards the end of the pregnancy. This is caused by pregnancy hormones as well as the pressure on the bladder as the uterus enlarges. Do not drink fewer fluids to decrease how often you urinate.

As long as you do not have burning or pain when you urinate, urinating more often is normal.

## Leg cramps

Cramps in your calf or thigh occur most frequently at night. While in bed, stretch with your heels pointed, not your toes. This will help relieve cramping.

## Heartburn

As the baby grows in size, the uterus crowds the stomach. Stomach acid can be pushed up into the esophagus which results in burning. Eating smaller meals and avoiding foods that bother you can help.

- › Eat smaller but more frequent meals. Try three small meals and 2-4 snacks a day.
- › Some foods cause the opening between the esophagus and stomach to relax, which means even more stomach acid may enter the esophagus and make heartburn worse. Typical problem foods are greasy, fatty, and fried ones. Caffeine, chocolate, and mint (including mint tea) can also be a problem.
- › Highly seasoned and spicy foods can cause heartburn in some people. Avoid any foods that bother you.
- › Acidic foods such as citrus fruits, tomatoes, pickles, and other foods made with vinegar may cause heartburn.
- › Do not lie down flat after eating. If you must lie down, elevate your head and shoulders with pillows.
- › Nonfat or low-fat milk or yogurt may relieve heartburn.
- › Antacids including TUMS and Zantac (ranitidine) are safe for use in pregnancy when used as directed. Please contact your provider to discuss further.



## Backache

- › As the baby grows, the patient's belly enlarges. To maintain balance, the patient's posture shifts. This can lead to lower back pain. Try not to stand in one position for too long.
- › Exercises called "pelvic rock" and "cat stretch" may help relieve back pain by strengthening the lower back muscles that receive the most stress. They can be done in groups of ten, several times daily.
- › It can also be helpful to elevate the feet onto a stool while sitting.
- › Exercise, stretching, yoga, walking, massage, and acupuncture may help to relieve back pain.

## Dizziness

- › When you do not have enough food in your body and change your position suddenly, you might feel dizzy. It may be helpful to move slowly when standing from a sitting or lying position.
- › Eat well and frequently. Carrying snacks at all times might be helpful. Juices and fruit raise blood sugar quickly but should be followed by a normal meal.
- › If you feel dizzy frequently despite trying the recommendations above, let your healthcare provider know.

## Swelling of hands and feet

- › Slight swelling of hands and feet is common in the later stages of pregnancy. Do not decrease your fluid intake to avoid this.
- › Improve the circulation in your legs and feet by elevating them as often as possible. Lie on a bed or the floor and raise your legs up on the wall keeping your knees bent. If you are wearing elastic hose, drain your legs this way before putting them on.

## Hemorrhoids

- › Constipation and straining during bowel movements can lead to hemorrhoids. To help prevent constipation, eat a diet that is high in fiber and includes plenty of fluids.
- › Witch hazel or Tucks can be applied to the hemorrhoids for symptomatic relief.
- › Stool softeners are safe for use in pregnancy. Consult your health care provider for suggestions.

# Danger Signs During Pregnancy

The following danger signs can signal potential problems during pregnancy. Notify your health care provider at once if you have:

- › Vaginal bleeding
- › Ongoing vomiting
- › Chills or fever
- › Continuous pain
- › Continuous headache
- › Burning when you urinate
- › Blurred vision
- › Sudden swelling of hands or face
- › Five or more uterine contractions per hour
- › Fluid leaking from the vagina
- › Decreased fetal movements



# Mental Health in Pregnancy

Pregnancy and the postpartum (after delivery) period are times of great change – physically, hormonally, emotionally and socially. Even though pregnancy and birth are joyful occasions, they are also times of increased stress that put patients at higher risk for perinatal mental health disorders like depression and anxiety.

## Perinatal depression and anxiety are common

Depression and anxiety affect 15-20% of all patients in pregnancy and postpartum. Symptoms can begin before the baby is born or develop months after delivery. Any patient can develop mood concerns during pregnancy or postpartum.

On other hand, having the blues is a normal part of adjusting to pregnancy and parenthood. It is common for most pregnant patients and new parents to have emotional ups and downs and to feel overwhelmed. After delivery, a majority of patients will develop postpartum blues within the first two days to two weeks. Many patients find that talking to family and friends (including other new parents), taking time to care for themselves, and getting more rest and assistance with childcare duties will help them feel better.

..Patients find that talking to family and friends (including other new parents), taking time to care for themselves...will help them feel better.

## Mood concerns during pregnancy and postpartum: more than just *the blues*

Untreated depression and anxiety are both problems for the patient and their family. We want to hear from you as soon as you are encountering difficulties. Please know that you are not alone. Patients who are depressed suffer from a variety of the symptoms below every day for two weeks or more:

### Mood concerns in perinatal setting include:

- › Anxiety
- › Attachment difficulties
- › Depression
- › Grief reaction
- › Obsessive-Compulsive Disorder
- › Post-Traumatic Stress Disorder

### Symptoms of perinatal mood concerns:

- › Tearfulness/sadness
- › Irritability
- › Anxiety/racing thoughts/panic
- › Difficulty concentrating
- › Excessive guilt
- › In extreme cases, thoughts/feelings about hurting oneself or the baby
- › Hopelessness
- › Loss of appetite
- › Obsessive thoughts
- › Sleeplessness



# Depression or Anxiety During Pregnancy and Postpartum is Treatable

Untreated mood concerns can last for months or years, but there are many good treatment options available. They include: individual therapy, group therapy, medication, support groups, mindfulness meditation, and yoga. Many antidepressant medications can be taken during pregnancy and while breastfeeding. If you feel you may be suffering from mood concerns or if you just want to talk about what resources are available, our counselors can help you evaluate your situation.

Call (415) 353-2566 to schedule an appointment.

## UCSF Resources

### The UCSF Perinatal Wellness Program

The UCSF Perinatal Wellness Program provides comprehensive behavioral health services to any patient receiving prenatal and postpartum care in the UCSF obstetric clinic. Those who are interested should ask their provider about our services. We address mental health needs while providing wraparound support for physical and emotional well-being.

Our services include:

**Social work support.** We offer help with coping emotionally; debriefing of delivery experiences; support for safety, legal or disability concerns; connection with community resources; assistance with navigating insurance coverage and benefits; and referrals for substance use treatment.

**Brief therapy.** Our Collaborative Care Obstetric Resource Program (CORP) provides a team-based approach to caring for patients with anxiety and depression, the most common complications of pregnancy and the postpartum period. As a patient, your main contact is the care manager, a licensed clinical social worker who provides emotional support and therapy; tracks your progress; and consults with the other team members, an obstetrician and a psychiatrist specializing in perinatal mental health.

### Consultation with our perinatal psychiatrists.

These specialists provide evaluations, consultations and treatment for various mental health disorders affecting patients during pregnancy and the postpartum period.

Conditions may include moderate to severe depression or anxiety with uncontrolled symptoms, severe or complex mental illness, attention-deficit/hyperactivity disorder (ADHD) and complex medication needs.

Most insurance plans cover our services. Please note that cost sharing (including co-pays) may apply. Contact your insurance company for information on your behavioral health coverage.

## The Women's Health Resource Center (WHRC) Classes and Support Groups

### Mindfulness Basics During Pregnancy

Develop a practice of mindfulness, both formal and informal in your life. You will learn and develop the ability to know:

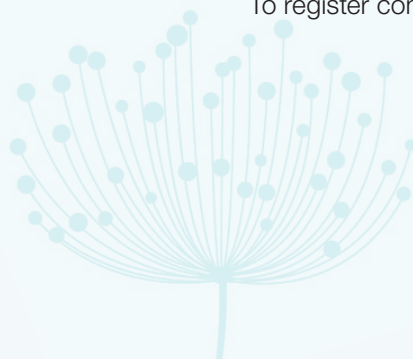
- What is mindfulness of body/thoughts and feelings?
- How to apply mindfulness so it can support you in your life/relationships and caring for your baby
- How to make time for yourself. To pause, breathe and ground in your body.
- How to apply the skills of mindfulness of body, thoughts and feelings
- How to refocus your attention to moments of goodness during cycles of worry and anxiety.
- How to manage your anxiety and potential for depression in a positive and healthy way.

These classes also offer an opportunity for connection and support in a group of other patients who are pregnant. The skills of mindfulness have been shown through research to have a beneficial impact on your baby. Limited capacity and fee required. To register contact the WHRC at (415) 514-2670.

### The Afterglow: A Postpartum Support Group for New Parents

In this four-week postpartum support group, new parents will have a supportive space where they can discuss the highs and lows of parenthood, learn about the "Baby Blues" and support one another in their new days of parenting. (Recommended for parents, support person(s) and babies 0-6 months).

To register contact the WHRC at (415) 514-2670.



# Alternative Medicine Resources

The UCSF Osher Center  
for Integrative Medicine

[www.osher.ucsf.edu](http://www.osher.ucsf.edu)  
1545 Divisadero Street, 4th Floor  
San Francisco, CA 94115  
(415) 353-7700

The UCSF Osher Center offers acupuncture services that can be helpful to patients while they are pregnant and afterwards.

## Acupuncture can be helpful for:

- › Morning sickness (nausea and vomiting)
- › General aches and pains of pregnancy – trouble sleeping, back/joint pain, emotional ups and downs
- › Diabetes and gestational diabetes (diabetes during pregnancy)
- › Support for chronic conditions that require medications such as depression, chronic pain, etc.
- › Support for patients who have had a miscarriage in the past
- › Changing the position of the baby that is in breech position
- › General support for post partum including for breastfeeding and breast infections

# Dental Health

It is important to take good care of your teeth and gums while you are pregnant. Pregnancy causes hormonal changes that increase your risk of developing gum disease, which can affect the health of your developing baby. Do not skip your dental checkup appointment simply because you are pregnant.

Now more than any other time, regular gum examinations are important because pregnancy causes hormonal changes that increase your risk for getting periodontal disease and tender gums that bleed easily – a condition called pregnancy gingivitis. Pay attention to any changes in your gums during pregnancy. If tenderness, bleeding or gum swelling occurs at any time during your pregnancy, talk with your dentist as soon as possible. Practice good oral hygiene to prevent and/or reduce oral health problems.

If X-rays are necessary, your dentist will use extreme caution to safeguard you and your baby. Advances in technology have made X-rays much safer today than in past decades.

If nausea is keeping you from brushing your teeth, change to a bland toothpaste. Ask your dentist or hygienist to recommend a brand. Rinse your mouth with water or a mouth rinse if you suffer from morning sickness and have frequent vomiting.

Your baby's first teeth begin to develop about three months into your pregnancy. So it is important for you to maintain a healthy diet.

Healthy diets containing dairy products, cheese and yogurt are good sources of essential minerals and are necessary for your baby's developing teeth.

**Your baby's first teeth begin to develop about three months into your pregnancy. It's important for you to maintain a healthy diet.**





# Use of Medications During Pregnancy and While Breastfeeding

Some medications and herbs are safe to take during your pregnancy and while you are breastfeeding. Some medications are not safe. Other medications have not been tested in patients who are pregnant or breastfeeding, but may be recommended if the benefits outweigh the potential risks.

If the medication or herb you want to use is not listed below or on the following pages, please contact the Mother to Baby California Pregnancy Risk Information support line at 1-866-626-6847 (<http://mothertobaby.org/california/>) or ask your health care provider to determine if it is safe to take it. For medications, herbs, and over-the-counter medications not on this list, check the website <https://www.nlm.nih.gov/toxnet/index.html> and under Breastfeeding select LactMed, or ask your health care provider.

For basic information about medications, including side effects and interactions, check the website: [www.drugs.com](http://www.drugs.com).

## Precautions

- › If you need any of the following medications for more than 72 hours
- › If the symptoms you have become more severe despite medication use
- › If you have a fever equal to or greater than 100.4° F (38.0° C), vaginal bleeding, persistent vomiting, continuous pain, headache, blurry vision or leaking fluid from the vagina, call our office at (415) 353-2566 anytime of the day.

## Allergies

What To Do First	Safe Medications	When to Call Your Health Care Provider
<ul style="list-style-type: none"><li>› Increase fluids and avoid known allergens when possible.</li><li>› Use normal saline nose spray before trying other medications.</li><li>› Apply Vicks VapoRub® at the bottom of each nostril.</li></ul>	<ul style="list-style-type: none"><li>› Loratadine (e.g., Claritin®): as directed on package (not Claritin D®)</li><li>› Saline nasal spray as needed.</li><li>› Cetirizine (e.g., Zyrtec®): as directed on package</li><li>› Chlorpheniramine (e.g., Chlor-Trimeton®): 4 mg every 4-6 hours for runny or stuffy nose</li></ul>	<ul style="list-style-type: none"><li>› Persistent severe headache more than 48 hours may be a sign of a sinus infection</li></ul>

## Fever

What To Do First	Safe Medications	When to Call Your Health Care Provider
<ul style="list-style-type: none"><li>› Increase rest and fluids.</li></ul>	<ul style="list-style-type: none"><li>› Acetaminophen (e.g., Tylenol® 325 mg. 1-2 tablets every 4- 6 hours or one Extra-Strength Tylenol® every 4-6 hours (not to exceed 3000 mg in 24 hours).</li><li>› Do not take salicylic acid (e.g., aspirin or non-steroidal medications like ibuprofen Motrin®, Advil®, Aleve®, Naproxen) during pregnancy unless directed by your health care provider.</li></ul>	<ul style="list-style-type: none"><li>› Fever persisting for more than 48 hours, or despite taking acetaminophen, fever is 101° F or greater</li></ul>

## Colds

What to do First	Safe Medications	When to Call Your Health Care Provider
<ul style="list-style-type: none"> <li>› Increase rest and fluids. Your body uses extra fluids when fighting a virus and your immune system is boosted when you sleep or rest.</li> <li>› Apply Vicks VapoRub® at the bottom of each nostril.</li> </ul>	<p><b>For runny or stuffy nose:</b></p> <ul style="list-style-type: none"> <li>› Saline nasal spray or neti pot as needed.</li> <li>› Oxymetolazone nasal spray (e.g., Afrin® Nasal Spray 12 hour): one spray in each nostril every 12 hours for 2 days. Caution: Afrin® should only be used for two days. If used longer, it will prolong your symptoms.</li> </ul> <p><b>For cough:</b></p> <ul style="list-style-type: none"> <li>› Guaifenesin (e.g., Robitussin®): Take 1 teaspoonful every 6-8 hours during the day. At night, use Robitussin® DM. Drink 8 ounces of water before taking it. Do not drink anything for 20 minutes after taking the Robitussin®.</li> </ul> <p><b>For aches, headaches, sore throat:</b></p> <ul style="list-style-type: none"> <li>› Acetaminophen (e.g., Tylenol® 325 mg): 1-2 every 4-6 hours or one Extra-Strength Tylenol® every 4-6 hours, menthol lozenges for sore throat.</li> </ul>	<ul style="list-style-type: none"> <li>› Persistent fever of 100.4° F or greater or fever of 100° F that lasts more than 72 hours</li> <li>› Persistent cough that lasts more than 7-10 days or severe cough that interferes with sleep</li> <li>› Wheezing or shortness of breath</li> <li>› Coughing up sputum with blood</li> <li>› Chest pain with cough</li> </ul>

## Itching

What to do First	Safe Medications	When to Call Your Health Care Provider
<ul style="list-style-type: none"> <li>› Take a warm bath. Some patients find oatmeal in the bath to be soothing.</li> <li>› Be sure you have not used a new laundry detergent that may be causing a new reaction. Examine your body for a rash.</li> </ul>	<ul style="list-style-type: none"> <li>› Try calamine lotion. If that does not help, try pramoxine lotion (e.g., Caladryl® Anti-Itch Lotion). Use Caladryl® sparingly when breastfeeding.</li> <li>› If the itching is only in one small area, use 1% cortico-steroid cream over-the-counter.</li> <li>› If the treatment is not effective, try diphenhydramine 25 mg (e.g., Benadryl®). You can repeat it once. It will help you sleep at night. <b>Do not use diphenhydramine when breastfeeding. It may decrease your milk supply.</b></li> </ul>	<ul style="list-style-type: none"> <li>› If the itching is preventing you from sleeping</li> <li>› If you are in the last three months of your pregnancy and the itching involves the palms of your hands or the soles of your feet</li> </ul>

## Vitamins

What to do First	Safe Medications	When to Call Your Health Care Provider
<ul style="list-style-type: none"> <li>› Take a prenatal vitamin with folic acid.</li> <li>› If you take calcium supplements, take them at a separate time from your prenatal vitamin or iron supplement. Calcium and iron interfere with each others absorptions.</li> <li>› Your health care provider may suggest supplements depending on your individual needs.</li> <li>› Avoiding extra-doses of vitamins. Just take a prenatal vitamin without other vitamin supplements.</li> <li>› For a twin pregnancy, take additional 1 mg folic acid pill when taking a prenatal vitamin.</li> </ul>	<ul style="list-style-type: none"> <li>› Multi-vitamins come in many brands. You can choose an over-the-counter vitamin that contains a combination of vitamins sufficient for pregnancy or you can choose a prescription form.</li> </ul>	<ul style="list-style-type: none"> <li>› Check with your health care provider first if you would like to take extra vitamins or homeopathic remedies. Bring them to your prenatal visit.</li> <li>› Call the California Teratogen Information Service (CTIS) Pregnancy Risk Information support line at 1-800-532-3749 or visit their web site: <a href="http://ctispregnancy.org">ctispregnancy.org</a></li> </ul>

## Heartburn

What To Do First	Safe Medications	When To Call Your Health Care Provider
<ul style="list-style-type: none"> <li>› Eat smaller but more frequent meals. Try 3 small meals and 2-4 snacks a day.</li> <li>› Avoid any foods that bother you. Typical problem foods are greasy, fatty and fried ones. Caffeine, chocolate and mint (including mint tea) can also be a problem. Highly seasoned and spicy foods can cause heartburn in some people. Acidic foods such as citrus fruits, tomatoes, pickles and other foods made with vinegar may cause heartburn.</li> <li>› Do not lie down flat after eating. If you must lie down, elevate your head and shoulders with pillows.</li> <li>› Nonfat or low-fat milk may relieve heartburn.</li> <li>› Elevate head of the bed at least 4-6 inches</li> </ul>	<ul style="list-style-type: none"> <li>› Try, as directed: calcium carbonate (e.g., TUMS®), or famotidine (e.g., Pepcid® AC®), or ranitidine (e.g., Zantac®)</li> <li>› Avoid products with sodium (e.g., baking soda), aluminum, and aspirin (e.g., Alka-Seltzer®)</li> </ul>	<ul style="list-style-type: none"> <li>› If problem continues</li> </ul>

## Nausea/morning sickness

What to do First	Safe Medications	When to Call Your Health Care Provider
<ul style="list-style-type: none"> <li>› Get fresh air. Do not stay in bed or at home for prolonged periods.</li> <li>› Get sea sickness relief bands at your pharmacy.</li> </ul>	<ul style="list-style-type: none"> <li>› Vitamin B6: take 25 mg 3 times per day</li> <li>› Ginger (e.g., ginger capsules or tea)</li> <li>› If nausea continues, try a ½ tab of doxylamine (e.g., Unisom® 25 mg tablet) 3 times per day with each vitamin B6 tablet. <b>Caution: Unisom® can make you sleepy and do not drive after taking it.</b></li> </ul>	<ul style="list-style-type: none"> <li>› If Vitamin B6 plus Unisom® do not work</li> <li>› If vomiting persistently to the point of dehydration</li> <li>› If you do not urinate 4-6 times per day</li> </ul>

## Diarrhea

What To Do First	Safe Medications	When To Call Your Health Care Provider
<ul style="list-style-type: none"> <li>› Increase clear fluids to replace those you are losing (fluids you can see through such as apple juice).</li> <li>› Bananas, rice, apples, and tea are soothing foods and may reduce symptoms. Eat only these items for 24 hours and then slowly add other foods.</li> </ul>	<ul style="list-style-type: none"> <li>› Loperamide (e.g., Imodium® A-D 2 mg caplets): Take 1 caplet after each loose stool. Do not take more than 4 caplets.</li> </ul>	<ul style="list-style-type: none"> <li>› Persistent diarrhea over 24 hours, dry mouth or other symptoms of dehydration</li> </ul>

## Constipation

What To Do First	Safe Medications	When To Call Your Health Care Provider
<ul style="list-style-type: none"> <li>› Increase fiber in your diet. Choose whole grains such as brown rice, quinoa, oatmeal and whole grain breads. Eat more legumes.</li> <li>› Eat at least 5 servings per day of fruits and vegetables.</li> <li>› Eat prunes or figs, or drink prune juice.</li> <li>› Drink plenty of fluids.</li> <li>› Be more active</li> </ul>	<ul style="list-style-type: none"> <li>› Try over the counter medications as directed: Colace (e.g., docusate sodium), or Miralax, or Senna</li> </ul>	<ul style="list-style-type: none"> <li>› If problem continues</li> </ul>

# What Happens at Your Prenatal Visits

## New Pregnancy Confirmation Visit

Your first visit or “intake visit” will be with an MD, Certified Nurse Midwife, or Nurse Practitioner.

