

## Things to Do at 32 Weeks of Pregnancy

### Pelvic Exams and Vaginal Culture

We usually start pelvic exams at 36 weeks of pregnancy to check your cervix and fetal position. A vaginal and rectal culture is done at approximately 36 weeks. If this culture is positive for Group B streptococcus, we recommend IV antibiotics during labor.

### Signs of Labor

- Strong regular contractions that do not go away for at least one hour
- Water bag breaks—this can be a gush of fluid or a constant trickle
- Vaginal bleeding not associated with an exam or heavy, like a period
- The baby is not moving 10 times in two hours

Call us immediately, even if it is in the evening, the weekend, or a holiday. Don't wait until Monday morning. If you do not hear back from us within 10-15 minutes, go directly to the hospital.

### Important Phone Numbers

The Women's Health Center	714-378-5606
<i>During normal business hours to reach the front office</i>	<i>Option 1</i>
<i>After 5pm, weekends or holidays to reach our on-call doctor</i>	<i>Option 3</i>
Hoag Hospital Labor & Delivery	949-764-5789
Orange Coast Medical Center Labor & Delivery	714-378-7532

### Labor, Delivery, and Postpartum

Please fill out 'Choices in Childbirth' (available on our website). Also, review and sign the 'Consent for Assisted Vaginal Delivery' and bring it to your next visit.

### Breastfeeding

We recommend classes which are offered at both Orange Coast Memorial and Hoag Hospital. You can also refer to 'How Will Breast Milk Help My Baby.' All links and forms are available on our website.

### Banking Cord Blood?

If you have decided to save cord blood, remember to bring your kit to labor and delivery. We have some kits available in our office.

### Select a Pediatrician

We will give you a list of doctors in the area. Remember to check with your insurance. If you want your son circumcised, this will be done by your pediatrician usually during your hospitalization.

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# CHOICES IN CHILDBIRTH



Our goal is to make your birthing experience positive and personal. We encourage our pregnant patients to become educated about their upcoming birth. By creating a plan for your delivery, you have taken the time to learn a little about the process of giving birth, hospital procedures, and what to expect, overall. A birth plan is a way to communicate your preferences to your physician and your nurse in the hospital.

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

Significant Other: \_\_\_\_\_

Person(s) present for delivery: \_\_\_\_\_  
*(I understand that family or friends may be asked to leave the room if complications arise.)*

The following items do not need to be covered in your birth plan:

- We will only give you an enema if you request one
- We will only shave you if you need a cesarean section
- Your significant other will not be separated from you during your labor
- We routinely "labor down" (let the baby's head descend before pushing) when completely dilated unless otherwise indicated
- We do not perform episiotomies *routinely*
- If you are awake during your C-section, you may have one person in the operating room with you.

Your nurses and doctors will explain any changes in your plan of care if they arise.

Please check which options below you would like to try:

Comfort Measures:	Yes	No	Comments
Birthing Ball			
Walking			
Rocking Chair			
Relaxation/Breathing			
Aromatherapy			
Shower Therapy			
Position Changes			
Pain Medication			
Epidural			
<b>Delivery:</b>			
Mirror positioned to watch baby crown?			
Labor partner to cut umbilical cord?			
Baby to be placed on Mom's abdomen?			
I plan to:                 Breastfeed			
Bottle-feed			

Special Requests: \_\_\_\_\_

\_\_\_\_\_

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## HOW WILL BREAST MILK HELP MY BABY?

Breast milk is one thing that ONLY YOU can provide for your baby's health and nutrition.

Breast milk has ingredients that cannot be found in infant formula.

You can provide it for as short or as long as you want.

Even small amounts of breast milk will give you and your baby the following health advantages:

- ♥ Breast milk is more easily digested. This is important for premature babies and babies who have had bowel surgery.
- ♥ Breast milk helps protect babies from necrotizing enterocolitis (NEC) a very serious bowel complication.
- ♥ Breast milk provides protection against infection, such as colds, ear infections, and meningitis.
- ♥ Moms of preemies have more infection fighting cells in their breast milk, best for a preemie.
- ♥ Breast milk helps PREVENT allergies.
- ♥ Breast-milk-fed babies have higher IQ's (makes them smarter).
- ♥ Breast milk babies have less SIDS (crib death).
- ♥ Breastfeeding for 6 months or more gives extra protection to babies against diabetes, childhood cancers, and obesity.
- ♥ Moms who breastfeed have less risk of breast and ovarian cancer.

## CONSENT FOR ASSISTED VAGINAL DELIVERY (Forceps or Vacuum)

Your physician, Dr. \_\_\_\_\_ may recommend delivering your baby with the assistance of forceps or vacuum extractor. These instruments are commonly and safely used for a number of reasons, including the following:

- Suspicion of immediate or potential harm to the fetus (for example, nonreassuring fetal heart rate patterns)
- Prolonged second (pushing) stage of labor
- Maternal exhaustion or medical conditions requiring shortened second (pushing) stage

In most situations, the alternative to a vaginal delivery using forceps or vacuum is cesarean section. This form, together with a discussion with your caregivers, will give you objective information about the potential benefits and risks decision about accepting or refusing the procedure. The choice of instrument to use for assisted vaginal delivery (either vacuum or forceps) usually rests with the clinical judgment and experience of your doctor.