We hope you will have the opportunity to complete your intake paperwork, review genetic tests resources we offered you, and some of the information in this guidebook before your first visit so we can take that time to focus on your questions.

Your first visit will include a detailed review of your health history, a physical exam (which may include a pelvic exam) and a brief ultrasound to check on your pregnancy.

At your intake visit, your initial questions will be addressed, you will receive preliminary information about tests that are offered and suggested during pregnancy and you will discuss a plan for your ongoing prenatal care.

We will always make our best effort to see you on time. To reduce clinic delays, please arrive 15 minutes before your appointment time to complete any needed paperwork. A provider might not be able to see you if you are over 15 minutes late.

## Follow-up prenatal visits

Ongoing visits are much shorter. Your weight, blood pressure and the growth of the baby are evaluated at each visit. These visits give you the chance to ask questions and learn more about your pregnancy. Your provider will also review lab or ultrasound results with you.

## Timing of prenatal visits

Many factors affect the timing and number of visits you will have. Most patients with uncomplicated pregnancies have around 8-10 prenatal visits. The visits can be spaced out to 6 weeks until 28 weeks of pregnancy, 4 weeks until 36 weeks, and not closer than 2 weeks until the end of pregnancy.

You'll be seen for postpartum visit at 6-8 weeks after you have your baby. Please schedule it in advance around 36-38 weeks.

## Ultrasound visits

Most patients are referred for two formal/detailed ultrasounds during their pregnancies. Ultrasound visits are in addition to your prenatal visits. The first is typically done around 12 weeks and is the “nuchal translucency” ultrasound. This is a part of prenatal genetic screening (see page 18-20 for further information). The next ultrasound is usually done around 20 weeks and is the “fetal anatomic survey” ultrasound. At this ultrasound, the baby's physical structures including the heart, brain, spine, limbs and some organs will be examined. This visit also includes an assessment of the placenta, uterus and cervix.

At UCSF, these ultrasounds usually take place in our Prenatal Diagnosis Center (“PDC”). The PDC is located in the same building and on the same floor as our OB clinics at Mission Bay – 1825 4th street, 3rd Floor.

Your ultrasounds will be performed by an ultrasound technician (sonographer) and will be reviewed and interpreted by a high-risk OB doctor (perinatologist). Under most circumstances, you will not see the doctor for your 12 week ultrasound, but your results will be reviewed with you by a genetic counselor before you leave the office. You may or may not see the doctor at the time of your 20 week ultrasound depending on many factors.

Rest assured that a doctor reviews your ultrasound images before you leave the office, and if there is any cause for concern or anything that requires additional follow-up, the doctor will speak to you directly.

Some patients will be referred for an additional detailed or formal ultrasound in the third trimester depending on individual factors, but for most patients, only two formal ultrasounds are performed.

## Antenatal Testing visits

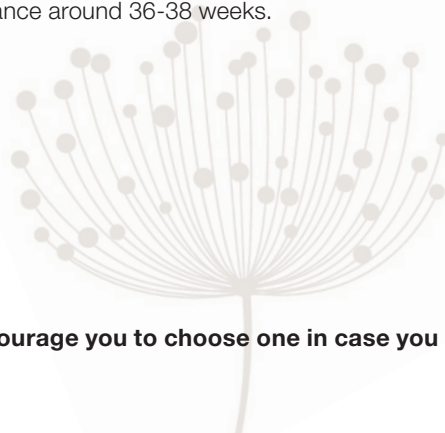
For some patients, extra fetal monitoring is recommended in the third trimester. are in addition to your prenatal visits. They are called “antenatal testing” (ante – before, natal – birth) and consist of monitoring the baby's heart beat with an external monitor and monitoring for uterine contractions, typically for around 20-30 minutes. A brief/informal ultrasound will also be performed to evaluate the amount of amniotic fluid around the baby. Antenatal testing starts for most patients between 32 and 36 weeks and is performed once or twice weekly, depending on the circumstances.

This may be suggested for patients who have high blood pressure, diabetes, twins, are over age 35-40 or have other complications of pregnancy. Your healthcare provider will discuss your individual pregnancy with you and recommend antenatal testing if it is appropriate.

## Postpartum visit

You'll be seen for a postpartum visit if you need to be seen before the standard 6 week postpartum visit, please reach out for an earlier appointment. Please schedule it in advance around 36-38 weeks.

**We hope you already have a primary care provider. We encourage you to choose one in case you do not.**



# CenteringPregnancy® Healthcare

UCSF Women's Health Obstetric Services offers an alternative program in receiving your care called CenteringPregnancy® Healthcare. In CenteringPregnancy® Healthcare, you will meet once a month with 8-12 other patients at similar stages in their pregnancy. The CenteringPregnancy® group meets 10 times during the pregnancy and once after delivery. Partners or support persons are encouraged to participate in these sessions.

During group discussions, topics of discussion will include infant care, breastfeeding, parenting, nutrition, exercise, relaxation and childbirth preparation. If needed, patients can also see their health care provider privately for other evaluations.

The advantages of Centering have shown a decrease in pre-term labor, increase in breastfeeding rates, decrease visits to the emergency room, and greater satisfaction with care. Developing strong relationships with other group members through the shared education has been a rewarding experience for our patients. As one of our patients stated, "We felt it was a very effective way to combine brief physical check-ups with the education that is so important for a healthy pregnancy and delivery. I have never in my life felt better cared for, and my husband and I have told countless people about UCSF and CenteringPregnancy® Healthcare."

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The best thing is building community with other new moms, spending the time to mentally prepare for birth and parenthood.

A great way to meet other moms. The staff was above superb and the level of care was beyond our expectations.

This group setting was incredibly helpful and I'd recommend this for all future parents.

For more information about CenteringPregnancy®, please view our video at <https://womenshealth.ucsf.edu/whrc/centeringpregnancyr-healthcare> or contact our coordinator for questions, or to enroll: [centeringpregnancy@ucsf.edu](mailto:centeringpregnancy@ucsf.edu).



# UCSF Prenatal Diagnostic Center

UCSF Ron Conway Family Gateway, Medical Building  
1825 Fourth Street, 3rd Floor, Reception B  
(415) 476-4080

## Providing Information and Support

The Prenatal Diagnostic Center at UCSF Medical Center provides comprehensive counseling, screening and diagnostic testing for fetal disorders. The decision to make use of these services is unique for each pregnancy. As a result, we are committed to providing the information and support that patients need to make the choices that are right for them.

The Prenatal Diagnostic Center is part of the UCSF Women's Health Center – a nationally designated Center of Excellence in Women's Health– and patients are ensured the highest quality care and service. They benefit from the most advanced technology and procedures. Our Maternal-Fetal Medicine providers bring a wealth of experience and expertise, having performed more than 60,000 amniocentesis and 18,000 CVS procedures over the past 40 years.

In addition to providing the most advanced testing available, the Prenatal Diagnostic Center has physicians with expertise in making complex diagnoses that may impact the patient and the fetus. Research studies are available for patients interested in participating.

### Who should consider prenatal testing?

There are specific guidelines about who might benefit from genetic counseling and prenatal testing. These include:

- › A pregnant person at increased risk for chromosome abnormalities because of age.
- › A pregnant person with abnormal results from a screening test designed to estimate the risk of certain birth defects.
- › Couples who have had a previous child with a birth defect or who have a family history of birth defects.
- › Pregnant patients with exposure to medications that might be harmful.
- › Pregnant patients who desire more information about the health of the fetus.

### Why is testing performed?

While most patients in the United States give birth to healthy babies, about three percent have a baby with some type of major birth defect. A birth defect can result from a genetic difference that can affect fetal development. In most cases, prenatal diagnosis provides the reassurance of a normal result. When an abnormality is diagnosed, this information combined with expert genetic counseling can help patients and their partners make important decisions about this and future pregnancies.

### What are the options?

#### Genetic counseling

Preconception and prenatal counseling are available to help you understand your options and make decisions about whether or not to proceed with prenatal testing. The service is provided by specially trained and board-certified genetic counselors who assess family history and maternal and paternal risk factors to determine which tests might be appropriate. You and your partner can receive counseling whether or not you decide to have prenatal testing.

As part of the counseling process, maternal and paternal risk factors are assessed to determine if either parent could be a carrier of a genetic disorder. This includes a review of the family history and factors such as ethnicity that can indicate risks for certain birth defects or diseases.

Genetic counseling can help you determine if you want further testing and, if so, which tests are appropriate. Genetic counseling is also available for patients who receive abnormal results.





## Prenatal Genetic Screening

All pregnant patients in the State of California are offered genetic screening through the **California Prenatal Screening Program**. The program offers non-invasive screening for chromosome abnormalities such as Down syndrome and trisomies 13 and 18, as well as other birth defects such as neural tube defects (spina bifida) and abdominal wall defects. The process uses two blood tests, one can be done any time after 10 weeks of pregnancy (cell free DNA screening) and one is done at 15-20 weeks (alpha-fetoprotein screening).

**Cell free DNA screening** is a blood test that is used to screen for fetal chromosomal disorders by testing the fetal DNA that is present in the blood during pregnancy. This test can help to identify pregnancies at high risk for Down syndrome, some other more serious chromosome abnormalities (trisomy 13 and 18), and can tell if the fetus is a boy or girl. Cell free DNA is available for additional disorders outside of the California state program. If you are interested in learning more about this, a genetic counselor can help.

**Alpha-fetoprotein (AFP) screening** uses a blood test in the second trimester to test for levels of AFP, which can be high with fetal conditions such as spina bifida, or openings in the abdominal wall (the skin and muscles near the stomach and umbilical cord), such as omphalocele and gastroschisis.

At UCSF, we also offer detailed first trimester ultrasound (at 12-14 weeks) that can help identify some genetic conditions and structural problems like heart defects. This ultrasound includes a measurement of the **nuchal translucency**, which is a layer of fluid at the back of the baby's neck. When this measurement is increased, there is a higher risk of chromosome abnormalities, birth defects and genetic conditions.

Importantly, these are all screening tests that can help to tell you about risk of a genetic disorder, but cannot usually tell if a condition is definitely present in the fetus. When any of the screening tests is positive or high risk, diagnostic testing can be done to tell for sure. Meeting with a **genetic counselor** is an option to review your results and to discuss what diagnostic testing options are available. Screening and diagnostic testing are options but are not required, and genetic counselors can help you decide which tests are best for you.

## Prenatal Diagnostic Procedures

All individuals interested in prenatal diagnosis procedures will first meet with a genetic counselor who can explain your options and help you to make decisions about whether or not to proceed with prenatal testing.

Chorionic villus sampling (CVS) and amniocentesis detect large chromosome problems, like Down syndrome, and can also identify small extra or missing pieces of chromosomes called copy number variants (CNVs).

Tests can also be performed for other genetic diseases in at-risk families.

## Chorionic Villus Sampling

The CVS procedure is performed between 10 and 14 weeks of pregnancy and involves removing a tiny piece of tissue from the placenta under ultrasound guidance. The tissue is obtained either through the abdomen or with a catheter inserted through the vagina. The tissue is cultured and an analysis of the chromosomes is performed. It takes about two weeks to receive the results. The advantage of CVS over amniocentesis is that the test is performed earlier in pregnancy.

## Amniocentesis

The amniocentesis procedure is usually performed between 15 and 20 weeks of pregnancy. Under ultrasound guidance, a needle is inserted through the abdomen to remove a small amount of amniotic fluid. The cells from the fluid are cultured and an analysis of the chromosomes is performed. It takes about two weeks to receive the results.

## Miscarriage risk

There is a very small risk of miscarriage as a result of CVS or amniocentesis. Miscarriage rates for procedures performed by UCSF providers are less than one in 450.

## Frequently asked questions

**What happens during the office visit?** Your visit will take one to two hours. The actual procedure (CVS or amniocentesis) usually takes about 10 minutes. Most patients do not find the procedure painful, although there is some minor discomfort.

**What if the test is positive?** If the test finds a genetic abnormality, you will have a chance to discuss the diagnosis and your options with a geneticist and a genetic counselor from the Prenatal Diagnostic Center, as well as with your own doctor. Referrals and support are available for all decisions.

**Does insurance cover testing?** Most insurance plans cover prenatal testing, especially for patients over age 35. Our office staff is available to assist you with insurance questions.

**How do I make an appointment?** Call (415) 476-4080. In addition to our main office at UCSF Medical Center in San Francisco, we have convenient locations to serve you throughout Northern California.

## What other services are offered?

UCSF also provides cutting edge diagnostics and novel therapies for many fetal anomalies. Please call our office for more information.

## First Trimester Ultrasound and Nuchal Translucency Measurements

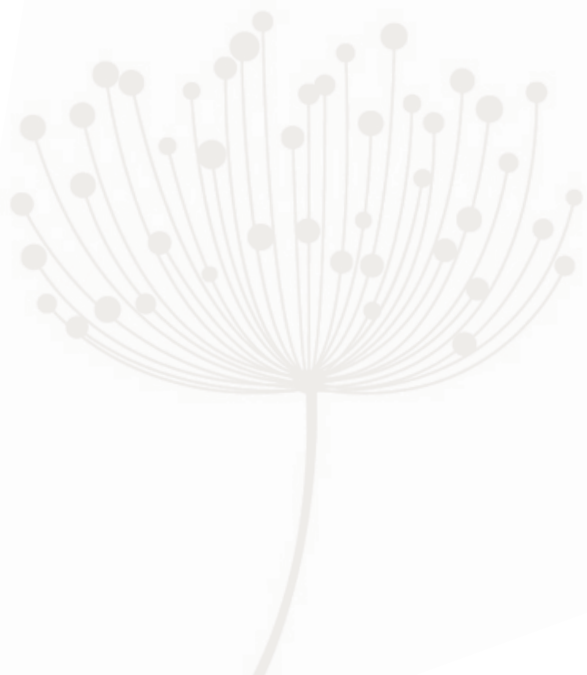
The Nuchal Translucency measurement obtained during the first trimester ultrasound is combined with a blood test to estimate the risk for Down syndrome and trisomy 18. It is helpful if your blood test is performed about a week before the scheduled ultrasound.

The ultrasound is normally performed over your lower belly, and we rarely use the transvaginal approach (a probe inside your vagina). We will be checking your baby's growth and early development, measuring the amount of fluid at the back of the baby's neck, and evaluating your uterus and ovaries. There will be no video recording during the visit. We will print some pictures of your baby for you to take home.

During your exam, the sonographer will be concentrating on taking the ultrasound pictures, and you will need to be lying on your back on the exam table. We recommend you wear loose fitting clothing when possible as the ultrasound gel may come in close contact with your clothing; our exam rooms can accommodate about 1 guest comfortably.

Here is some information that you will find useful in preparing for your ultrasound exam:

- The ultrasound exam will last approximately 30 to 45 minutes
- Please drink at least 2 glasses of water 45 minutes before your ultrasound is scheduled to begin. When possible, please hold your full bladder until you meet with your Sonographer; if your bladder has reached a point where it is painful, please let us know and we will give you instructions on how to best proceed.
- When the Sonographer finishes the ultrasound exam you will get to empty your bladder.
- A Maternal Fetal Medicine doctor reviews all ultrasound images that the Sonographer obtains during your exam, and the doctor will write a detailed report that is sent to your pregnancy care provider who ordered the exam.



# Tests and Other Screenings in the First 3 Months of Pregnancy

## Routine Tests

### Blood Tests

A complete blood count (CBC) gives important information about the kinds and numbers of cells in the blood, especially red blood cells, white blood cells, and platelets. We screen all pregnant patients for certain infections including hepatitis, syphilis, and HIV. Additionally, a test is done to check if you are immune to rubella (German measles) and varicella (chicken pox).

A test to check your blood type and Rh factor is also taken. If the blood of a Rh-positive baby mixes with the blood of an Rh-negative patient during pregnancy or delivery, the patient's immune system makes antibodies. This antibody response is called Rh sensitization. If a pregnant person is Rh-negative, she can get a shot of Rh immunoglobulin (RhoGAM) that prevents sensitization from occurring.

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### Pap smear and vaginal cultures

During a pelvic exam, your health care provider may perform a Pap smear and often collects vaginal cultures to make sure you do not have any vaginal infections.

### Ultrasound test

Prenatal ultrasound is generally performed for all patients around 12-14 weeks of pregnancy. Earlier ultrasounds may be performed, if necessary. An ultrasound uses high-frequency sound waves that transmit through the belly via a device called a transducer to look inside the uterus. The ultrasound shows images of the baby, amniotic sac, placenta, and ovaries. Some anatomical abnormalities or birth defects can be seen on an ultrasound.

During the ultrasound, the health care provider checks to see that the placenta is healthy and attached normally, and that your baby is growing properly in the uterus. The baby's heartbeat and movement of its body, arms and legs can also be seen on the ultrasound.

If you wish to know the baby's sex, it can usually be determined by 20 weeks. Be sure to tell the health care provider performing the ultrasound beforehand whether or not you want to know your baby's sex. An ultrasound is not a foolproof method to determine your baby's sex. There is a chance that the ultrasound images can be incorrect.

Your ultrasound visit may take place in the Prenatal Diagnostic Center or ultrasound department. Please note that you will not have an ultrasound at every visit.

Ultrasound visit differs from your prenatal visit and will cover information related to your ultrasound exam only.

An ultrasound uses high-frequency sound waves that transmit through the belly. Be sure to tell the healthcare provider performing the ultrasound beforehand whether or not you want to know your baby's sex.



# Tuberculosis Screening and Diagnosis During Pregnancy

Your healthcare provider may recommend testing for tuberculosis if you have any risk factors for infection.

Tuberculosis (TB) is an infectious disease that usually affects the lungs but can attack almost any part of the body. It is spread from person to person through the air.

You can have TB and not know it because it is inactive. Some symptoms of active TB are fever, cough and weight loss. If you have active TB, you can give it to others, including your baby. You will be tested for TB early in your pregnancy because it is a dangerous, yet highly treatable disease.

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## Genetic Carrier Screening

Genetic screening is offered to identify those who carry gene changes that could lead to genetic conditions in their children. It is well known that each of us carries significant changes in 3 to 5 genes, meaning we are carriers of 3 to 5 recessive genetic disorders. Typically, carriers of genetic conditions do not exhibit any symptoms of the disease. However, if a patient and their partner are both carriers of the same genetic disorder, then this couple's children would be at risk to have the condition.

Some genes and genetic conditions are more common in people of different races or ethnic backgrounds.

For most genes, any person from any background can be a carrier. For this reason, panels to test many genes at the same time have been developed.

Conditions that have serious medical consequences are usually included in these test panels. A negative result on a carrier screening test will significantly reduce but cannot eliminate the chance that an individual is a carrier of each of the conditions on the panel.

When a person is pregnant, or considering getting pregnant, genetic carrier screening is offered so that the chance that they carry a serious genetic condition that a child might inherit can be evaluated. Some people elect not to have any carrier testing, others choose to have carrier testing for those conditions associated with their ethnic background, and others decide to have expanded carrier screening.



# Eating Right During Pregnancy

Eating a balanced diet is important. This is especially true during your pregnancy. The foods you eat provide the nutrients that you and your baby need. Eating for two does not mean doubling portions. Pregnancy increases your calorie requirements by only about 300 calories per day, which is about the same amount of calories in ½ sandwich and 1 cup of low fat milk. What is most important is selecting a variety of foods from all of the food groups.

The following table provides reasonable guidelines for choosing the foods and portions needed during your pregnancy.

## Diet guide for pregnancy

Food Group	Eat this amount from each group daily.*	What Counts as 1 cup or 1 ounce?
Vegetables	2-3 cups	1 cup raw or cooked vegetables or 1 cup of vegetable juice 2 cups raw leafy vegetables
Fruits	2 cups	1 cup fruit or 1/2 cup of juice 2 Tbsp raisins or dried cranberries 1 small apple, orange, or banana
Grains	7-9 ounces	1 slice of bread or small tortilla ½ cup cooked pasta, rice, quinoa, oatmeal, and grits ¾ cup dry cereal
Protein Foods	6-7 ounces	1 ounce lean meat, poultry, or seafood ½ cup cooked beans 1 tablespoon peanut butter, 12 almonds ½ cup tofu
Dairy	3 cups	1 cup of milk or calcium fortified milk replacement such as soy milk 8 ounces yogurt 1½ ounces cheese 2 ounces processed cheese

Other calcium-rich foods include leafy green vegetables such as kale, broccoli, bok choy, and mustard greens. Tofu prepared with calcium sulfate, and legumes such as white beans, and red beans, and pinto beans also contain calcium. However, plant foods contain compounds that inhibit the absorption of calcium (including oxylates and phytates). If you do not use dairy products, you can opt for calcium-fortified replacements or take a calcium supplement.

If you are not gaining weight you may need to eat a little more from each food group. You can also boost calories by including more healthy fats such as olive oil, avocado and nuts. If you are gaining weight too quickly, limit sweets, fats, and fried foods. You can also focus on choosing reduced-fat dairy products and leaner proteins.



## Additional Diet Tips

### Grains

Make half of your grain servings whole grain choices. Try whole wheat tortillas, whole grain breads, brown rice, oatmeal, millet, bulgur, and whole grain pastas. When reading labels, 3 grams of fiber per serving is a good choice, and 5 grams of fiber per serving means the choice is high in fiber.

### Meats and proteins

Skinless poultry and fish are naturally lean. Other lean selections include sirloin, tenderloin, flank steak, lean pork, ham, and Canadian bacon. Remove skin from poultry. Avoid fatty meats such as bacon, sausage, hot dogs and ribs. Use low fat cooking methods such as braising, broiling, baking, grilling, or poaching. Make sure all meat and egg dishes are cooked until well-done. **Do not eat raw or undercooked fish or meat. Deli meats should be re-heated until steaming to reduce the risk of food borne illnesses.**

Vegetarian protein sources such as beans and lentils provide beneficial fiber. Many soy-based meat substitutes are available including veggie burgers, tofu hot dogs and soy breakfast links.

### Milk and dairy

Choose nonfat and low-fat milk and yogurt most often. Look for reduced fat cheeses. All dairy products should be pasteurized. Some cheeses may contain bacteria called listeria.

Milk, yogurt and cheese are excellent sources of calcium. Calcium is needed for maternal and fetal bones and teeth. The recommendation for pregnancy is to get at least 1,000 mg of calcium per day. There is 300 mg calcium per cup of milk or yogurt, or per 1½ ounces of cheese. If you do not meet your calcium requirements through diet choices, you may need a calcium supplement.

If you take a calcium supplement, more of it is absorbed if you do not take the calcium at the same time as your prenatal vitamin. Calcium is absorbed best in doses up to 500 mg at one time. So, if you want to supplement 1000 mg of calcium it is best to take 500 mg at two separate times of day. Calcium interferes with iron absorption. Take calcium supplements at a separate time from prenatal vitamins and iron supplements.

### Vegetables

Vary your vegetable choices. Many different vitamins and minerals are found in vegetables. To get the most out of your vegetables, select different colors and textures. Make sure you eat some of the following: dark green vegetables (broccoli, brussels sprouts, asparagus), orange colors (carrots, yams, winter squash), legumes (kidney beans, pintos, black beans, hummus, lentils, split peas), starchy vegetables (potatoes, corn, peas) and leafy vegetables (romaine lettuce, spinach, arugula, cabbage, kale).

### Fruits

Choose a variety of fruits including fresh fruits, frozen fruits, or fruits canned in water or their own juice. Dried fruits and juices are concentrated calorie sources.

### Fats and oils

Oils, butter, margarine, mayonnaise, and salad dressings are all sources of fat. Fats such as these have about 45 calories per teaspoon. A general guideline is to limit fat to 2 tablespoons (total) per day. Other sources of fat include cream cheese, half & half, cream, avocado, olives and nuts. Although vegetable oils are healthier for the heart than animal fats and trans-fats, all fats have the same number of calories. Fats should be limited to control calories if your weight gain is excessive.

If you are not gaining enough weight, you can add more healthy fats to your diet to boost calories. These include nuts, nut butters, avocados and oils.

You can use food labels on packaged foods to find information on fat content. Look on the Nutrition Facts Label for Total Fat grams. Low fat is defined as 0-3 grams of fat per ounce of meat (or per serving of all other foods). A medium fat choice has 4-7 grams of fat, and anything with 8 grams of fat or more is a high fat selection.





# Food Safety Guidelines During Pregnancy

Food safety is very important for pregnant patients.

## General Guidelines

- › Wash your hands frequently with soap and water, especially before eating.
- › Avoid eating raw or under cooked meats, poultry, fish, or eggs.
- › Avoid unpasteurized dairy products.
- › Avoid refrigerated pate, smoked seafood or meat spreads unless they are part of a cooked dish.
- › Eat perishable foods before “use by” date.
- › Store food in the refrigerator at 40° or less, or in the freezer at 0° or less.
- › Discard foods that look or smell spoiled. When in doubt, throw it out.

## When Cooking

- › Scrub fresh fruits and vegetables under running water.
- › Thoroughly cook meat, poultry, fish, and eggs.
- › Hot dogs and deli meats may contain bacteria. Cook them again before eating to reduce the risk of infection.
- › Raw chicken has a high bacteria count, so be sure chicken juices do not come in contact with other foods or kitchen surfaces.
- › Wash hands and utensils with warm water and soap after handling raw foods.
- › Clean cutting boards, sponges and work surfaces after each use.

## When Dining Out

- › Avoid salad bars that seem unclean.
- › Avoid eating fresh foods displayed without refrigeration.
- › Ask for food to be well-cooked (meat: well-done; eggs: firm).
- › Use caution at picnics, parties and buffets where foods may be left at room temperature too long.

## Alcohol

- › Patients should not drink any alcohol during pregnancy. Alcohol has toxic effects on the unborn baby and can cause nutrient deficiencies.
- › Any amount of alcohol can increase the risk for miscarriage and the baby’s risk for birth defects and low birth weight.

## Mercury

- › Eating fish is healthy in pregnancy and is thought to benefit babies’ brains.
- › Fish and shellfish offer important nutrients such as high-quality protein and omega-3 fatty acids. Unfortunately, fish may contain a contaminant called mercury. Mercury can harm the nervous system of the developing baby, so pregnant patients should be cautious about which seafood they choose. While most fish contain only trace amounts of mercury, some fish and shellfish contain significant amounts and should be avoided.
  - › Choices to avoid: swordfish, tilefish (Gulf of Mexico), shark, marlin, orange roughy, king mackerel, tuna, and bigeye.
  - › Choose chunk light tuna instead of white or steak albacore tuna. Chunk light tuna is lower in mercury. If you choose to eat albacore tuna, it is recommended that you limit intake to no more than 6 ounces per week.
  - › Eat up to 12 ounces per week from a variety of fish and shellfish that are known to be low in mercury.
  - › Best choices: wild salmon, tilapia, cod, sole, trout, pollock, haddock, catfish, and shrimp.
  - › Advice About Eating Fish: <https://www.fda.gov/media/102331/download>
  - › The American Pregnancy Association provides information on mercury in fish: <http://americanpregnancy.org/?s=mercury+and+fish>

Additional information can be found at the following websites: [www.cdc.gov](http://www.cdc.gov), [oehha.ca.gov/fish/women-and-children](http://oehha.ca.gov/fish/women-and-children) or [www.fda.gov](http://www.fda.gov)



## Caffeine

We recommend limiting to no more than 12 oz of caffeine a day. It is known that caffeine is a diuretic, which means it increases urination and can lead to dehydration. It can also worsen heartburn. There is caffeine in coffee, tea, cola drinks, energy drinks, chocolate and some medications.

## Sugar Substitutes

- › The following sweeteners are approved by the Food and Drug Administration as safe for use in pregnancy and breastfeeding:
  - › Acesulfame K (Sunett, Sweet One)
  - › Aspartame (Equal, NutraSweet, NatraTaste Blue)
  - › Saccharin (Sweet'N Low)
  - › Stevia (Stevia in the Raw, PureVia, Truvia)
  - › Sucralose (Splenda)

## Lead

- › Lead is a toxin that can cause miscarriage and is harmful to babies' brains.
- › Avoid cooking in lead-glazed pottery (which may come from Mexico or China). Lead can also be found in some imported candies, spices and natural remedies.
- › Remodeling your home can result in exposure to lead from old paint. Other exposures include jobs or hobbies in battery manufacturing or recycling, making jewelry or stained glass.
- › For more information, please contact your provider or visit: <https://www.cdc.gov/nceh/lead/docs/are-you-pregnant.html>

## Listeria

- › Listeria is a bacteria that can cause food poisoning.
- › Limit risks by avoiding unpasteurized dairy products, reheating ready-to-eat foods until steaming, eating packaged foods by the 'use by' dates, and avoiding under-cooked meats. Wash all produce thoroughly.
- › Periodically, produce or other foods will be recalled due to concern for possible listeria contamination. Most people who have consumed the recalled foods will not get sick. If you have consumed recalled foods but do not have a fever, no testing is necessary. If you develop a fever or nausea, vomiting, or diarrhea, call your provider.

Food safety is very important for pregnant people.



# Weight Gain During Pregnancy

It is important to eat a balanced, healthy diet during pregnancy. It only takes about 300 extra calories per day to support the additional needs for pregnancy. The goal amount of weight to gain during pregnancy depends on how much you weighed before becoming pregnant. Underweight patients need to gain more than average, while overweight patients should gain less.

For your optimal weight gain, ask your provider or use the BMI and pregnancy weight gain calculation [www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm](http://www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm)

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Your weight gain goals:

- › Underweight patients should gain 28-40 pounds
- › Normal weight patients should gain 25-35 pounds
- › Overweight patients should gain 15-25 pounds
- › Obese patients should gain 11-20 pounds

For patients who are pregnant with **twins or more**, the weight gain goals are higher:

- › Average weight patients should gain 37-54 pounds
- › For patients who are pregnant with twins or more, discuss goal weight-gains with your healthcare provider
- › Very overweight patients should gain 25-42 pounds

How much weight should I gain during pregnancy:

- › Source: Institute of Medicine and National Research Council. 2009. Weight Gain During Pregnancy: Reexamining the Guidelines. Washington, DC: The National Academies Press.
- › Underweight (<18.5); Normal weight (BMI 18.5-24.9); Overweight (BMI 25.0-29.9); Obese (BMI >30.0)

Information on this page was compiled from Weight Gain during Pregnancy: Reexamining the Guidelines available at [www.nap.edu](http://www.nap.edu)

...goal amount of weight to gain during pregnancy depends on  
how much you weighed before becoming pregnant



# Exercise During Pregnancy

A general rule of thumb is that things that keep you healthy when you are not pregnant continue to keep you healthy when you are, including exercise. Thirty (30) minutes of exercise everyday has been shown to greatly benefit your health. Pregnancy, birth, and newborn care are very physical endeavors. All will go better, with fewer complications, if you are in shape!

When you are pregnant, regular exercise can help:

- › Avoid excessive weight gain, which may decrease your risk of cesarean delivery
- › Lower your risk of diabetes in pregnancy
- › Lower your risk of developing high blood pressure
- › Improve your mood, energy level and sleep
- › Prevent constipation and back pain

## What types of exercise are safe to do?

Many studies have examined exercise in pregnancy, with the consensus being that exercise is beneficial, not risky, for pregnant patients. There are few restrictions on what you can do. Running, spinning, pilates, yoga, weight lifting, aerobics, and swimming are all fine. It makes sense that sports which increase your risk of falling or injury should be avoided (ex: contact sports, downhill skiing). Even in these instances, the most likely risk is to you (ex: broken ankle), not your baby.

If you are already involved in an exercise program you can likely just continue it with some pacing and adjustments as you get farther along.

This is not the time to train for a marathon or break new records but to consider it a “maintenance” phase.

If regular exercise will be new for you, your goal will be to build up to 30 minutes a day. It doesn't have to be done at one time; for example taking two 15 minute walks is just as good. Joining a pregnancy exercise class, walking with a work friend at lunchtime, taking the stairs, and walking after dinner with family are motivating and simple ways to meet the goal.

In either case, it's always best to start by having a conversation with your pregnancy provider about your exercise plans.

## Guidelines:

- › Drink plenty of water
- › Avoid getting overheated
- › Avoid getting so out of breath that you can't talk
- › Avoid extended periods flat on your back in the second half of pregnancy
- › Hot tubs and saunas should be avoided



# Toxins in your Environment

Toxic substances are chemicals and metals that can harm your health. Everyone is exposed to toxic substances everyday, but developing fetuses, children, pre-teens, and teenagers are especially vulnerable. Below are recommendations on how to prevent and reduce exposures at home, work, and in the community.

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## Prevent exposures at home

### Keep your home a smoke-free environment

- › Don't let people smoke around you and stay away from public places where people are smoking

### Choose safe home improvement projects

- › Pregnant patients should stay away from remodeling projects and recently remodeled rooms

### Check the ingredients in personal care products like soaps and cosmetics

- › Many of these products have ingredients that can harm reproductive health. Find links to safer products on our resource page at <https://prhe.ucsf.edu/work-matters-resources>

### Don't use pesticides to spray bugs, kill bacteria or mold, or in tick-and-flea pet collars.

- › Find pesticide-free alternatives at [prhe.ucsf.edu/pesticides-matter](https://prhe.ucsf.edu/pesticides-matter)

### Avoid foam products that contain flame retardants

- › Flame retardants can be toxic to brain development- ensure that foam products like crib mattresses and other upholstered items are labeled 'flame-retardant free' or comply with TB-117-2013
- › Find more information about flame retardants from the EPA and more on our resource page at: [prhe.ucsf.edu/toxic-matters-resources](https://prhe.ucsf.edu/toxic-matters-resources)

### Clean your home with non-toxic products like vinegar and baking soda

- › Many toxic substances are present in dust and can spread into the air when swept
- › Use a wet mop or cloth to clean floors and surfaces and vacuum, using a HEPA system if possible, weekly

### Pick your plastics

- › Avoid household products like shower curtains, toys, and food containers that contain toxic chemicals like vinyl chloride and bisphenol A (BPA)
- › Don't use plastic containers for hot drink or food, and use glass instead of plastics in the microwave

### Keep mercury out of your home and diet

- › Mercury can be found in household items such as light bulbs and thermometers and food like big fish (i.e., tuna, swordfish, orange roughy, shark)

### Avoid lead exposure

- › Call the National Lead Information Center for information about how to prevent exposure to lead at: 800-424-LEAD

### Test for radon if you have basements or ground floors

- › Learn more by calling the National Radon Hotline: 1-800-SOS-RADON

## Tips for a healthy diet

- › Avoid foods grown with pesticides. If buying organic doesn't fit into your lifestyle, buy fruits and vegetables with the lowest pesticide levels. Learn about these foods and more at: [prhe.ucsf.edu/food-matters](https://prhe.ucsf.edu/food-matters)
- › Wash fresh fruits and vegetables
- › Limit foods high in animal fat
- › Avoid canned and processed foods as much as possible. Many cans have BPA lining

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## Prevent Exposures at Work

- › Know your rights in your workplace- you have the right to a safe and healthy work environment
- › Talk to your employer about potential hazardous substances and exposures. Always follow guidelines, use protective gear, and follow protocol when handling potentially harmful substances in the workplace

Find more info about work exposures at: <https://prhe.ucsf.edu/work-matters-resources>

# Tobacco, Marijuana, Alcohol and Drugs During Pregnancy

The use of tobacco, alcohol and drugs can have a harmful effect on anyone's health. When a pregnant or breastfeeding patient uses these substances, her baby is also exposed to them. All these substances cross the placenta through the umbilical cord and enter into the baby's bloodstream. While pregnant, it is best to eat well, stay healthy, and we are here to support patients who are using substances and want to abstain.

## "Street" Drugs

- › Pregnant patients who use drugs like cocaine, crack, heroin and methadone are at increased risks for serious pregnancy complications.
- › Cocaine is one of the most harmful drugs to unborn babies. It can cause a miscarriage and may cause pre-term birth, bleeding, fetal death and fetal strokes, which can lead to brain damage and death. After birth, a baby who has been exposed to cocaine before birth withdraws from the drug. Symptoms include the jitters and irritability. These babies are hard to comfort and are often unable to respond to being comforted. Cocaine use during pregnancy may also be linked to an increased risk of sudden infant death syndrome (SIDS).
- › Amphetamines, also called speed, are harmful to unborn babies. One study showed that the babies of patients who used speed during pregnancy, weighed less, were shorter and had a smaller head size. Another study showed that these babies had more strokes (bleeding into their brains).

## Marijuana

- › Marijuana is never safe during pregnancy and it can harm the baby at any stage of development.
- › Its use can affect fetal and infant development and may cause a miscarriage. Studies indicate that prenatal marijuana use is linked to premature births, small babies at birth, difficult or long labor and increased jitteriness in newborns.
- › Marijuana smoked by a pregnant person remains in the baby's fat cells for 7 to 30 days.
- › Smoking marijuana can affect the amount of oxygen and nutrients the baby gets to grow.
- › Marijuana can have long-term effects on infants and children including trouble paying attention or learning to read.

## Alcohol

- › Since it is not known if there is a safe level of alcohol during pregnancy, it is best not to drink at all. Even one drink a day has been shown to have effects on the growing fetus.
- › Drinking alcohol increases the risk of miscarriage, stillbirth, newborn death and fetal alcohol syndrome (FAS). Babies with FAS have low birth weight, heart defects, facial defects, learning problems and mental retardation.
- › The best time to stop drinking alcohol is before you conceive. If your pregnancy is unplanned, you should stop drinking as soon as you think you might be pregnant.

## Tobacco

- › Smoking is a very serious health concern for both parent and baby. If you smoke, quit now. Ask your health care provider for information about classes or support groups for pregnant patients who want to quit.
- › Patients who smoke during pregnancy are more likely to have babies who are too small. Babies born weighing less than 5 pounds may have more health problems early in life and learning problems in school.
- › Smoking also increases the risk for miscarriage, pre-term labor, stillbirth and newborn death.
- › Vaping is not a safe alternative to smoking. Even if there is no nicotine, there is no information about content and its safety in pregnancy.

## Prescribed Drugs

Some prescribed medications may be harmful to your unborn or nursing baby. If you are taking any prescribed drugs, tell your health care provider as soon as possible, so medications can be changed or adjusted, if appropriate.

However, do not stop taking regularly prescribed medications without talking with a health care provider first!



# Secondhand Tobacco Smoke and Children's Health

Smokers are not the only ones being harmed by their habit. Non-smokers who are exposed to tobacco smoke – especially newborns and children – often suffer health effects from this secondhand smoke. This is true even when smokers only smoke outdoors!

## Prenatal risks

- › Secondhand smoke can affect a pregnant person's developing baby. Babies born to patients who are exposed to secondhand smoke tend to weigh less than babies not exposed. They are also more likely to be born early (premature). Each year in California, secondhand smoke causes as many as 4,700 early births.

## Dangers to children

- › Children may be exposed to secondhand smoke in homes and day care, at outdoor smoking areas, in cars, and anywhere that people are smoking cigarettes, cigars and pipes.
- › Secondhand smoke can cause chronic symptoms like cough, phlegm, and wheezing in infants and children. Children exposed to secondhand smoke have more visits to health care providers for these problems.

## Asthma

- › Asthma is a chronic health condition. Symptoms include coughing, wheezing, and shortness of breath. Asthma is the number one reason children are admitted to hospitals.
- › Secondhand smoke has been shown to cause new cases of asthma. It also has been shown to make children's existing asthma worse. Children with asthma who are exposed to secondhand smoke have more severe symptoms, use more medication, and miss more days of school than those not exposed.

## Immune system damage and infections

- › Infants and young children who are exposed to secondhand smoke are at higher risk for infections. This may be the result of damage to their developing immune systems.
- › Secondhand smoke has been shown to cause respiratory infections in children, including pneumonia and bronchitis. These infections can be severe and even life-threatening in children who already have asthma or cystic fibrosis.
- › Secondhand smoke has also been shown to cause ear infections in children. Ear infections are more frequent and last longer in children exposed to secondhand smoke. They are also the most common cause of hearing loss in children.

## Sudden Unexplained Infant Death Syndrome (SUID or SIDS)

Sudden Infant Death Syndrome (SIDS) is the leading cause of death in children aged 1 month to 1 year. The causes of SIDS are not completely understood. The risk of SIDS is higher, however, in infants exposed to secondhand smoke.

## Resources

- › **Smokers Help line (1-800-NO-BUTTS):** <https://kickitca.org>
- › **U.S. Centers for Disease Control:** [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)



# Disability Benefits During Maternity Leave

Your employer is your primary contact for questions regarding your pregnancy disability leave. It is important to fully understand your pregnancy disability benefits and only your company's personnel can provide you with this information. They will have answers for the maximum time off you are eligible, how to receive income replacement during leave, and will provide any paperwork needed to certify your dates of disability.