In a vacuum-assisted delivery, a suction cup is placed on the baby's head. While you push, suction is applied and the doctor pulls.

In a forceps delivery, forceps are applied around the baby's head and rest over his or her cheeks. While you push, the doctor pulls.

Delivery may require several contractions. During a natural birth, the baby's scalp can become swollen and the scalp bones can be pressed together. The vacuum or forceps can make the swelling or molding of the scalp bones more visible. However, as with routine vaginal birth, the baby's head will usually return to a normal shape within 1 or 2 days.

### Potential benefits of assisted vaginal delivery

In recommending a forceps-assisted delivery, your physician has made certain that specific criteria have been met and that there is a reasonable chance of success. The benefits to a successful forceps or vacuum delivery include, but are not limited to:

- Safe and rapid delivery of the baby
- Prevention of the need for a cesarean section
- Improved recovery compared to a cesarean delivery (less blood loss, shorter recovery and hospital stay, more time and energy for mother-baby bonding and for caring for any older children)
- Lower risk of surgical complications or problems in future pregnancies (for example, abnormal placental location or more difficult cesarean deliveries)
- Allowing the mother to remain an active participant in the delivery

### Potential risks of assisted vaginal delivery

Your physician is trained in the safe use of forceps and vacuum, and has been granted privileges by the hospital to use them when appropriate. Despite this, complications can and do occur. In recommending the use of forceps or vacuum, your physician believes the risks listed below are unlikely to occur, and are outweighed by the benefits of an expedited delivery. Overall, when comparing assisted vaginal delivery to the alternative, namely cesarean section after labor, the risks to the baby are very similar. The risks include, but are not limited to:

- Trauma to the mother's birth canal and/or rectum, which may require suturing, but which usually heals completely. Such injuries may cause future problems with bowel or bladder function.
- Failure to deliver vaginally (need for cesarean, after all)
- Difficulty delivering the fetal shoulders (should dystocia), an uncommon event that may result in damage to the nerves of the baby's arms or in a broken arm or collarbone.
- Trauma to the baby's head, such as bruising on the scalp or small skin lacerations. Such trauma is usually minor and resolves within a few days. Rarely, there could be more serious injury to the baby, including temporary or permanent damage to the nerves of the face or bleeding into the brain.

### Consent

By signing below, you indicate that you have read the above information, that you understand the benefits and potential risks of an assisted vaginal delivery, that your questions have been answered adequately, and that you agree to proceed if recommended.

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Patient's Printed Name

\_\_\_\_\_  
Date

## PEDIATRICIANS

Please call the referred office to verify if they accept your insurance.

### HOAG

#### **Harbor Pediatrics**

*Eugene Chen, M.D.*

*Amy Lau, M.D.*

*Hilda Mendoza, M.D.*

*David Michelis, M.D.*

604 Dover Rd, #7

Newport Beach, CA 92663

(949) 645-4670

<http://harborpediatrics.com>

#### **Coastal Kids**

*Steven Abelowitz, M.D.*

*Alyse Baron, M.D.*

*Elizabeth G. Dyer, M.D.*

*Kristine Brown, M.D.*

*Amy Canos Cox, M.D.*

*Sandy Oak Lee, M.D.*

*Annique Jugant, M.D.*

*Lisa Teschke-Nguyen, M.D.*

*Elizabeth O'Connell, M.D.*

*Kristin Pelinka, M.D.*

1401 Avocado Ave., #709

Newport Beach, CA 92660

With additional locations in

Laguna Niguel and Ladera Ranch

(949) 759-1720

[www.coastalkids.com](http://www.coastalkids.com)

*Asha Misra, M.D.*

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### OCMMC

*Manish Marolia, M.D.*

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Huntington Beach, CA 92647

(714) 596-5557

**Magnolia Family Care**

*Trinh Bui, M.D.*

10402 Westminster Ave., #100C

Garden Grove, CA 92843

(714) 638-1358

**Memorial Pediatrics**

*Rafael Vergara, M.D.*

*Clara Chau, M.D.*

6042 Bolsa Ave.

Huntington Beach, CA 92647

(714) 898-1448

[www.memorialpeds.com](http://www.memorialpeds.com)

*Jeffrey Taylor, M.D.*

1190 Baker St., #103

Costa Mesa, CA 92626

(714) 668-2525

*Cora T. Oca, M.D.*

11100 Warner Ave., #352

Fountain Valley, CA 92708

(714) 966-0860

*Smita Tandon, M.D.*

11100 Warner Ave., #252

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(714) 241-1777

**Edinger Medical Group**

*Valery Brouwer, M.D.*

*Shelly Chacon, M.D.*

*Harry Pellman, M.D.*

*Mai-Khanh Tran, M.D.*

*Burton Willis, M.D.*

*Lam Nguyen, M.D.*

1) 9900 Talbert Ave.

Fountain Valley, CA 92708

2) 18682 Beach Blvd., # 145-155

Huntington Beach, CA 92648

(714) 965-2500

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**Surf City Pediatrics**

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*Michelle Bennett, M.D.*

*Grace Kasamatsu, M.D.*

*Clara Chau, M.D.*

17742 Beach Blvd., # 240

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[www.surfcitypeds.com](http://www.surfcitypeds.com)

**Beach Pediatrics**

*Lindakay Rees, M.D.*

*Patty Stephens, M.D.*

*Ann Ha, M.D.*

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