- › You may drop off your paperwork to the front desk staff at any of our obstetrics clinic locations, fax forms to (415) 353-3533 or email: [obstetricssrvcs-disab@ucsf.edu](mailto:obstetricssrvcs-disab@ucsf.edu).
- › When submitting your paperwork, please provide your first day off work and expected due date. While you may have a number of leave benefits available to you, our office certifies the period that you are considered disabled by pregnancy.
- › We kindly ask for a minimum of 5 business days for proper completion. We will submit the completed form(s) to the appropriate third party (EDD, disability insurance, employer, etc.) and a copy will be sent to you via secure e-mail.
- › If you feel you need to stop working earlier due to complications, please discuss your medical concerns with a provider prior to stopping work. Authorization for early disability must come from a provider.
- › If you are applying for state disability insurance, please submit your claim online via EDD's website. Once your claim has been submitted, please e-mail your receipt number to: [obstetricssrvcsdisab@ucsf.edu](mailto:obstetricssrvcsdisab@ucsf.edu) to process Part B of your claim. Please note that SDI applications cannot be submitted until your leave begins.
- › If no forms are available to you through your employer, our office can provide a note certifying your dates of disability.
- › We welcome your feedback! Should you have any questions or concerns, please contact our disability office. We are here Monday through Friday 8:00am to 4:30pm, and happy to help!

## Our disability office is located at:

UCSF Obstetrics Services  
Ron Conway Medical Building  
1825 4th Street, 3rd Floor  
San Francisco, CA. 94158  
Box # 4067

## Resources:

- › For information about your benefits, please contact your HR or the Legal Aid at Work team at 800-880-8047 or [legalaidthatwork.org](mailto:legalaidthatwork.org).
- › For questions regarding eligibility, payments, and application assistance for CA state disability (SDI), please contact EDD by calling 800-480-3287 or visiting [edd.ca.gov](http://edd.ca.gov).
- › To contact the OB Disability Coordinator, please call (415) 353-2592 or email us at [obstetricssrvcsdisab@ucsf.edu](mailto:obstetricssrvcsdisab@ucsf.edu)

## Information about Job Protection and Pay

**Job Protection:** FMLA (Family & Medical Leave Act) provides up to 12 weeks of unpaid, job protected leave when you are unable to work due to a "serious health condition." Pregnancy disability qualifies as a serious health condition. You are eligible for FMLA if you have 1+ year of service, 1250+ hours of work in the previous year, and employer has 50 or more employees within 75 miles. For more information, visit <https://www.dol.gov/agencies/whd/fmla/faq#3>.

The 12 weeks FMLA period is 4 weeks before delivery and 6-8 weeks for postpartum recovery. UCSF OB supports 6 weeks postpartum recovery for a vaginal delivery and 8 weeks postpartum recovery for a c-section.

CFRA (California Family Rights Act) provides 12 weeks of unpaid, job protected bonding leave within 1 year of birth starting after pregnancy disability leave ends. Employees are eligible for CFRA if they are eligible for FMLA.

**Pay during leave of absence:** During pre-birth and postpartum recovery, you may have a private disability insurance through employer and/or EDD State Disability Insurance claim. The income replacement amount is dependent between your employer and the private insurance's policy. Your company's personnel can provide you with this information and will give you instructions on how to apply.

During newborn bonding period, you may have income replacement through employer's policy and/or the EDD Paid Family Leave claim. The EDD Paid Family Leave provides up to 8 weeks maximum paid leave, if eligible. Paid family leave does not require physician certification and is coordinated with your employer and EDD directly.

# UCSF Great Expectations Pregnancy Program

## Prenatal Childbirth Preparation Classes

We offer a variety of classes and groups to help expecting parents and their partners prepare for birth, breastfeeding, and parenting. More information on class content, schedules, and prices can be found at [womenshealth.ucsf.edu/whrc](http://womenshealth.ucsf.edu/whrc). Please sign up well in advance (as early as second trimester) as classes fill up quickly.

We currently offer classes virtually via Zoom:

San Francisco | Mission Bay: 1855 Fourth Street and Mount Zion: 2356 Sutter Street

To sign up with Great Expectations call 415.514.2670 or visit [womenshealth.ucsf.edu/whrc](http://womenshealth.ucsf.edu/whrc).

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### Childbirth Preparation: Integrated Methods

Recommended between 6–9 months of pregnancy

This class provides an overview of the stages and process of labor, breathing and relaxation techniques, support, medication options, variations in labor including cesarean birth, and immediate postpartum care for parent and baby. Classes are a 4-week series or 3 weeks during the holidays. Fee required.

### Intensive Childbirth Preparation

Recommended between 6–9 months of pregnancy

A weekend childbirth preparation workshop designed to give participants the basic tools and information in preparing for birth. This class incorporates all information from the Childbirth Preparation: Integrated Methods class in an accelerated format. Fee required.

### Pain Relief & Labor

Learn about the pain medication options available to assist you during labor and childbirth. Discuss your concerns or questions with a UCSF Anesthesiologist.

Fee: No Charge

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### Other Classes/Services:

Baby Care/Parenting

Breastfeeding

Breastfeeding Twins or More

Expecting Twins or More

Mindfulness Basics During Pregnancy

MILK (Mother & Infant Lactation Kooperative)

The New Nest: The New Nest: Emotional Aspects of Pregnancy &

The New Nest: From Partners to Parents

The Afterglow and other Support Groups

Women's Health and Zooming through Pregnancy to Parenthood Webinars

[Classes fill up, sign up early!](#)

[Dates, times and fees are subject to change.](#)

# Sex During Pregnancy

Pregnancy is a time of physical and emotional change. Personal history, symptoms, and attitudes about becoming a parent influence the feelings that a patient has about her body and about making love during pregnancy. The pregnancy may change how a patient and her partner feel about making love.

There can also be differences in sexual need. The best way to deal with these differences is to talk, to listen and to be open to each other's feelings and concerns. Talk with your health care provider during one of your prenatal visits about any questions regarding sexual practices and their effect on the baby and the pregnancy.

## Pregnancy changes and sexuality

- › Many patients are nauseous and tired during pregnancy. If a patient feels that way, they may not feel like making love. Sex is safe during pregnancy and many patients continue to enjoy it.
- › During pregnancy there is an increase in blood supply to the pelvic area. Many patients enjoy sex during pregnancy.
- › A patient's breasts increase in size during pregnancy and get even larger with sexual arousal. For some patients this is the first time that they truly enjoy having their breasts fondled, while others experience these changes as uncomfortable due to breast tenderness.
- › As the pregnancy progresses and a patient begins to gain weight, positioning and comfort become important in lovemaking. A patient may become depressed as the shape of her body changes. She may be bothered by increased pelvic pressure as the baby begins to move down into the pelvis. She may not like the idea of sex, and her partner may also worry about hurting the baby.
- › Orgasm may be somewhat frightening during pregnancy. Upon reaching orgasm, the uterus contracts in a rhythmical fashion. In a pregnant person, these contractions may last longer. They can sometimes turn into long, hard contractions that may feel uncomfortable. Sensitivity to each other's wishes is important. Cuddling and massage may be another way to share intimate time together.

## Pregnancy and safe sex

Partners need to be honest and realistic about sex during pregnancy. Open communication may help to avoid frustration. Since AIDS/HIV infection is transmitted through sexual activity, always practice safe sex. HIV infection can be transmitted to your unborn child. If you have questions about what safe sex is, and want to discuss concerns in confidence, call (800) FOR-AIDS and ask for a health care provider.

## Sexuality and high-risk pregnancy

Certain problems can occur during pregnancy that put the baby at risk for premature delivery. If you are experiencing vaginal bleeding, preterm labor or ruptured membranes, you should not have sex and avoid having orgasms. Your health care provider will tell you if sex could be harmful, but do not hesitate to ask if you have questions or concerns.



# Preparing for Your Birth to-do list

More information on many of these topics can be found throughout the booklet. When that is the case, the relevant page number(s) is included in parentheses.

## Complete by the end of your Second Trimester

- ☐ View labor & delivery rooms in this Birth Center tour:  
<https://womenshealth.ucsf.edu/whrc/welcome-ucsf-birth-center>
- ☐ Signed up for classes with Great Expectations Pregnancy Program (p. 33)
- ☐ Spoke to my employer/HR about disability and family leave benefits (p. 32)

## Complete During your Third Trimester

- ☐ Received a Tdap vaccine for whooping cough (loose handout in back cover pocket)
- ☐ Received the flu vaccine, if indicated by my provider
- ☐ Familiarized myself with when and where to come for my delivery (p. 44)
- ☐ Reviewed my birth preferences with my provider (p. 49)
- ☐ Schedule a postpartum appointment for 6-8 weeks after delivery
- ☐ Choosing a Healthcare Provider for your Baby (p. 51)
- ☐ Know to call if I am in labor or leaking water: Birth Center at (415) 353-1787
- ☐ Know to bring two forms of ID to my delivery, one with a photo
- ☐ Completed the Birth Certificate Worksheet and will bring it to my delivery (p. 52)

## Going Home from the Hospital after Birth & Postpartum

- ☐ Arrange a ride home by 12:00 pm on your going-home day
- ☐ Bring an infant car seat if you plan to drive home in a car
- ☐ Plan to stay 24-48 hours after a vaginal delivery
- ☐ Plan to stay 48-72 hours after cesarean section unless there are complications.
- ☐ Contact Women's Health Resource Center for any postpartum support (i.e., Breastpumps and support groups)



# Tips for Better Sleep During Pregnancy & Postpartum

We recommend 7-9 hours of sleep in a 24-hour period, and we also understand that poor sleep is a common challenge during pregnancy and the postpartum period. Fortunately, there are strategies that may help you sleep better.

General Sleep Tips	
<b>Only use the bed for sleeping</b>	<ul style="list-style-type: none"> <li>› The goal is for your mind and body to equate the bed with sleeping and not with anxiously waiting for sleep to come.</li> <li>› No TV, working, or reading in the bed – only sleeping (and sex)!</li> <li>› If you're awake in bed for longer than 20 minutes, get out of bed and do something relaxing in dim light. Get back in bed when you're sleepy.</li> <li>› Sleep should only happen in bed (not on the sofa).</li> </ul>
<b>Avoid media use</b>	<ul style="list-style-type: none"> <li>› Avoid using the computer, phone, television, or tablet in the hour before bed and in the middle of the night.</li> <li>› Anxiety and blue light both make it harder to fall asleep.</li> <li>› Silence the sound and vibration on your phone; ideally store it in another room when you sleep.</li> </ul>
<b>Make the room dark</b>	<ul style="list-style-type: none"> <li>› An eye mask (also called sleep masks) may be helpful.</li> <li>› If an eye mask isn't comfortable, use blackout curtains. You can even tape dark garbage bags or tinfoil on your windows. It might look funny, but it does the trick!</li> <li>› Place nightlights in the path to your bathroom so you don't need to turn on bright lights when walking to the bathroom in the middle of the night.</li> </ul>
<b>Make the room cool</b>	<ul style="list-style-type: none"> <li>› Warm temperatures can disrupt sleep.</li> <li>› If you have window shades or blinds, close them during the day to keep out the sun.</li> <li>› If possible, use fans and light bedding at night.</li> </ul>
<b>Make the room quiet</b>	<ul style="list-style-type: none"> <li>› Reduce disruptive noises by using earplugs or a white-noise or nature-noise machine or app.</li> </ul>
<b>Wind down</b>	<ul style="list-style-type: none"> <li>› Prepare your mind and body for sleep an hour before bedtime.</li> <li>› For example, get in your pajamas and try a mindfulness practice.</li> </ul>
Tips For Sleep During Pregnancy	
<b>Try to sleep on your side</b>	<ul style="list-style-type: none"> <li>› After 28 weeks, your uterus is getting bigger and can compress the big blood vessels that feed your uterus and the baby. Although it can be difficult to control your sleep position during the night, try to sleep on either side, and not flat on your back if possible.</li> </ul>
<b>Keep snacks nearby</b>	<ul style="list-style-type: none"> <li>› To help with hunger or queasiness.</li> </ul>
<b>Manage pain and discomfort</b>	<ul style="list-style-type: none"> <li>› Use supportive pillows or a body pillow to improve comfort and relieve pressure on aching muscles.</li> <li>› Yoga may help with pain and improve sleep.</li> <li>› Get regular exercise (but not right before bed).</li> </ul>
<b>Treat heartburn</b>	<ul style="list-style-type: none"> <li>› Avoid foods that may contribute to heartburn (citrus fruits, spicy foods, caffeine).</li> <li>› Sleep slightly upright.</li> </ul>
<b>Reduce frequent trips to the bathroom</b>	<ul style="list-style-type: none"> <li>› Drink plenty of water during the day, but try cutting back before bed.</li> </ul>



# Tips for Better Sleep (cont'd)

Tips for Sleep During the Postpartum Period	
<b>Practice safe sleep</b>	<ul style="list-style-type: none"> <li>➤ The American Academy of Pediatrics recommends that infants sleep in the same bedroom as their parents for at least the first 6 months of life.</li> <li>➤ Infants should sleep on a separate surface, such as a crib or a bassinet, and never on a couch, armchair, or soft surface.</li> <li>➤ Place baby on his or her back.</li> <li>➤ Avoid the use of soft bedding, including crib bumpers, blankets, pillows, and soft toys. The crib should be bare.</li> </ul>
<b>Enlist others to help with infant caregiving at night</b>	<ul style="list-style-type: none"> <li>➤ Discuss with your partner or family how they can help with infant feedings, diaper changes, and soothing as much as possible.</li> <li>➤ Night doulas can be extremely helpful (especially 2-3 nights per week for the first 2 months), though pricy.</li> </ul>
<b>Make it easy to care for infant in the middle of the night</b>	<ul style="list-style-type: none"> <li>➤ For example, have your infant sleep in a bassinet nearby.</li> <li>➤ Store infant caregiving supplies nearby.</li> <li>➤ Place nightlights or dimmable lights near infant care areas.</li> </ul>
<b>Feed with breastmilk, if possible</b>	<ul style="list-style-type: none"> <li>➤ Parents who feed their infant exclusively with breastmilk sleep longer than those who supplement with formula.</li> </ul>
<b>Improve infant sleep</b>	<ul style="list-style-type: none"> <li>➤ “Sleep when the baby sleeps” makes the most sense in the first month or two after birth.</li> <li>➤ After that, you can find helpful suggestions for improving infant sleep in the following resources:               <ul style="list-style-type: none"> <li>➤ <i>Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep</i>, by Jodi Mindell</li> <li>➤ <i>The No-Cry Sleep solution: Gentle Ways to Help Your Baby Sleep Through the Night</i>, by Elizabeth Pantley</li> <li>➤ Babysleep.com</li> <li>➤ Takingcarababies.com</li> </ul> </li> </ul>

## Talk to your provider if you are experiencing more severe sleep problems, such as:

- Insomnia symptoms including difficulty falling asleep, staying asleep, or waking much earlier than wanted
- Sleep apnea symptoms including snoring, breathing pauses, or gasping, and daytime sleepiness
- Unpleasant, restless feelings in legs that are worse at night and that can be relieved with movement

Please know that there are treatment options – including those that don't involve medication.

## Bay Area Sleep Clinics:

- UCSF Sleep Disorders Center, (415) 885-7886
- UCSF Neuro/Psych Sleep Clinic, (415) 353-2273
- The Stanford Sleep Medicine Center, (650) 723-6601
- Stanford Sleep Health and Insomnia Program, (650) 498-9111 option 2
- The Clinic, [www.theclinicca.org](http://www.theclinicca.org)

## Other helpful resources:

- Quiet Your Mind & Get to Sleep by Colleen E. Carney and Rachel Manber
- Say Good Night to Insomnia by Gregg Jacobs and Herbert Benson

Created by Jennifer N. Felder, PhD, Patricia Robertson, MD, & Benjamin Smarr, PhD  
To provide feedback on this tip sheet, please email: [Jennifer.Felder@ucsf.edu](mailto:Jennifer.Felder@ucsf.edu)



# Group B Strep in Pregnancy

Group B Streptococcus (GBS) is one of many common bacteria that live in the human body without causing harm in healthy people. GBS lives in the intestine from time to time, so sometimes it is present and sometimes it is not. GBS can be found in the intestine, rectum and vagina in about 2 out of every 10 pregnant patients near the time of birth. GBS is not a sexually transmitted disease, and it does not cause vaginal discharge, itching or other symptoms.

## Infection

- › At the time of birth, babies are exposed to the GBS bacteria if it is present in the vagina. This can result in pneumonia or a blood infection.
- › Full-term babies born to patients who carry GBS in the vagina have a 1 in 200 chance of getting sick from GBS during the first few days after birth.
- › Occasionally, patients also get a postpartum infection in the uterus.
- › Occasionally GBS can cause a urinary tract infection during pregnancy. If you get a urinary tract infection, it should be treated at the time it is diagnosed and then you should receive antibiotics again when you are in labor.

## Testing for GBS

- › During a regular prenatal visit 3 to 5 weeks before your due date, you or your health care provider will collect a sample by touching the outer part of your vagina and also just inside the anus with a sterile cotton swab.
- › If GBS grows in the culture that is sent to the lab from that sample, your health care provider will let you know so you can expect to receive antibiotics during labor through an IV.

## Prevention

- › If your GBS culture is positive within 5 weeks before your delivery, your health care provider will recommend that you receive antibiotics during labor. GBS is very sensitive to antibiotics. A few intravenous doses given up to 4 hours before birth almost always prevents your baby from getting GBS during birth.
- › It is important to remember that GBS is typically not harmful to you or your baby before you are in labor.

## Why we wait until labor to give antibiotics

- › Although GBS is easy to remove from the vagina, it is not so easy to remove from the intestine, where it lives normally and without harm to you. While GBS is not dangerous to you or your baby before birth, if you take antibiotics before you are in labor, GBS will return to the vagina from the intestine, as soon as you stop taking the medication. Therefore, it is best to take antibiotics during labor when it can best help you and your baby.

## Symptoms that a baby is infected

- › Babies who get sick from GBS infection often do so in the first 24 hours after birth.
- › Symptoms include difficulty breathing (including grunting and having poor color), fluctuating temperature (too cold or too hot), or extreme sleepiness that interferes with breastfeeding.

## Treating GBS in a baby

- › If your baby is full-term and the infection is caught early, it is very likely the baby will completely recover with intravenous (IV) antibiotic treatment.
- › Of the babies who get sick, about 1 in 6 will have serious complications. Some very seriously ill babies die.
- › In most cases, if you carry GBS in the vagina at the time of birth and you are given antibiotics in labor, the risk of your baby getting sick is a 1 in 4000 chance.

## Penicillin Allergy

- › Penicillin or a penicillin-type medication is the antibiotic recommended for GBS infection. Patients who carry GBS at the time of birth and who are allergic to penicillin, however, can receive different antibiotics during labor.
- › Be sure to tell your health care provider if you are allergic to penicillin and what symptoms you had when you got that allergic reaction.

Resources: Centers for Disease Control:  
[www.cdc.gov/groupbstrep](http://www.cdc.gov/groupbstrep)



# Kick Counts

In the last 3 months of your pregnancy, you should be able to feel the baby moving every day. An active baby is a healthy sign. Most of the days you will feel your baby moving regularly throughout the day. Babies also have more sleep periods throughout the day which can last for over an hour. Be aware of your baby's pattern of activity. On any day that you feel your baby is not moving as much as usual or not at all, follow these steps:

## Kick Counts -"Count to 10"

- You should count how long it takes your baby to kick 10 times, starting with the first kick (so you know your baby is awake).
- All movements count as a "kick," but don't count hiccups. Several movements at the same time count as one "kick." The quickest way to do this is to relax, lie or sit down and concentrate on feeling for kicks.

## If after 2 hours you have not felt 10 kicks, you should call and ask to speak to a triage nurse

- Call the OB Clinic if Monday-Friday and between 8am-4pm at (415) 353-2566
- If evenings or weekends please call the UCSF Birth Center Triage at (415) 353-1787

# Gestational Diabetes Testing

Thank you for taking the time and effort to have your Gestational Diabetes (GDM) testing completed. UCSF recommends testing for GDM in all pregnancies, as it is quite common and proper treatment can dramatically improve pregnancy outcomes and overall health. Below is some key information that you may find helpful.

## One Hour Glucose Test:

This is typically performed at 24-28 weeks. Select patients with risk factors for GDM may be asked to complete this screening earlier in pregnancy.

You do not need to do anything special to prepare for this test - do not fast for this test. You will go to UCSF lab, where you will be provided with a 50-gram glucose solution to drink at the UCSF lab, where your blood glucose level will be drawn an hour later. You should plan to stay seated in the lab waiting area during this hour, without exercising or eating anything.

The prenatal provider who ordered the test will inform you of the results of the test, which could be any of the following:

- Normal, which indicates that you do not have GDM
- Elevated, which indicates that you do have GDM
- Intermediate, which requires follow-up testing to confirm GDM

## Three Hour Glucose Test:

For those with intermediate results on the 1-hour glucose test, a 3-hour glucose test is recommended to determine whether GDM is present.

To prepare for this test, you must fast for at least 8 hours but no longer than 10 hours. Fasting longer than 10 hours can result in a false-positive test.

This test takes three hours to complete and requires up to 4 separate blood draws. When you arrive at the UCSF lab, you will have a blood draw to assess your fasting blood glucose level. In most cases, you will be given a 100-gram glucose solution to drink, and your blood will be rechecked 1, 2, and 3 hours after drinking the solution. Bring something to occupy your time, since you will need to stay in the lab waiting area during these three hours, without exercising or eating anything.

The prenatal provider who ordered the test will inform you of the results of the test and potential next steps.

## What should I do if my test indicates I have gestational diabetes (GDM)

This result may be unexpected for many individuals. If you are feeling a little overwhelmed and/or frustrated, you are not alone! Please be assured that you will have many opportunities to discuss this diagnosis and ask any questions you may have in the coming days and weeks.

A nurse from the UCSF Endocrine, Diabetes, and Pregnancy Program (EDAPP) will contact you to explain the diagnosis and what to do next. An appointment will be scheduled for you to meet with our EDAPP dietitian, who will provide tips on diet and activity. You will learn how to check your blood sugars at home and how to send those values to our EDAPP team for weekly review.

This result may be unexpected for many individuals. If you are feeling a little overwhelmed and/or frustrated, you are not alone! You will have many opportunities to discuss this diagnosis and ask any questions in the coming days and weeks. Please do not worry, and please do not stop eating! You and your baby need nutrients (including carbohydrates) to support a healthy pregnancy. If you are eager to make adjustments before your first appointment, it is reasonable to avoid juices, sodas, candy, and sweets. If you don't already get regular exercise, add a walk into your daily routine.

Our EDAPP team is here to support you throughout your pregnancy and will continue to be available through delivery.

# Recognizing Preterm Labor

A term pregnancy takes about 40 weeks to complete. Babies born before 37 weeks may have problems breathing, eating and keeping warm.

Preterm labor occurs after the 20th week but before the 37th week of pregnancy. It is a condition in which uterine contractions (tightening of the womb) cause the cervix (mouth of the womb) to open earlier than normal. It could result in the birth of a premature baby.

- › Certain factors may increase a patient's chances of having premature labor, such as carrying twins. Often, the causes of premature labor are unknown. Sometimes a patient can have premature labor for no apparent reason.
- › It may be possible to delay a premature birth by knowing the warning signs of premature labor and by seeking care early.

## Warning signs and symptoms

- › Uterine contractions that occur five or more times in an hour, with or without any other warning sign
- › Menstrual-like cramps felt in the lower abdomen that come and go or are constant
- › Low dull backache felt below the waistline that may come and go or be constant
- › Pelvic pressure that comes and goes and that feels like your baby is pushing down
- › Abdominal cramping with or without diarrhea
- › Increase or change in vaginal discharge such as change into a mucousy, watery or bloody discharge

## Uterine contractions

- › It is normal to have some uterine contractions throughout the day. They often occur when you change positions, such as from sitting to lying down.
- › It is not normal to have frequent uterine contractions (six or more in one hour). Frequent uterine contractions may cause your cervix to begin to open.

**Call your health care provider at (415) 353-2566 or go to the hospital if you have:**

- › Six or more uterine contractions in one hour, or
- › Any of the other signs and symptoms for one hour, or
- › Bleeding or leaking fluid from your vagina

## What You Should Do

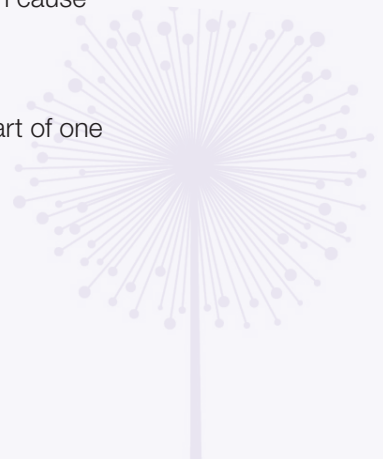
If you think you are having uterine contractions or any other signs and symptoms of premature labor:

### **Lie down tilted towards your side. Support your back with a pillow.**

- › Sometimes lying down for an hour may slow down or stop the signs and symptoms.
- › Do not lie flat on your back because lying flat may cause the contractions to occur more often.
- › Hydrate yourself. Drink several large glasses of water. Sometimes being dehydrated can cause contractions.

### **Check for contractions for one hour.**

- › To tell how often contractions are occurring, check the minutes that elapse from the start of one of your contractions to the beginning of the next one.



# Doula Guidelines

When you come to give birth, our medical team is glad to welcome you and your loved ones.

Your doula is also welcome! Studies show that having a trained birth attendant to provide emotional support and labor coaching can help you have the birth experience you desire. Listed below are guidelines for your doula when she is working to support you in a labor and delivery setting. Your doula will likely be familiar with them — they are based on positions from the DONA (Doulas of North America) organization. Please share with your doula and any other person who intends to support you during labor and delivery. It's important since the doula works for you and isn't an employee of the hospital.

Following these important guidelines helps us all foster a safe and supportive environment and makes sure everyone works well together to nurture you and your baby.

What should a doula DO during labor and delivery?	What should a doula NOT DO during labor and delivery?
A doula:	A supportive and well-trained doula does not:
<ul style="list-style-type: none"> <li>• <b>Offers guidance and help with your comfort during labor.</b> For example, your doula may help with breathing and relaxation techniques, movement and positioning, and visualization exercises.</li> <li>• <b>Fosters a positive environment and supports good communication between you and your healthcare team.</b> For example, your doula may help you communicate your wishes for your medical care as recorded in your birth plan. If you like, she may also help the medical team explain some of your care and options to you. Most helpfully, your doula can encourage you to ask questions and to speak for yourself. You are your own best advocate.</li> <li>• <b>Provides physical and emotional support</b> for you and your partner during labor and birth.</li> <li>• <b>A doula protects your privacy.</b> Just as the medical team adheres to Health Insurance Portability and Accountability Act (HIPAA) regulations, your doula should also respect patient confidentiality.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Perform clinical or medical tasks.</b> Your healthcare team provides these services. This means your doula cannot do these or any other clinical tasks:               <ul style="list-style-type: none"> <li>– Take blood pressure or temperature</li> <li>– Check fetal heart tones or adjust monitors</li> <li>– Do vaginal exams</li> <li>– Rupture membranes (“break your water”)</li> <li>– Do perineal massage</li> <li>– Give or adjust medicine (including homeopathic or herbal remedies)</li> </ul> </li> <li>• <b>Interfere with medical treatment or disrupt</b> the positive birthing environment.</li> <li>• <b>Diagnose medical conditions or present your options for medical care.</b> Instead, she supports the communication of the medical staff.</li> <li>• <b>Speak for you or make decisions for you.</b> Rather, she encourages you to ask questions about your care and treatment.</li> <li>• <b>Object to following the policies of the hospital and the direction of your healthcare team.</b> As they supports you in your labor, they works at the discretion of the doctor or nurse and cooperates with their requests.</li> </ul>

## Comfort aids

To help manage the intensity of labor, feel free to bring comfort aids to the hospital—things like birthing balls, framed photos, and massage tools. Note the following are not allowed due to safety:

- › Anything that needs to be plugged in such as blenders, heating pads, or crockpots
- › Essential oil diffusers
- › Candles or anything with an open flame
- › Sacks or packs that need to be microwaved (the healthcare team is not allowed to heat them for you)

If you have questions about what's appropriate to bring to the hospital, please call the hospital and ask to speak with someone in Labor & Delivery, (415) 353-1787.



# Pain Relief for Labor and Vaginal Birth

Labor and birth are hard work and involve some discomfort. The amount of discomfort during childbirth varies from patient to patients. Patients also choose different ways to experience their births. Some patients choose medication or anesthesia and others do not. Most choose to “see how it goes” and make choices as labor unfolds.

## Non-medical approaches

- › The UCSF Birth Center provides a number of options for comfort during labor, including space to move around, tubs for soaking, rocking chairs, and beds that convert into different positions.
- › Relaxation and breathing techniques ease the discomfort for many as do the presence of family and friends and the support of health care providers.

**If you are interested in taking a FREE Pain Relief in Labor class with a UCSF Anesthesiologist, please call Great Expectations at (415) 514-2670.**

## Medical Approaches

- › **Injections of a narcotic** can be given intravenously (IV) during labor. The narcotic works quickly and can be given every 30 minutes during labor. It is not given immediately before delivery, however, to ensure that the effects of the narcotic are not present during delivery. For some patients this “takes the edge off,” and allows them to rest and relax between contractions.
- › **Nitrous oxide gas** can be inhaled during contractions through a hand-held mask (it is the same gas that you may have used at the dentist). Similar to the narcotic, the gas can lessen but not eliminate the pain of labor. The effect occurs only while the gas is being inhaled and disappears rapidly when the mask is removed. It can be used through delivery.

- › **Epidural anesthesia** offers the most complete pain relief during labor and birth. A tiny tube or catheter is placed through a needle into a space (the “epidural space”) outside the spinal cord sac in the lower part of the patient’s back. The needle is removed and the tubing is taped in place. Similar to an IV, medication is given continuously through the tube during labor and birth. The medication blocks the pain of contractions and birth, other than pressure. Because of the numbness produced by the epidural, a patient with an epidural cannot get out of bed (and usually takes the opportunity to get some rest).

## Support from UCSF Anesthesia Department

- › The UCSF Anesthesia Department has a team available to the UCSF Birth Center unit 24 hours a day. An anesthesia resident meets with every patient admitted in labor regardless of whether she is planning anesthesia for her birth. An anesthesia attending in the hospital supervises this resident.
- › The purpose of this visit is: 1) to learn of any medical problems a patient may have in the unlikely event of an emergency; and 2) to answer any questions a patient may have about the pros and cons of medical approaches to pain relief.





# Cesarean Birth

While most patients will have a vaginal delivery, some may need a cesarean section. UCSF is now offering Family-Friendly Cesarean deliveries for families meeting criteria. In this supportive environment, one or two family members, or support persons, may attend the delivery. Patients can opt to bring in a small portable device to play her own music during the birth of her child. Surgical draping with a clear window is used to allow for observation of the birth. Delayed cord clamping for 60 seconds is done to allow for transfer of the baby's blood to the baby. Skin-to-skin contact and breastfeeding is encouraged and supported in the delivery room. In the event of an unplanned surgery, this approach may not be possible.

## Reasons for a cesarean birth

Most often patients have a cesarean birth when labor does not progress (the cervix does not completely dilate or the baby cannot be pushed out) over a long period of time. It is a decision made by the patient and her doctor when both feel everything else has been tried and this is the only alternative. Sometimes a cesarean birth is planned. Situations that might require a scheduled cesarean include:

- › Breech position
- › Previous cesarean section
- › Placenta previa (placenta covering the cervix)

Although it is rare, a cesarean birth can sometimes be necessary due to an emergency situation that endangers the patient or their baby's health. In these situations, there is no time to wait for the regular process of labor, and the decision to perform a cesarean section must be made very quickly. Indications for an emergency cesarean may include:

- › Maternal bleeding
- › Baby in "distress"

## Anesthesia for a cesarean birth

For a planned or non-emergency cesarean, either an epidural or a spinal is the anesthesia of choice. It allows the patient to be awake and able to see their baby as soon as it is born.

In an emergency situation, the patient is put to sleep using general anesthesia. This is the fastest anesthesia to administer when time is of the essence.

## Support/partners at cesarean delivery

If the patient is awake, a support person can be with her for the birth. If general anesthesia is used and the patient is asleep, support people need to wait in the labor room or waiting room until the surgery is completed.

## Type of incision

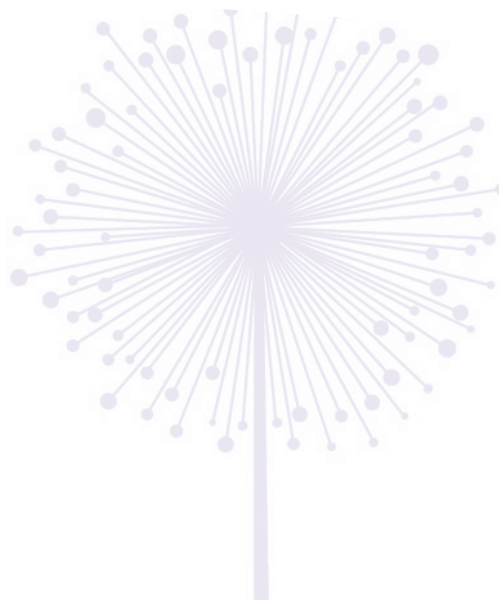
Most often a "bikini cut," or low transverse incision, is made both on the skin (just above the pubic hair) and on the uterus itself. This is done for both comfort and recovery. Occasionally an "up and down" or vertical incision is made on the skin and/or uterus. This is a faster cut and may be used in an emergency. The size and position of the baby may also determine the need for this kind of incision.

## Recovery from cesarean delivery

Recovery from surgery takes longer than recovery from a vaginal birth. Most patients are ready to go home on the third day after surgery. Also, more help at home might be required in the first few weeks after delivery.

## The next pregnancy and birth

Many patients choose to attempt a vaginal birth after cesarean, often called a VBAC, and many succeed. Every patient who has had a cesarean birth needs to discuss the subject of VBAC with her health care provider. Many factors including the reason for the cesarean, the type of incision and the number of prior cesareans influence the safety of vaginal birth after a cesarean.



# At the Time of Your Delivery

At UCSF, we are committed to ensuring that all deliveries are safe, comfortable and medically appropriate. Our goal is to respect your wishes as much as possible without endangering you or your baby.

## UCSF Birth Center

All labor, delivery and postpartum services are located at UCSF Betty Irene Moore Women's Hospital, San Francisco. There are private patient rooms, the newborn nursery and the Intensive Care Nursery (ICN) for newborns that need extra care.

View the Birth Center video tour online at: <https://womenshealth.ucsf.edu/whrc/welcome-ucsf-birth-center>

You may bring your partner, a doula, friends or family members to support you during labor. We ask, however, that you limit the number of people you bring to those you would like to be present for the birth.

## Pre-admission

All maternity patients are pre-admitted through their health care providers.

### When to call your health care provider:

- › If you think you are in labor:
  - › 1st baby – contractions every 5 minutes for 1-2 hours
  - › 2nd baby – talk to your health care provider ahead of time about when to come to the hospital
- › If you think your bag of water broke
- › If you have bleeding like a period
- › If the baby is not moving as much as they normally do
- › If you have any questions or concerns

## Arriving at the hospital

### Address

UCSF Betty Irene Moore Women's Birth Center  
1855 Fourth Street, Third Floor  
San Francisco, CA 94158  
(415) 353-1787

### Entrance

Enter at the main hospital entrance at 1855 4th Street. Check in with Security at the Main Information Desk (unless it's an emergency). Take Elevator A to the 3rd floor (straight ahead after you enter from the main entrance).  
Stop at the Welcome Desk (left side after elevator).

## Parking

**Short-term check-in parking:** For your convenience, you may park in the semi-circle in front of the hospital for about 15 minutes. Be sure to place a sign in your windshield that reads "Woman in Labor" followed by the Labor & Delivery phone number: (415) 353-1787.

**Long-term parking:** Public parking at UCSF Medical Center is available, for information about parking rates, call (415) 476-2566. Patient valet parking will be offered on weekdays from 8am to 6pm (last drop off at 3:30pm) in front of the Hospital outpatient building at 1825 4th Street.

## Public transportation

The San Francisco Muni buses 22-Fillmore, 55-16th Street, T-Third Street line all stop at UCSF Medical Center.

## Visiting hours

Your primary support person is allowed 24/7 access. Other Family/Friends/Siblings: 8:00am-8:00pm

A brief health screening will be completed for visitors by the Welcome Desk. Please encourage any friends or family members to stay home if they have any signs of illness.

## Your delivery team

At the time of delivery, there is always an attending physician and most often a nurse-midwife in the hospital. They, along with a nurse and resident, will be your core health care providers during your labor. Based on the unpredictable nature of labor, there is no guarantee that your primary health care prenatal care provider will be available on-call at the time of your delivery.



Patients who will deliver at the **ZSFG Family Birth Center**, please refer to your supplemental materials.

## Birthing suite

- › You will labor and give birth in a birthing suite and spend a few hours there after delivery. Each birth suite is equipped with a sofa that turns into a cot, a television, telephone and rocking chair.
- › Each room also has a private bathroom, including a tub with Jacuzzi® jets and a shower head, which is good for massage. You can still use the tub after your water has broken unless there is a medical reason not to do so. You can labor in the tub, but you must come out of the tub for delivery.
- › The bed can be placed into many positions and also has a squatting bar. You can labor in any position that is safe, in or out of bed.
- › If you choose to have an epidural, you will not be able to walk or get out of bed during the remainder of your labor.

## After delivery

Our goal is that your baby will be dried, placed on your belly and covered with a blanket so that skin-to-skin bonding can take place. Immediately after delivery, your baby's condition will be evaluated. Your baby's birth recovery, including birth weight, will be assessed in your birthing suite. If your baby needs a higher level of care, you may accompany your baby, or send your partner or a family member with the baby. Both the newborn nursery and the intensive care nursery are located on the 3rd Floor of the hospital.

## Cesarean birth

If there is a need for you to have a cesarean birth or delivery, there are three operating rooms on the floor. After cesarean, you will be moved to a recovery area for about 2 hours. You may have up to 1 support people in the operating room with you depending on the circumstances.

## Nurseries

Both the well-baby nursery and intensive care nursery are staffed 24 hours a day by physicians, nurses and nurse practitioners to care for and meet the needs of your baby throughout your stay. After delivery and depending on the condition of your baby, they will visit the nursery for assessment and care.

Staff also perform newborn screening testing, vaccinations and circumcisions in the nursery. After a cesarean birth, the baby often recovers in the nursery. While most healthy babies typically room with their parent during her stay, the staff may sometimes assess a baby and care for it in one of the nurseries. Babies who require greater care stay in the intensive care nursery.

## Postpartum care

A few hours after delivery, you and your baby will be moved to a postpartum room, where you will remain for the rest of your hospital stay. This is usually 24-48 hrs. after a vaginal birth and 48-72 hrs. after a cesarean birth.

This private room (which has your own bathroom and shower) is equipped with a television, telephone and a sofa that turns into a cot. You may have one person spend the night with you.

There is also a bassinet for your baby. Your baby should not be in bed with you while you are sleeping. If you get sleepy, the baby should go back in the bassinet. Staff can assist you with this if you need help.

The UCSF Center for Mothers and Newborns has a shared pantry, which nurses can access, with ice machine, popsicles, juice and a refrigerator. Everything you need for your baby during his/her first couple days of life, such as diapers and clothing, is provided during your stay. Be sure to bring the things with you that you will need to take your baby home, such as a change of clothing, a hat, blanket and an infant car seat, which is required by law.

## Lactation & Postpartum

All Labor & Delivery nurses are trained in addressing and triaging lactation needs post-partum and are able to assist with general Breastfeeding questions. There are Lactation Consultants in the unit who are available to assist those patients with more challenging and difficult breastfeeding needs.

## What you might like to bring to the hospital with you

- › Bathrobe and slippers
- › Shampoo, conditioner, lotion, massage oil, lip balm
- › Snacks and drinks for your support people
- › Clothes for you to wear home
- › An outfit, hat and blanket for your baby to wear home
- › Infant car seat is required for discharge.



Patients who will deliver at the **ZSFG Family Birth Center**, please refer to your supplemental materials.

## What happens when Birth Center is on DIVERT Status?

When a hospital or a unit is on “divert” it means they do not have the capacity to take care of more patients.

If the hospital does go on divert we will help you find another hospital to go for evaluation. Patient safety is the 1st priority.

There are two different reasons why the Birth Center may need to go on “divert” or diversion status:

- › Patients are using all of the rooms and there is not a safe place to put any new patients.
- › There is not enough staff to safely treat the patients (this is rare at UCSF).

This happens rarely and varies from month to month.

Our unit may be on divert for a few hours or for a day; you can always call back to check.

We will tell you which hospital to go to and will keep track of you so we can follow-up after your evaluation and/or admission. We will also call the hospital we direct you to in order to relay important health information about you and your baby.

Please let your provider know if you have further questions or concerns.

UCSF Birth Center has agreements with two hospitals in the city in the event of divert status: Zuckerberg San Francisco General Hospital and Sutter Health California Pacific Medical Center, Van Ness. Locations and phone numbers of these hospitals are listed below.

### **Zuckerberg San Francisco General Hospital**

Birth Center, 2nd floor  
1001 Potrero Avenue (entrance is at Potrero and 23rd St)  
(628) 206-8725

### **Sutter Health California Pacific Medical Center, Van Ness Campus**

1101 Van Ness Avenue, San Francisco, CA, 94109  
(415) 600-6000



Patients who will deliver at the **ZSFG Family Birth Center**, please refer to your supplemental materials.

# Circumcision

If you have a baby boy, you will be asked if you want to have him circumcised. This is a matter to be considered carefully before the baby is born while you have time to think about it and discuss it with your partner and your baby's health care provider.

At birth, boys have skin, called the foreskin, that covers the end of the penis. Circumcision is the surgical removal of the foreskin, exposing the tip of the penis. It is usually done on the day of hospital discharge. A baby must be stable and healthy to be circumcised.

## It's the parents' choice

The American Academy of Pediatrics considers circumcision a choice for parents to make. There are no strong medical reasons for this procedure. Some parents choose circumcision for religious or cultural reasons. To make a decision, it is important to understand the pros and cons, how the surgery is done and what complications can occur.

## Medical reasons some parents choose circumcision

Research suggests some medical benefits to circumcision:

- A slightly lower risk of urinary tract infections (UTI). A circumcised baby has about a 1 in 1000 chance of getting a urinary tract infection in his first year of life. Uncircumcised babies have a 1 in 100 chance.
- A slightly lower risk of getting sexually transmitted infections (STIs), including HIV
- A lower risk of getting cancer of the penis, but this cancer is very rare for all men
- Prevention of foreskin infections
- Prevention of phimosis, a condition in which it is impossible to pull back the foreskin

## Medical reasons some parents might not choose circumcision

- There are some risks of the surgery. Complications from circumcision are rare but include bleeding, infection and injury to the penis or urethra.
- The foreskin protects the tip of the penis. When the foreskin is removed, the tip of the penis may become irritated and cause the opening of the penis to become too small. This can cause urination problems that may need an operation to correct.
- The foreskin has more nerve endings than the tip of the penis, or glans, and its removal decreases sensitivity.
- Uncircumcised boys can be taught proper hygiene to lower their chances of getting infections and STIs.

## The surgery

- For most babies, circumcision is performed before you and your baby go home. Like any surgery, circumcision is painful. To relieve the pain, a numbing cream is placed on your baby's penis about an hour before the procedure. Right before the procedure, the doctor injects a local anesthetic at the base of the penis. Then a clamp is attached to the penis and the foreskin is removed by scalpel.
- Circumcision takes just a few minutes. You can be with your baby during the operation, if you choose.
- Not all insurance companies pay for the procedure. If you plan to circumcise your son, contact your insurance provider for information about coverage.

## Care of the circumcised penis

- You will be instructed by the nurse or doctor about the care of your baby's circumcised penis. Keep the area as clean as possible after the surgery. Clean the penis with every diaper change and apply the ointment provided so that the penis does not stick to the diaper.
- It takes about 7 to 10 days for the penis to fully heal. Call your healthcare provider if you notice any signs of infections such as redness, swelling or foul-smelling discharge.

## Care of the uncircumcised penis

- The nurse or doctor will instruct you on how to care for your baby's uncircumcised penis as part of routine baby care. Wash the outside of the penis with soap and water. Do not pull back the foreskin toward the base of the penis. It should never be forced. After washing, place the foreskin back over the head of the penis.
- By the time your son is about 3 or 4 years old, the foreskin will begin to pull back naturally, and your son can be taught how to wash the head of the penis and inside the fold of the foreskin.

## Resource

CIRP – Circumcision Information and Resource  
Pages: [www.cirp.org](http://www.cirp.org)



# Protect Your Baby in the Car

Beginning with your baby's first car trip, make the car safe by using an approved infant car seat. This is very important because:

- › Car accidents are the most common cause of death and injury for babies and small children. Most accidents occur within 5 miles of home.
- › Most of these deaths and injuries can be prevented with the proper use of a car safety seat.
- › A parent's arms are not a safe place for a baby, even for a short ride. A small impact or sudden stop could knock a baby from their arms.
- › Infancy is the best time to begin car safety habits that should be continued for the rest of your baby's life.
- › California Car Seat Laws (V.C. 27360-27368) state that all children under the age of 8 or under 4 feet 9 inches in height **must** be properly restrained in an appropriate child safety seat in the rear seat of a motor vehicle.
- › Children age 8 or older, or who are 4'9" or taller, may use the vehicle seat belt if it fits properly with the lap belt low on the hips, touching the upper thighs, and the shoulder belt crossing the center of the chest. If children are not tall enough for proper belt fit, they must ride in a booster or car seat.
- › The seat should be installed tightly; it should not move more than an inch. Follow your car seat manufacturer's instructions and your vehicle owner's manual on how to install.
- › Booster seats should be used for children under the age of 8 or under 4 feet 9 inches in height.
- › All infants and toddlers should ride in a rear-facing car seat until they are at least 2 years of age or until they reach the highest weight or height allowed by their car seat's manufacturer.
- › All children younger than 13 years of age should be restrained in the rear seat of vehicles for optimal protection.
- › Never place a rear-facing car safety seat in the front seat of a vehicle.
  - › Unless there is no rear seat or the car safety seat cannot be properly installed.
  - › If your baby needs to ride rear-facing in the front seat, make sure the airbags are turned off.
- › Do not use a used child safety seat unless you are certain it has never been in a collision.

## Keeping Your Baby Safe

- › Have your car safety seat inspected by a certified child safety seat technician. Call your local California Highway Patrol office or the National Highway Traffic Safety Administration (NHTSA) (888) 327-4236 for locations.
- › The American Academy of Pediatrics (AAP) recommends using a rear-facing car safety seat for infants and toddlers until they are at least 2 years of age or until they reach the highest weight or height allowed by their car seat's manufacturer. Any child who has outgrown the rear-facing weight or height limit for his convertible car seat should use a forward-facing car seat with a harness for as long as possible, up to the highest weight or height allowed by the car seat manufacturer.
- › California State Law states that children under 2 years old must be rear facing unless they weigh 40 pounds or more, or are 40 inches tall or more.

- › Keep the car clear of clutter to avoid any additional impact in the event of a collision.
- › Register your car safety seat with the manufacturer to receive recall information or register with the NHTSA.

## Resources

- › National Highway Traffic Safety Administration (NHTSA) – (888) 327-4236, [www.nhtsa.gov](http://www.nhtsa.gov)  
*Click on Parents and Caregivers*
- › American Academy of Pediatrics (AAP) parent website – [www.healthychildren.org](http://www.healthychildren.org). Select Safety & Prevention-On the Go
- › SafetyBeltSafe U.S.A. Helpline at 800-745-SAFE (7233), English, or 800-745-SANO (7266), Spanish.  
[www.carseat.org](http://www.carseat.org)
- › Safe Kids Worldwide-Car Seat Checklist for Parents  
[www.safekids.org/sites/default/files/documents/car\\_seat\\_checklist\\_for\\_parents\\_2019.pdf](http://www.safekids.org/sites/default/files/documents/car_seat_checklist_for_parents_2019.pdf)



# Birth Plan/Preference List

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Reviewed with: \_\_\_\_\_

revised 8/2023

## Our philosophy and practices at UCSF

We provide you and your family with the best evidence-based care, and we adhere to the following standard procedures:

- › Explain recommended interventions including medications or breaking the bag of water around the baby before proceeding.
- › Encourage movement while in labor as often as possible.
- › Encourage families to create the birthing environment that they desire.
- › Encourage eating and drinking in labor, unless otherwise medically indicated.
- › Support patients who choose to have an un-medicated birth and encourage them to bring support people to help make this possible (including doulas for those who chose doulas).
- › Support patients who desire pain medication with 24/7 availability of anesthesia (these options are discussed upon your arrival in labor and can be modified at any time)
- › Do not offer routine enemas or shaving.
- › Perform episiotomy rarely and only when necessary for the health of patient or baby.
- › Encourage getting breastfeeding guidance from our team after the birth.
- › Do not offer babies formula or sugar water without an important medical reason (or for babies who will be formula-fed).
- › Encourage skin-to-skin contact as soon as the baby is born as long as baby is transitioning well.
- › Routinely delay procedures and first bath to enhance bonding and promote breastfeeding.
- › In most cases, if you are having a vaginal birth, you will be assisted by an OB-GYN Resident and a Certified Nurse-Midwife attending. If any complications arise, you will be evaluated and possibly treated by the Chief Resident and OB-GYN Attending.
- › After birth, the baby will be treated with erythromycin eye-ointment to reduce the risk of certain eye-infections that may be transmitted at the time of birth and a Vitamin K injection to reduce the risk of bleeding. These medications are recommended for all newborns.

Please mark your preferences and bring this with you to your next prenatal appointment to discuss with your care provider. In addition, present a copy to the nurse upon arrival to Labor & Delivery.

During my labor and birth, I plan to have the following people in the room with me: \_\_\_\_\_

### To assist with my comfort, I would prefer:

- ☐ Alternative pain relief options (such as breathing, massage, hydrotherapy, position changes, music, tens unit or essential oils).
- ☐ I will ask for medication if needed.
- ☐ To hear about my medication options if you see that I am having difficulty coping with labor.
- ☐ To try IV opioids like Fentanyl
- ☐ To try Nitrous Oxide
- ☐ An epidural (regional anesthesia)



### Other preferences include:

- ☐ Intermittent fetal monitoring if it is safe for my baby.
- ☐ A saline lock placed when my blood is drawn during hospital admission. I understand this will allow IV access for medications and hydration, if needed, but will allow me freedom of movement.
- ☐ Not to have an IV placed on admission. I understand that I will need to stay hydrated by drinking clear liquids and may need an IV later in the labor process.

### When pushing, I would prefer:

We recommend changing positions frequently while pushing. In addition I would like:

- ☐ To be offered coaching if progress is slow or pushing is not felt to be effective.
- ☐ To use a mirror to see the baby as it crowns.
- ☐ To touch the baby as it crowns.

### After the birth, I would like:

- ☐ A delay in cord clamping, as long as baby is transitioning well.
- ☐ To have the cord blood collected for banking (I have provided a cord collection kit).
- ☐ I accept Pitocin postpartum to help reduce my blood loss after delivery.

### To have my birth partner:

- ☐ Touch my baby as it crowns.
- ☐ Cut the umbilical cord.
- ☐ Stay with the baby during routine care procedures.
- ☐ Announce the sex of our baby.

### If a cesarean birth is necessary, I would like to:

- ☐ Have my birth companion present: \_\_\_\_\_
- ☐ Have the baby placed skin to skin post delivery.
- ☐ Lower the drape so that we can see my baby as it is born.

### For my baby:

- ☐ I plan to have usual newborn treatments including Erythromycin eye ointment and the Vitamin K injection.
- ☐ I plan to decline use of Erythromycin eye ointment, but consent to Vitamin K injection.
- ☐ I do not consent to Erythromycin ointment and the Vitamin K injection. (I am aware that a pediatrician will speak to me about the risks.).
- ☐ I consent to Hepatitis B vaccine in the hospital (usual recommended treatment for newborns).
- ☐ I wish to decline Hepatitis B vaccine in the hospital.

### If I have a newborn with a penis, I plan to:

- ☐ Have them circumcised before leaving the hospital
- ☐ Not circumcised

### For feeding my baby, I plan to give:

- ☐ Formula/donor breast milk
- ☐ My own breastmilk



# Choosing a Healthcare Provider for your Baby

While you are in the hospital, a team of UCSF pediatric nurse practitioners and doctors are responsible for examining and caring for your baby. We recommend that at 36 weeks of your pregnancy, you choose a pediatrician, family doctor or nurse practitioner to provide medical care for your baby once you go home. The baby's information will be forwarded to the healthcare provider you choose. Your baby's first appointment will be scheduled for you before leaving the hospital. You do not have to set up a pediatric appointment before your baby is due.

There are many health care providers to choose from in the San Francisco Bay Area. Make sure the one you choose:

- › Accepts your health insurance
- › Is relatively convenient to your home

Be sure to call your health insurance provider within 30 days of your delivery to include your baby in your health insurance plan.

## UCSF Groups

### UCSF Lakeshore Family Practice\*

<https://www.ucsfhealth.org/clinics/family-medicine-center-at-lakeshore>  
1569 Sloat Boulevard, Suite 333  
San Francisco, CA 94132  
(415) 353-9339

### UCSF Laurel Heights Pediatric and Adolescents Care Clinic\*

<https://laurel-heights-pediatric-adolescent-care.ubcp.org/>  
3838 California Street, Suite 111  
San Francisco, CA 94117  
(415) 514-6200

### UCSF Mount Zion Pediatrics\*

<https://www.ucsfbenioffchildrens.org/locations/mount-zion>  
2330 Post Street, Suite 320  
San Francisco, CA 94143-1660  
(415) 885-7478

Some clinic hours are also available at Mission Bay:  
1825 4th Street, SF CA

### UCSF Primary Care China Basin\*

<https://www.ucsfbenioffchildrens.org/clinics/pediatric-primary-care-clinic>  
185 Berry Street, Suite 130  
San Francisco, CA 94107  
(415) 514-6420

### UCSF Primary Care San Mateo\*

1100 Park Place, Suite 100  
San Mateo, CA 94403  
(877) 822-4453

### UCSF Benioff Children's Physicians groups

## Affiliated Groups

### Golden Gate Pediatrics

[www.goldengatepediatrics.com](http://www.goldengatepediatrics.com)  
› 1 Daniel Burnham Ct, Ste 330C  
San Francisco, CA 94109  
› 61 Camino Alto, Suite 107  
Mill Valley, CA 94941  
(415) 388-6303

### One Medical Group - Laurel Heights

<https://www.onemedical.com/locations/sf/3490california/>  
› 3490 California Street, Suite #203  
San Francisco, CA 94118  
Open until 6:00 PM

### One Medical Group - Mission Bay

<https://www.onemedical.com/locations/sf/mission-bay/>  
› 1285 4th Street  
San Francisco CA 94158  
Open until 6:00 PM

### One Medical Group - West Portal

<https://www.onemedical.com/locations/sf/west-portal/>  
› 2 West Portal Ave  
San Francisco, CA 94127  
(510) 225-1013  
Open until 6:00 PM

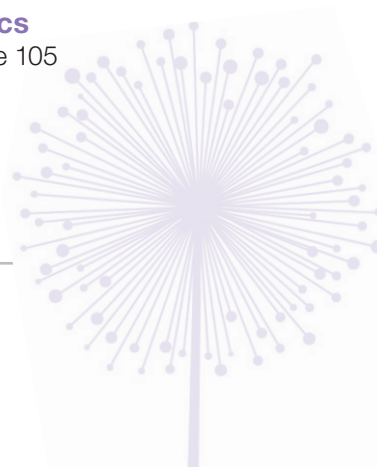
### Tamalpais Pediatrics

› 5 Bon Air Road, Suite 105  
Larkspur, CA 94939  
(415) 461-0440  
› 251 Vintage Way  
Novato, CA 94947  
(415) 892-0965

\*Accept Medi-Cal insurance

## Other Pediatric Groups

<http://www.ubcp.org/ubcp-contact-locations>



# Birth Certificate Information and Worksheet

After your child's birth, UCSF will submit the birth certificate, which is required by California law, to the San Francisco County Health Department for registration. A certified copy can be obtained in person or via mail. Instructions will be provided prior to discharge. Should you ever need additional certified copies, you may get them from the San Francisco Department of Public Health, Office of Vital Records or the California Office of Vital Records.

A birth certificate is a legal document, which your child may need to:

- › Obtain a social security number
- › Enroll in a school
- › Obtain a work permit
- › Apply for a driver's license
- › Obtain a passport
- › Apply for various benefits, such as public assistance and military

Please be certain the information on the certificate is accurate and complete. Your signature on the birth certificate confirms that you have carefully reviewed the information and that it is correct.

An amendment form is required to make corrections to the birth certificate. It can take up to one year to apply an amendment, and it becomes a two-page document instead of a single page.

Many changes on the birth certificate require the applicant to go to court for a court order.

Common mistakes that require amendments:

- › Use of a nickname rather than the formal first name (i.e., Kathy instead of Katherine)
- › Misspelled first, middle and last names of child and/or parents
- › Incorrect state, country and/or birth date of parent(s)
- › Reversed order of last (family) names
- › Incorrect sex of child
- › Incorrect birth date

If you make an error, amendment forms may be obtained at the San Francisco Department of Public Health, Office of Vital Records or the California Office of Vital Records.

**Please fill out the birth certificate worksheet.  
See the following page and bring the worksheet  
with you to the hospital.**



# Birth Certificate Worksheet

☐ Girl ☐ Boy

NAME:  FIRST (GIVEN)  MIDDLE  LAST (FAMILY)

PEDIATRICIAN:  NAME  PHONE

Confidential information for Public Health Department use only.

## BIRTH PARENT'S HOME ADDRESS:

STREET  CITY  STATE  ZIP

COUNTY  PHONE

NUMBER OF PREVIOUS LIVE BIRTHS:

DATE OF LAST LIVE BIRTH:

PARENTS MARRIED?  YES  NO

## FATHER / MOTHER / PARENT NOT GIVING BIRTH

NAME:  FIRST (GIVEN)  MIDDLE  LAST (FAMILY)

SSN:  -  -  DATE OF BIRTH:

STATE OR COUNTRY OF BIRTH:

USUAL OCCUPATION:

USUAL BUSINESS OR INDUSTRY:

EDUCATION (GRADE OR DEGREE):

RACE (LIST UP TO THREE): 1)

2)  3)

HISPANIC, LATINO OR SPANISH?  NO  MEXICAN, MEXICAN-AMERICAN, CHICANO  
 CENTRAL AMERICAN  CUBAN  SOUTH AMERICAN  PUERTO RICAN  
 OTHER HISPANIC SPECIFY:

IS THIS THE BABY'S BIOLOGICAL FATHER?  YES  NO

IF NO, NAME OF BIOLOGICAL FATHER:

WIC RECIPIENT?  YES  NO SMOKE TOBACCO?  YES  NO

BIRTH CERTIFICATE COORDINATOR: (415) 353-1093

## MOTHER / FATHER / PARENT GIVING BIRTH

CURRENT LAST NAME:

NAME:  FIRST (GIVEN)  MIDDLE  LAST NAME GIVEN AT BIRTH

SSN:  -  -  DATE OF BIRTH:

STATE OR COUNTRY OF BIRTH:

USUAL OCCUPATION:

USUAL BUSINESS OR INDUSTRY:

EDUCATION (GRADE OR DEGREE):

LAST DATE WORKED:

RACE (LIST UP TO THREE): 1)

2)  3)

PRIMARY LANGUAGE:

HISPANIC, LATINO OR SPANISH?  NO  MEXICAN, MEXICAN-AMERICAN, CHICANO  
 CENTRAL AMERICAN  CUBAN  SOUTH AMERICAN  PUERTO RICAN  
 OTHER HISPANIC SPECIFY:

# Travel Recommendations

Every patient's pregnancy is different and we encourage you to discuss specific travel plans with your healthcare provider. However, for most patients with uncomplicated pregnancies, travel through around 36 weeks is generally thought to be safe.

Here are a few things to consider as you make plans:

- › Every airline has different requirements for travel.
- › In the unlikely event that you have a pregnancy complication while traveling, you may wind up being unable to fly home as planned.
- › Travel insurance and/or flexible flights may be good investments in the event of unexpected complications that require you to change your plans.

If/when you do travel:

- › Wear your seatbelt low and under your belly
- › Drink plenty of water
- › Consider wearing compression stockings (knee-length, can be purchased at the drug store)
- › Walk frequently (get up to walk at least 10 minutes every 3 hours)
- › Consider an aisle seat to allow easy access to the restroom and the aisle to stretch your legs
- › Consider traveling with your health records

If you do travel...An aisle seat will allow easy access to the restroom and the aisle to stretch your legs.





# Protect Yourself and Your Baby from HIV and AIDS

If you are pregnant or think you may be pregnant, you need to know about HIV, the virus that causes AIDS. As part of your routine prenatal care or when you are in labor and delivery, you will be tested for HIV unless you decline. HIV testing during pregnancy is the best choice for you and your baby.

## Human Immunodeficiency Virus (HIV)

HIV is a disease that weakens the immune system, making it hard for the body to fight infections. It is primarily spread by having unprotected sex or sharing needles with an HIV-infected person. Most HIV-positive patients in the U.S. have been infected through sex with men.

A pregnant person who is HIV-positive or who has AIDS can pass HIV to her baby during pregnancy, delivery, and while breastfeeding.

## The HIV test

A small amount of your blood will be drawn for the HIV test. This test will help you and your baby by alerting you to the need for treatment if you are HIV-positive, which means you are infected with the virus.

## An HIV-positive result

If you are HIV-positive, you will want to discuss treatment options with your health care provider. They will likely recommend medication that is considered safe in pregnancy.

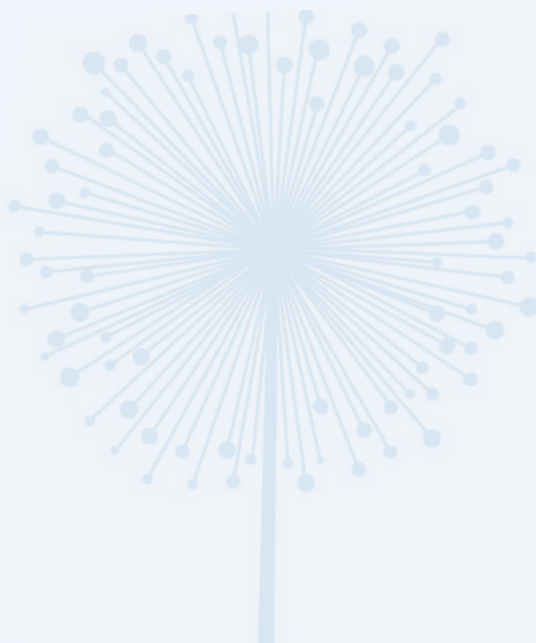
Treatment during pregnancy, labor and delivery can help decrease the risk of transmitting HIV to your baby. You may be encouraged to continue the medication after delivery for your own health, depending on a number of factors.

## Protect yourself from HIV

- › Use a latex/polyurethane condom (male or female) when you have sex, even if you are pregnant.
- › Use only water-based lubricants. Oil-based lubricants weaken condoms and make them less effective.
- › Do not share needles for injecting drugs or steroids, or for tattooing and piercing.

## Resources

- › For HIV referral and consultation resources including experts on prenatal HIV treatment in your local area call the California HIV/AIDS Hotline: (800) 367-2437 (AIDS).



# Protect Yourself and Your Baby from Violence

Violence during pregnancy is common. Each year, 1 in 12 pregnant patients in this country is battered by her partner. Violent abuse is more common than any other serious complication of pregnancy. It is as dangerous to the baby as it is to the patient.

## Health risks to the patient

Abused pregnant patients have a higher-than-average risk for tobacco, alcohol and drug use, as well as depression and suicide attempts. All of these things have negative effects on the baby. Abused patients also have more problems in pregnancy, such as anemia, infections, and bleeding in the first 6 months of pregnancy.

## Health risks to the fetus

Battering during pregnancy can lead to injuries that may cause premature delivery, low birth weight and miscarriage. Battered pregnant patients are 4 times more likely to have babies with low birth weight than patients who are not battered.

## Effects on the newborn

Abuse usually increases after the baby is born. The stress in the relationship can cause the infant to have difficulties being comforted, calming down, feeding and sleeping. It can also cause delays in the child's physical and language development.

Exposure to violence can have lasting effects on the child's health. Children who witness intimate partner violence are likely to exhibit anxiety and depression, be aggressive with peers, and can have poor memory and concentration resulting in learning problems. As they get older, they are more likely to abuse drugs and alcohol and engage in criminal activity and/or anti-social behavior.

## Are you safe in your relationship?

- › Do you feel afraid of your partner?
- › Has your partner ever hit you, hurt you, or threatened you?
- › Does your partner hurt you emotionally by saying negative things about you that lower your self-esteem?
- › Has your partner ever forced you to have sex?
- › Does your partner keep you from your family or friends, or keep you from being in control of your own money?

If you answer “yes” to any of these questions, you are not alone. Talk to your health care provider. They can help you live more safely within your relationship or safely leave the relationship. They can also connect you with advocates at UCSF and in the community who can help you.

## Call for help

- › 911 if you are in immediate danger
- › National Domestic Violence Hotline: (800) 799-SAFE (7233)
- › Loveisrespect.org (866)331-9474
- › La Casa de Las Madres:
  - › Adult Line (877) 503-1850
  - › Teen Line (877) 923-0700
- › Asian Women's Shelter: (877) 751-0880 (24/7)
- › W.O.M.E.N, Inc.: (415) 864-4722
- › Safe Start Hotline: (for San Francisco residents) (415) 565-SAVE
- › Living in a Nonviolent Community (LINC) at UCSF: (415) 885-7636  
Case management and mental health services for San Francisco families with children from birth to age 18 exposed to intimate partner violence.
- › ZSFG Infant-Parent Program: (628) 206-5270

## Get more information online

- › LEAP – Look to End Abuse Permanently, promoting healthy relationships: [www.leapsf.org](http://www.leapsf.org)



# Birth Control Methods

Method	Range of Effectiveness	How it Works	Advantages	Disadvantages	Side Effects
<b>Combined-Hormonal Methods</b>					
<b>Combined Birth Control Pill</b>	Typical Use: 92% Perfect Use: 99.7%	Prevents ovaries from releasing egg, thickens cervical mucus, and thins uterine lining. Take by mouth daily, as directed.	Decreased risk of ovarian cancer, and acne; regular cycles, less cramping, improved PMS.	Needs to be taken daily, can reduce breast milk supply; rare serious side effects such as blood clots.	Nausea, headaches, breast tenderness, and mood changes initially.
<b>Birth Control Patch: Ortho Evra®</b>	Typical Use: 92% Perfect Use: 99.7%	Same as combined birth control pill. Apply to skin weekly, as directed.	Similar to birth control pill; more constant level of hormones, possibly less nausea than pill.	Similar to combined birth control pills. Must replace patch on schedule.	Same as combined birth control pill, possibly less nausea; skin irritation.
<b>Vaginal Ring: NuvaRing®</b>	Typical Use: 92% Perfect Use: 99.7%	Same as combined birth control pill. Insert into vagina monthly, as directed.	Similar to birth control patch; once-a-month application, more constant level of hormones. Possibly less side effects than pill.	Similar to combined birth control pills. Must replace ring on schedule.	Same as combined birth control pill, possibly less nausea; possible increase in vaginal discharge.
<b>Progesterone Only Methods</b>					
<b>Levonorgestrel IUD: Mirena®</b>	Typical Use: 99.8% Perfect Use: 99.8%	Thickens cervical mucus, inhibits sperm. Inserted into uterus by health care provider. Lasts up to 5 years.	Extremely effective, long term, decreases cramping and decreases menstrual bleeding. Easy to use.	Clinician must insert and remove. Possible irregular spotting and bleeding.	Irregular or light periods, or no periods.
<b>Progestin Injection: Depo-Provera®</b>	Typical Use: 97% Perfect Use: 99.7%	Disrupts ovulation, thickens cervical mucus, and thins uterine lining. Injected every 3 months by health care provider.	Easy to use, very confidential, decreases menstrual bleeding.	Regular office visits for injection, may need 12-18 months for return of fertility, cannot be removed after injection.	Irregular or no periods; risks of weight gain due to increased appetite; mood changes; decreased milk supply.
<b>Implantable Contraceptive: Nexplanon®</b>	Typical Use: 99.9% Perfect Use: 99.9%	Thickens cervical mucus which inhibits sperm, thins uterine lining, and prevents ovulation. Small rod inserted under skin in upper arm.	Extremely effective, easy to use.	Clinician must insert and remove.	Irregular bleeding, no periods, headaches, minimal weight gain (less than 2 lbs).
<b>Progestin Pill: Mini-Pill</b>	Typical Use: 92% Perfect Use: 99.7%	Thickens cervical mucus, thins uterine lining. Take by mouth daily, as directed.	Progestin-only pills offer benefits beyond birth control. For example, some patients may have less bleeding or stop having periods altogether. helpful for patients who have heavy or painful periods.	Must take at same time every day to be effective.	Irregular or no periods.

Method	Range of Effectiveness	How it Works	Advantages	Disadvantages	Side Effects
<b>Permanent Methods</b>					
<b>Tubal Ligation</b>	Typical Use: 99.5% Perfect Use: 99.5%	Surgically cuts the fallopian tubes so the egg cannot pass through.	Permanent.	Post-surgical discomfort, nonreversible.	Surgical and anesthesia risks
<b>Tubal Implant Sterilization: Essure®</b>	Typical Use: 99.9% Perfect Use: 99.9%	Nickel coils are inserted through the vagina into the fallopian tubes. The coils form scarring which permanently blocks the tubes so the egg cannot pass through.	Permanent. Can be done in outpatient clinic.	Must wait three months for tubes to scar completely. Need X-ray of uterus to confirm blockage of tubes. Nonreversible.	Minor surgical risks.
<b>Vasectomy</b>	Typical Use: 99.9% Perfect Use: 99.9%	Surgically blocks passage of sperm.	Permanent.	Post-surgical discomfort, nonreversible.	Minor surgical risks.
<b>Non-Hormonal Methods</b>					
<b>Copper T IUD: ParaGard®</b>	Typical Use: 99.2% Perfect Use: 99.4%	Inhibits sperm activity, kills sperm. Inserted into uterus by health care provider. Lasts up to 10 years.	No hormonal side effects, long term, very easy to use, rapid return to fertility after removal.	Clinician must insert and remove. Possible irregular spotting for the first several weeks after insertion.	Occasional cramping, some patients have heavier periods.
<b>Condoms</b>	<b>Male Condom</b> Typical Use: 85% Perfect Use: 98%  <b>Female Condom</b> Typical Use: 79% Perfect Use: 95%	Inhibits sperm from entering uterus. Placed on penis or into vagina at time of expected intercourse.	Inexpensive, no prescription needed, prevents transmission of some STDs.	Requires partner cooperation, can break, and may interrupt spontaneity.	Rare latex allergy with male latex condom.
<b>Diaphragm with spermicidal gel</b>	Typical Use: 84% Perfect Use: 94%	Prevents and inhibits sperm from entering uterus. Placed into vagina before expected intercourse.	Few side effects, no hormones.	Must learn proper insertion technique, may interrupt spontaneity.	Rare bladder infections, rare latex allergy.
<b>Fertility Awareness Method (Natural Family Planning)</b>	Typical Use: 75% Perfect Use: 96%	Uses menstrual cycle to predict when you can get pregnant. This applies if you are breastfeeding, have no period and your baby is 6 months old.	Inexpensive, helps patients learn about her body.	Requires careful daily attention to fertility signs and calendar.	None.
<b>Withdrawal</b>	Typical Use: 73% Perfect Use: 96%	Greatly reduces amount of sperm released in vagina.	Inexpensive, can be used at the last minute.	Requires partner cooperation.	May decrease sexual satisfaction.

# Billing Resources

Insurance policies and maternity coverage vary considerably. Your policy may or may not include deductibles and/or copayments for visits, labs, ultrasounds and hospitalization. Many policies require no copayment for routine prenatal visits.

Additional appointments to handle an acute problem or concern with your health, however, may require the payment of your office copayment at the time of service. UCSF may also bill some deductibles and copayments after your maternity service is completed with us.

Please contact your insurance representative regarding the details of your coverage so you can understand the payments for which you are responsible.

For all billing questions related to your clinic visits, please call UCSF Patient Financial Services at: **(866) 433-4035** or by email: [patient.financialservices@ucsf.edu](mailto:patient.financialservices@ucsf.edu)

# UCSF Women's Health Resource Center

The mission of the UCSF Women's Health Resource Center (WHRC) is to support patients and their families. We host a range of services from the Great Expectations Pregnancy program, CenteringPregnancy® Healthcare, Outpatient Lactation services and more. Our Mission Bay location is conveniently set outside of the Birth Center in the Betty Irene Moore Hospital. We are empowering patients and their families everyday to be active partners in their care and healthcare decisions.

## UCSF Women's Health Resource Center

[www.womenshealth.ucsf.edu/whrc](http://www.womenshealth.ucsf.edu/whrc)

**Mission Bay:** 1855 4th Street, Suite A3473, 3rd Fl  
San Francisco, CA 94158  
(415) 514-2670

## Services for Pregnant Patients and Their Families

- › Great Expectations® Pregnancy Program
- › Childbirth/Parenting classes (see list page 33)
- › Breast pump rentals
- › Support services and groups

## Other Services for Patients Throughout the Lifespan

- › If you don't have a Primary Care provider already, please establish care sooner rather than later. You can contact your insurance. Find a list of our resources at: [ucsfhealth.org/list-of-clinics/primary-care](http://ucsfhealth.org/list-of-clinics/primary-care)



# The Importance of Breastfeeding

The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding (only breastmilk) for the first 6 months and continued breastfeeding as solid foods are introduced, for at least one year, or as long thereafter as patient and baby want. Many patients continue to breastfeed their children past 1 year of age.

Education and support are important for reaching breastfeeding goals. UCSF provides prenatal breastfeeding classes and postpartum support groups. At the hospital, all of our nurses have training in the latest breastfeeding techniques and will be happy to help you. Lactation consultants are also available to assist with breastfeeding in the hospital and at our Outpatient clinics.

UCSF strongly encourages you to breastfeed for many reasons:

## Advantages for your baby

- › Breastmilk is nutritionally complete. It provides everything your baby needs to grow and develop for the first 6 months of life.
- › Breastfeeding after introducing solids provides the best nutrition and helps baby digest new foods.
- › Breastmilk changes as your baby grows and is perfect for your baby at each age. Premature babies particularly need breastmilk to protect their health.
- › Breastmilk has antibodies to protect baby's immune system and many other components such as growth factors, digestive enzymes, and hormones for sleep, growth, and pain relief.
- › Breastfeeding protects against infections such as diarrhea, ear infections, pneumonia, urinary infections, meningitis, and many other illnesses.
- › Breastfeeding lowers the risk of autoimmune diseases such as Crohn's disease, ulcerative colitis, Type 1 diabetes, eczema, asthma and allergies.
- › Breastfeeding reduces the likelihood of obesity, heart disease, Type 2 diabetes, and certain types of cancers.
- › Breastfeeding lowers the incidence of SIDS (Sudden Infant Death Syndrome).
- › The longer a baby breastfeeds, the less likely they will need braces or speech therapy.
- › Breastfeeding improves fine motor skills (wiggling fingers, and toes), and brain development leading to better achievement in school.

## Advantages for the breastfeeding patient

- › Faster recovery from vaginal and cesarean births
- › Lowered stress and blood pressure, increased appetite
- › Feeling more loving towards baby
- › Lowered risk of type 2 diabetes, especially for parents who had gestational diabetes during pregnancy
- › Lower rates of coronary artery disease, breast and ovarian cancer, osteoporosis, and obesity
- › Less missed work while breastfeeding because their breastfed baby is less likely to get sick
- › Deeper sleep
- › Money saved on formula
- › More minutes sleeping even though breastfeeding patients wake more times to feed their babies





# Preparation for Breastfeeding

Congratulations on deciding or considering breastfeeding your baby! UCSF has many resources to support you in this journey. (See Breastfeeding Resources)

## Your Breasts are Preparing to Breastfeed:

Many patients notice that their breasts are become larger and more tender during the first 3 months of pregnancy. These changes are due to the growth of the alveoli and ducts inside of the breasts. These are the “milk factories” that will produce your baby’s milk. Breast tenderness usually decreases after the first 3 months of pregnancy.

### Early milk

After 4 months of pregnancy, your breasts can produce early milk, or colostrum (pronounced ko-LOS-trum). Some patients can see tiny beads of early milk on their nipples, but many do not see milk until after their babies are born.

### Prepare to breastfeed by taking a breastfeeding class:

Many parents find it helpful to learn as much as possible about breastfeeding while they are pregnant. Parents who attend a prenatal breastfeeding class are more likely to meet their breastfeeding goals. You and your support person can attend classes through our Great Expectations Program by calling 415-514-2670.

You can also register at [www.womenshealth.ucsf.edu/whrc](http://www.womenshealth.ucsf.edu/whrc).

### Prepare to breastfeed in special situations:

If you have a history of past breastfeeding difficulties, flat or inverted nipples, previous breast surgery, diabetes during or before pregnancy, or no breast changes during pregnancy, your physician, midwife, or nurse-practitioner can refer you for a visit with a UCSF lactation consultant at the Mission Bay or Mt. Zion OB Clinic. Ask your provider if you could benefit from a referral.

**After the birth:** You can also see a lactation consultant after having your baby and leaving the hospital. This is highly recommended for all patients, especially if you are experiencing difficulties.

**Some behaviors that prepare newborns to breastfeed: the cry after birth, resting, moving towards the breast, crawling, opening their eyes, licking the breast, sucking on their hands....**

## Practices after the birth that help with breastfeeding

**The Golden Hour:** Your amazing newborn is ready to breastfeed when placed skin-to-skin with you soon after birth. Ideally, your baby will have uninterrupted skin-to-skin care until the first feed is completed. Newborns have a number of behaviors that prepare them to breastfeed: the cry after birth, resting, moving towards the breast, crawling, opening their eyes, licking the breast, mouthing the breast, sucking on their hands, and massaging the breast with their hands.

Many newborns can latch 30-90 minutes after birth with very little help! This skin-to-skin time and first feed will get you both off to a good start. It is a once-in-a lifetime intimate hour, so enjoy this precious time together.

Studies show that babies who are skin-to-skin after their births and breastfeed during the first hour are more likely to be breastfeeding at 6 weeks of age compared to those who don’t feed that first hour.

### Skin-to-skin care after the Golden Hour:

You and your support person can enjoy skin-to-skin care with your baby when you are awake during the early days and weeks. Safe skin-to-skin care includes:

- › Parent sitting at a 30-degree angle - not flat, but not straight upright
- › Baby resting chest-to-chest with minimal clothing (a diaper, with or without a tee shirt), warmed by the parent’s body and a blanket on top if preferred
- › Baby’s head to the side with both nostrils are visible

Do skin-to-skin care as often as possible between feedings. Your baby will cry less, stay warmer, have more regulated breathing and heart rate, and eat more frequently.

You will notice the signs (cues) that your baby is ready to eat sooner, and feeds will go more easily. Skin-to-skin care improves patients’ mood after the birth. Partners and support people will also enjoy doing skin-to-skin care!

**Exclusive breastmilk feeding:** A baby's overall health will benefit from receiving as much human milk as possible, preferably their parent's milk at the breast. Expressed breastmilk is also an option for babies who are having difficulty breastfeeding.

Sometimes babies need more milk than they get through breastfeeding. The first choice is a parent's own expressed milk, and donor human milk is the second best option. UCSF offers pasteurized donor milk from the San Jose Mother's Milk Bank. Formula is available as well. Hospital staff will discuss these options with you if your baby needs extra milk.

UCSF will respect, support, and help parents with their desire to breastfeed and/or offer formula feed once parents have made an informed choice. It is important to note that there may be situations in which the baby needs supplementation, which might be temporary or ongoing. Our practitioners and parents must carefully weigh the risks and benefits of this decision, while always putting our patients' health and safety first.

**Frequent, cue-based feedings:** Newborns normally eat 8-12 times every 24 hours. Because babies are programmed to know when and how much to eat, we advise parents to "watch your baby, not the clock". Healthy term newborns let us know when they need to eat by communicating with us with their cues.

Some newborns need to be woken up for feedings if they are very sleepy, have jaundice, were born prematurely, or are gaining weight slowly. Your baby's pediatrician will give you advice about how often your baby needs to eat and when you can stop waking your baby for feedings.

Cues are attempts to find the breast and to eat. It is ideal to feed your baby with early cues, such as fluttering eyes, waking up or stirring, moving or opening their mouth, or sucking on their hands. A late cue is fussing or crying.

Try to keep your baby close by you day and night, and observe early cues. Let your baby nurse until your baby stops feeding.

These frequent feeds both help nourish and protect your baby, and also help create a good milk supply for the nursing parent.

**Rooming-in care:** Babies get fed more frequently and are safer when they remain near you night and day. Because of the health benefits for your baby, the American Academy of Pediatrics recommends that your baby sleeps in the same room with you for the first year of life. The first six months are especially important.

Your baby will feel safer seeing, smelling and hearing you, and will cry less. UCSF values and supports you having your baby with you day and night, so that we can help you learn to care for your baby round-the-clock.

### Lactation follow-up after the hospital discharge

All parents and babies can benefit from seeing a Lactation Consultant after they leave the hospital. A lactation appointment is recommended within the first two weeks, especially if you are having difficulties with breastfeeding.

The sooner that you get breastfeeding help, the more successful you will be in meeting your goals. A Lactation Consultant can answer your questions, weigh your baby, and help with positioning, latching, and milk supply.

UCSF has Outpatient Lactation Consultants as well as a breastfeeding support group (MILK). See the "Resources" page for information on how to book an appointment.

## Breastfeeding Positions



Cross-Cradle Hold



Cradle Hold



Laid-Back Nursing



Football Hold



Upright Hold



Side-Lying Position

Images courtesy of Diane Goettlicher and Pamela Augustine

# UCSF Breastfeeding Resources

Breastmilk is the ideal food for all babies because it provides complete nutrition. Breastmilk contains substances that help fight infection. It is especially beneficial for premature babies and infants with a strong family history of allergies. The American Academy of Pediatrics (AAP) recommends breastmilk as the ideal food for the first year of life. We encourage you to breastfeed. If you have a medical condition that prohibits you from breastfeeding, we will provide you with the support and supplies you need to feed your baby during your stay.

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## Preparation for breastfeeding

### UCSF Women's Health Resource Center

1855 4th Street, Suite A3471  
San Francisco, CA 94158  
(415) 514-2670

- › Breastfeeding class: a preparation program to help learn about breastfeeding and provides practical tips for returning to work. Highly recommended.

### Getting started at the UCSF Birth Center

- › The labor and delivery postpartum nurses are trained in breastfeeding and manage lactation concerns for the many new parents. If special breastfeeding needs or concerns arise, a board-certified lactation consultant is available to provide additional support.

...we will provide you with the support and services you need to feed your baby

---

## UCSF resources after you leave the hospital

### UCSF Women's Health Obstetrics Services

(415) 353-2566

- › Registered nurses with breastfeeding and postpartum knowledge are available to answer breastfeeding questions or concerns via the telephone, Monday-Friday: 8:00am-4:30pm.

### UCSF Outpatient Lactation Clinic

(415) 353-2566

Obstetrics & Gynecology at Mission Bay  
1825 4th Street, 3rd Floor, San Francisco, CA 94158

Obstetrics & Gynecology at Mt. Zion  
2356 Sutter Street, San Francisco, CA 94143

- › All postpartum appointments are 75 minutes with an IBCLC (International Board Certified Lactation Consultant). In-person lactation appointments are at Mount Zion and Mission Bay. Video visits are also available.
- › Appointments are available Monday-Friday

### UCSF Women's Health Resource Center

1855 4th Street, Suite A3473  
San Francisco, CA 94158  
(415) 514-2670

- › Ameda and Medela Hospital-grade electric pumps are available for use during your hospital stay and for rent once you leave the hospital.
- › MILK (Mother & Infant Lactation Kooperative)  
A breastfeeding support group facilitated by a board certified lactation consultant or Certified Lactation Educator.  
Currently held via Zoom, Tuesdays and Fridays.

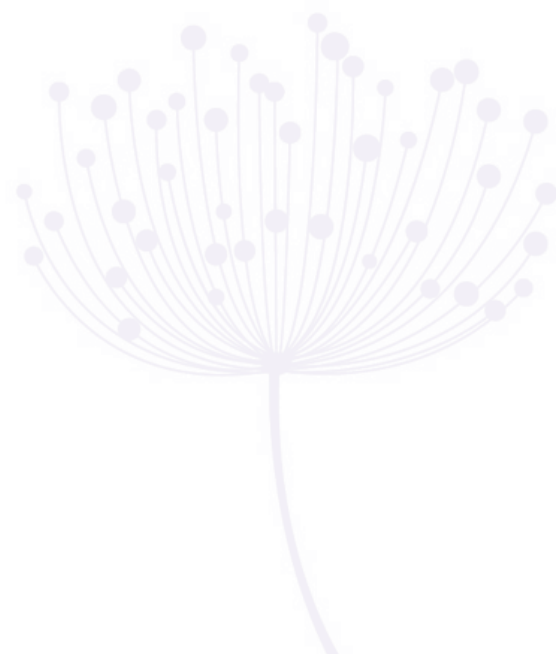
Register at [whrcportal.ucsf.edu/whrcmember](http://whrcportal.ucsf.edu/whrcmember)  
Or call 415-514-2670.

Lactation supplies are available at the  
Friend to Friend Gift Shop at Mission Bay  
(415) 353-7776  
1825 4th Street, 1st Floor, San Francisco, CA 94158  
Monday-Friday: 9:30am-4:00pm

# Breastfeeding Resources

## Books & Websites

- › The Nursing Mother's Companion, Kathleen Huggins
- › The Womanly Art of Breastfeeding, La Leche League International
- › Mothering Multiples: Breastfeeding and Caring for Twins or More, Karen Kerkhoff Gromada
- › Making More Milk  
Diana West IBCLC and Lisa Marasco MA, IBCLC
- › Defining Your Own Success: Breastfeeding after Breast Reduction Surgery, Diana West
- › Nursing Mother; Working Mother; Revised Edition, Gale Pryor and Kathleen Huggins
- › The Nursing Mother's Guide to Weaning, Revised Edition, Kathleen Huggins and Linda Ziedrich
- › Working and Breastfeeding Made Simple, Nancy Mohrbacher
- › Work. Pump. Repeat. Jessica Shortall
- › The American Academy of Breastfeeding Medicine: [www.bfmed.org](http://www.bfmed.org)
- › American Academy of Pediatrics: [www.healthychildren.org](http://www.healthychildren.org) (consumer site powered by AAP)
- › Breastfeeding and Parenting. Evidence-based information on breastfeeding and parenting issues: [www.kellymom.com](http://www.kellymom.com)
- › Breastfeeding after nipple and breast surgeries  
[www.bfar.org](http://www.bfar.org)
- › Information and issues related to African American patients:  
[www.mochamilk.blogspot.com](http://www.mochamilk.blogspot.com)
- › International Lactation Consultant Association: [www.ilca.org](http://www.ilca.org)
- › Office on Women's Health: [www.womenshealth.gov/breastfeeding/](http://www.womenshealth.gov/breastfeeding/)
- › UC Davis Human Lactation Center  
[www.secretsofbabybehavior.com](http://www.secretsofbabybehavior.com)
- › California Breastfeeding Coalition  
<http://californiabreastfeeding.org/>



# Community Breastfeeding Resources

## Alta Bates Outpatient Lactation Clinics

[www.sutterhealth.org/absmc/services/pregnancy-childbirth/breastfeeding-supportBerkeley](http://www.sutterhealth.org/absmc/services/pregnancy-childbirth/breastfeeding-supportBerkeley)  
<https://www.sutterhealth.org/classes-events/series/lactation-consultations-berkeleyabsmc-2980>

- › Breastfeeding support group, board-certified lactation consultants available for private consultations. Breast pumps and lactation supplies available.

## Bay Area Lactation Associates

[www.bayarealactation.org/find-a-lactation-consultant.html](http://www.bayarealactation.org/find-a-lactation-consultant.html) or <https://tinyurl.com/3mzjnhvv>  
List of private lactation consultants and other resources.

## Healthy Horizons Breastfeeding Center

[www.healthyhorizons.com/](http://www.healthyhorizons.com/)  
1432 Burlingame Avenue, Burlingame, CA 94010  
(650) 347-6455

- › Board-certified lactation consultants are available for private consultations. Breastfeeding classes and support groups as well as supplies.

## Healthy Horizons Menlo Park Breastfeeding Center

671 Oak Grove Ave., Suite P  
Menlo Park, CA 94025  
(650) 847-1907

## La Leche League International

[www.llnocal.org/](http://www.llnocal.org/)

- › Breastfeeding information, telephone advice, education and support to expectant and new parents.

## MarinHealth Lactation Services

[www.mymarinhealth.org/programs-services/pregnancy-childbirth/after-delivery/lactation-services/](http://www.mymarinhealth.org/programs-services/pregnancy-childbirth/after-delivery/lactation-services/)  
250 Bon Air Road, Fl 4, Greenbrae, CA 94904  
(415) 925-7522

- › Breastfeeding support, counseling and assistance by board-certified lactation consultants. Breast pump rentals are also available.

## Natural Resources

[www.naturalresources-sf.com](http://www.naturalresources-sf.com)  
1367 Valencia Street, San Francisco, CA 94110  
(415) 550-2611

- › Breastfeeding support groups and other parenting classes. Breastfeeding supplies and community resources are available. Lactation consultants at fee-for-service, pump rentals.

## Newborn Connections

[www.cpmc.org/newbornconnections/](http://www.cpmc.org/newbornconnections/)  
1100 Van Ness Ave, Lobby Level  
California Pacific Medical Ctr  
San Francisco, CA 94109  
(415) 600-BABY (2229)

- › Breastfeeding support groups, latch clinic, board-certified lactation consultations available or private consultations. Breastfeeding and baby supplies and pump rentals are also available.

## Nursing Mothers Counsel

[www.nursingmothers.org](http://www.nursingmothers.org)  
[www.nursingmothers.org/resources](http://www.nursingmothers.org/resources)  
(650) 327-6455

- › Breastfeeding information, counseling and support. Free breastfeeding classes. Breast pumps Sequoia Lactation Center

## National Breastfeeding Helpline

[www.womenshealth.gov/about-us/what-we-do/programs-and-activities/helpline](http://www.womenshealth.gov/about-us/what-we-do/programs-and-activities/helpline)  
National Breastfeeding Helpline: (800) 994-9662

- › Talk with a trained breastfeeding peer counselor in English or Spanish. The counselors can answer common breastfeeding questions.
- › Monday through Friday, from 9 am-6 pm., EST. If you call after hours, you will be able to leave a message, and breastfeeding peer counselor will return your call on the next business day.

## Sequoia Lactation Center

[www.dignityhealth.org/bayarea/locations/sequoia/services/birth-center/breastfeeding-support](http://www.dignityhealth.org/bayarea/locations/sequoia/services/birth-center/breastfeeding-support)  
(650) 368-2229 or (650) 367-5597

- › Lactation consultations and breastfeeding supplies.

## WIC (Women, Infants and Children) Program

[www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/Program-Landing1.aspx](http://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/Program-Landing1.aspx)  
(888) 942-9675

- › WIC is an excellent resource for eligible, low-income clients. This program provides breastfeeding assistance and breast pump loans to those clients having difficulty nursing or are returning to work.
- › They have many offices statewide.
- › The San Francisco WIC Breastfeeding Support Warm Line: If you live in San Francisco, this hotline is available for questions, problems, and support. Assistance is available in English, Spanish and Chinese. (415) 575-5688 rentals and supplies.



# Pregnancy and Beyond Web Resources

- › American Pregnancy Association  
[www.americanpregnancy.org](http://www.americanpregnancy.org)
- › March of Dimes Foundation  
<https://www.marchofdimes.org/>
- › WebMD – Health & Parenting Center  
[www.webmd.com/parenting/default.htm](http://www.webmd.com/parenting/default.htm)
- › American College of Nurse-Midwives  
Share with Women:  
<https://onlinelibrary.wiley.com/page/journal/15422011/homepage/share-with-women>
- › National Women’s Health Information Center  
<https://www.womenshealth.gov/>
- › Centers for Disease Control and Prevention Pregnancy Site  
<https://www.cdc.gov/pregnancy/index.html>
- › Lamaze® International  
<https://www.lamaze.org>
- › Mindful Birthing  
<https://www.mindfulbirthing.org>
- › Adult Immunization and Travel Clinic  
<https://www.sfcddcp.org/aitc/>
- › Organization of Teratology Information Specialists  
<https://mothertobaby.org/about-otis/>
- › Environmental Working Group  
<https://www.ewg.org/>
- › Reproductive Psychiatry Resource and Information  
<https://www.womensmentalhealth.org/>
- › La Leche League  
<https://www.llli.org>
- › National Healthy Mothers, Healthy Babies Coalition (get free text messages about your pregnancy)  
<https://www.text4baby.org>
- › USDA MyPlate (Pregnancy and Breastfeeding):  
<https://www.myplate.gov/life-stages/pregnancy-and-breastfeedingmypyramid.gov/mypyramidmoms/index.html>
- › The American Academy of Nutrition and Dietetics –Nutrition for Women and Kids  
<https://www.eatright.org/health/pregnancy/what-to-eat-when-expecting>

## Postpartum Resources

- › Postpartum Support International:  
(800) 944-4773  
<https://www.postpartum.net/>
- › Perinatal and Reproductive Psychiatry Resource and Information Center  
<https://www.womensmentalhealth.org/>
- › Meditations to download:  
<https://www.dharmaseed.org/>
- › Mamas Resource Network:  
<https://www.mamasresourcenetwork.com/>
- › Postpartum Progress:  
<https://postpartumprogress.com/>
- › Postpartum Men:  
<http://postpartummen.com/>
- › Golden Gate Mothers Group:  
<https://www.ggmog.org/>

**Mental Health Access Referral Line:** Call anytime, in any language, for referrals to neighborhood mental health clinics and therapists in San Francisco. Staff provides phone-based program information, support, assessment, suicide prevention, and clinic referrals. Serves only San Francisco residents with Medi-Cal  
Contact: (415) 255-3737 or (888) 246-3333

**The Parent line:** The University of San Francisco School of Nursing and Health Professions is offering a new service called Parent line. It’s a free and confidential service for expectant parents, new parents, and caregivers of children up to the age of three. The Parent line staff are trained professionals who can provide help in addressing non-medical concerns regarding parenting and child development issues.  
Contact: (844) 415-BABY (2229) <https://parentlineusf.com/>

**Infant Parent Program ZSFG:** Intensive mental health services to children at risk. Birth to age 3. Home visits by professional staff. Provides individual psychotherapy treatment. Focus on parent-baby relationship. Serves only San Francisco residents with Medi-Cal.  
Contact: (628) 206-5270, <https://psych.ucsf.edu/zsfg/ipp>



# UCSF Birth Center

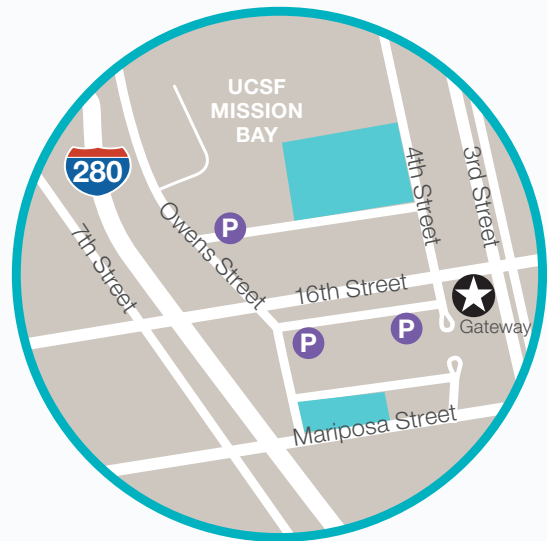
## UCSF Betty Irene Moore Women's Hospital

### Birth Center Welcome Desk

1855 4th Street, 3rd Floor, San Francisco, CA 94158  
(415) 353-1787

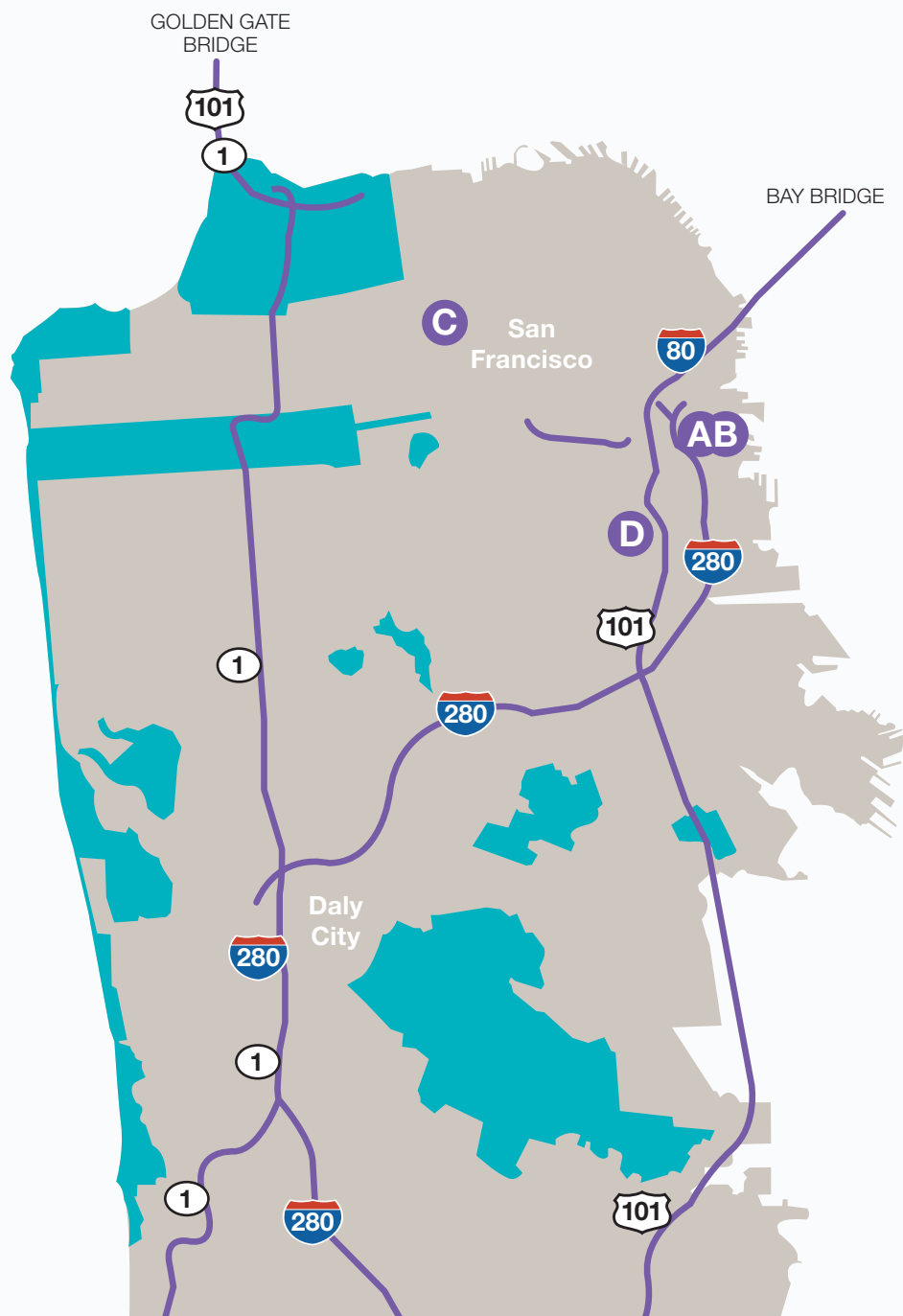
### Parking

Patients may be dropped off at the circle at 1855 4th Street, for about 15 minutes. See parking information on page 44 & 68.



## Area Map

- A**  
UCSF Betty Irene Moore  
Women's Hospital  
UCSF Mission Bay Hospital
- B**  
UCSF Obstetrics &  
Gynecology  
Mission Bay Location
- C**  
UCSF Obstetrics &  
Gynecology  
Mount Zion Location
- D**  
ZSFG Family Birth Center



See area map on  
previous page

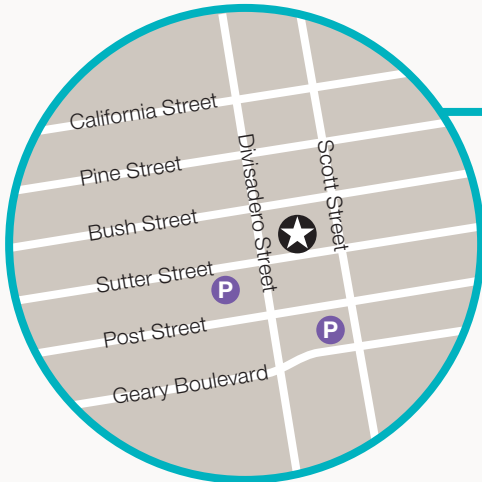
# UCSF Women's Health Obstetrics Services



## Mission Bay location

1825 4th Street, 3rd Floor, San Francisco, CA 94158  
(415) 353-2566

**Public Transportation:** The San Francisco Muni buses 22-Fillmore, 55-16th Street, T-Third Street line all stop at UCSF Medical Center.



## Mount Zion location

2356 Sutter Street, 7th floor, San Francisco, CA 94143  
(415) 353-2566

**Parking:** Public parking is available at the following locations:

- › 1635 Divisadero Street: Across the street from UCSF/Mount Zion
- › 1515 Scott Street: Across the street from the Public Library
- › 2420 Sutter Street Garage: Between Divisadero and Broderick

**Public Transportation:** UCSF Women's Health Obstetrics Services at Mount Zion is easily accessible via Muni bus routes 38-Geary (wheelchair accessible daily), and 24-Divisadero. The 1-California stop at California and Divisadero Streets is three blocks north of the hospital.

## Blood Draw Lab

Quantiferon Testing is offered M-Th, 8:00 am-2:00 pm

- › Mission Bay: 1825 Fourth St, San Francisco  
M-F, 7:00 am – 5:30 pm  
(415) 514-2629
- › Mount Zion: 2330 Post St, San Francisco  
M-F, 7:00 am-5:30 pm  
(415) 885-7531
- › Parnassus: 400 Parnassus Ave, San Francisco  
M-F, 7:30 am-6:30 pm  
(415) 353-2736
- › Lakeshore: 1569 Sloat Blvd, San Francisco  
M-F, 8:00 am-12:00 pm and 1:00 pm-4:30 pm
- › Berkeley Outpatient Center: 3100 San Pablo Ave, Berkeley  
M-F, 8:00 am-5:00 pm  
(510) 985-5060

notes

