

Dr. Yonatan Mahller, MD, PhD

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Obstetrics Gynecology Infertility Minimally Invasive Surgery

Pregnancy Manual

Important Phone Numbers

Hoag Hospital Labor and Delivery – (949) 764-5789

Safe Medications for Use During Pregnancy

NAUSEA: Ginger, Vitamin B-6, Zofran, Reglan, Acupressure wrist bands

HEARTBURN: Tums, Gaviscon, Zantac, Ranitidine, Mylanta

CONSTIPATION: Colace, Metamucil, FiberCon

HEADACHE: Tylenol (acetaminophen), Excedrin migraine (rare use ok)

COUGH/COLD: Benadryl, Robitussin DM, Cepachol lozenges, Tylenol, acetaminophen,
Claritin, Zyrtec, Humidifier, Saline nasal spray

HEMORRHOIDS: Preparation-H with cortisone, Anusol-HC, Tuck's pads, witch hazel

SKIN RASH: Cortisone cream, Benadryl Lotion

SLEEPLESSNESS: Benadryl, Tylenol PM, Unisom (doxylamine)

YEAST INFECTION: Monistat, Vagistat, Femstat, Fluconazole

*Medications that Dr. Mahller prescribes are safe during pregnancy.

**Advil/motrin/ibuprofen and Aleve/naproxen should be avoided.

***If possible, try to avoid all medications during pregnancy especially within the first trimester.

1st Trimester

Morning Sickness

Most women feel nauseated during pregnancy, especially during the first trimester. Symptoms usually start to improve around 11-13 weeks and most symptoms resolve by 16 weeks. Pregnant women should eat several small meals or snacks of bland food throughout the day. Ginger, Vitamin B-6 and acupressure bands have been shown to improve morning sickness. If these interventions are ineffective and you are losing weight or vomiting daily, Dr. Mahller may prescribe Diclegis or Reglan to help.

How to Prevent Nausea

1. Avoid strong odors, cooking odors, smoke, cleaning fluids, paints or perfumes.
2. Avoid crowded places and areas with poor air circulation.
3. Do not eat foods that can cause gas: garlic, oregano, onion, bell peppers.
4. Avoid foods that make nausea worse like high-fat, fried, spicy or acidic foods.

Get plenty of fresh air. Open windows and use fans. Take a walk outdoors. In the morning, get up slowly. Avoid sudden movements when getting out of bed. Try placing some dry cereal, bread, biscuits or crackers within reach of your bed. Take a few bites before getting up.

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Drink lots of fluids. Carry a water bottle with you and take small sips when you can. Try to drink at least 8 glasses of liquids every day. Add water to juices, make broth or noodle soups. Try snack foods like unsalted nuts, string cheese, crackers, dried fruits, trail mix or fruit juices. Eat small amounts every 2 or 3 hours, day or night. Try to eat even if you are not hungry. Decide which foods sound good to you. You may try: Ice cream, Breads, Cottage Cheese, Popsicles, Crackers, Berries, Peanut Butter, Yogurt, Dry Cereal, Lemonade, Melon, Popcorn, Sour candies or Toast.

Feeling Tired

Fatigue during pregnancy is very common. Try to avoid napping for more than one hour during the day, as this may disrupt your normal sleep patterns. 30-45 minutes of daily exercise may be beneficial. If you are taking progesterone supplementation, only take it at night as the medication sometimes causes drowsiness.

Leg Swelling/Varicose Veins

If swelling develops much more in one leg versus the other, contact your physician. Generalized swelling of hands and feet is common and may simply be a sign that you were on your feet all day! Avoiding salt and sodium rich foods and drinking more water should help. Elevate your feet above your heart when you are resting. Support or compression stockings or hosiery may be necessary. Notify your physician if swelling develops suddenly or you are experiencing changes in your vision, have bad headaches or right upper abdominal pain.

Back Pain

As pregnancy hormones loosen the ligaments of your joints and your body adjusts to the growth of your uterus, you may experience back pain. You can improve these symptoms by stretching and doing back or core body exercises. Prenatal yoga is a great way to stretch and strengthen your core. Massage, heating pads on medium setting, chiropractic care and maternity belts are safe.

Leg Cramps

Leg cramps may worsen during the third trimester. Magnesium supplementation daily or before bedtime may help. You should also increase water intake and foods rich in potassium and calcium. Try to avoid wearing high-heels.

During pregnancy avoid: high sugar foods, raw fish or meat, cold deli meat, the cat litterbox, X-rays, jacuzzi, spa or sauna, heavy lifting or prolonged standing.

During pregnancy: drink more water, eat foods with lots of protein (nuts, cheese, meats) and iron (meat, spinach, broccoli), continue to exercise, stretch you back, use a heating pad on medium setting and take your prenatal vitamins.

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Exercise Safely During Pregnancy

- Pilates/ yoga modified for pregnancy
- Do not become overheated
- Keep heart rate below 140 beats per minute
- Stay well hydrated
- Avoid any exercise where you could fall down or hit your belly
- Avoid lifting more than 25 lbs.

Avoid High Temperature Environments

- Saunas, Spas
- Tanning Booths
- If you have a fever of 101 degrees call us and take Tylenol

2nd Trimester

Preregister with Hoag Hospital

Around 20-24 weeks is a good time to register at the hospital. You can do this online at <https://www.hoag.org/specialties-services/womens-health/conditions/pregnancy/>. Sign up for health education classes if desired. Hoag Hospital offers classes on breast feeding, infant CPR, childcare basics and prepared childbirth.

Start looking for who you would like to choose as a pediatrician for your baby.

Look out for Preterm Labor Warning Signs

Contact your physician or go directly to the hospital if you have:

- Menstrual-like cramps that come and go
- Low, dull backache (that comes and goes)
- Abdominal cramping (with or without diarrhea)
- Pressure (feels heavy)
- Increase or change in vaginal discharge (mucousy, watery, pink or bloody)
- Fluid leaking from the vagina
- 5 or more uterine contractions (tightening) in one hour (may be painless)

Diabetes Screen Test (24-28 weeks)

This is a blood test to screen for gestational diabetes (pregnancy induced diabetes). The timing of this test is important. We will give you an order for the test to be done. For the screening test, you will drink a sugary drink and have your blood drawn one hour later. If you need to do the 3 hour confirmatory

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test, you will need to go fasting, then drink a sugary drink, then have your blood drawn one, two and three hours after the drink. Prepare timewise accordingly.

Think About Birth Control Options

If you are considering a tubal ligation (permanent birth control after your deliver) you will need to sign a state mandated consent form. Please discuss this with your physician. Dr. Mahller may perform tubal ligation at the time of delivery.

If Your Blood Type is Rh negative

Problems caused by the Rh factor can be prevented in most cases with the use of a special drug called Rhogam. Treatment is recommended whenever there is bleeding during your pregnancy or at 28 weeks of pregnancy. We give the Rhogam shot in the office at your 28-week visit.

Kick Counts

An active fetus usually means a healthy fetus. This is why it is important to take some time each day to “listen” to your baby by paying attention to fetal movements. Select a time of day when your baby is the most active. For most women, this is after meals, early evening or before bedtime. Try to do the Kick Count at the same time every day.

1. Get in a comfortable lying or sitting position. Rest on your side.
2. Count how long it takes for you baby to move 10 times. All movements count. Your baby should move 10 times in 1 hour.
3. Jot down the time of the baby’s first movement and the time of the 10th kick.
4. Since healthy babies have sleep cycles, your baby may kick less than usual or have less than 10 kicks in 1 hour. If so, wake up the baby by drinking fluid (cold or sweet) or by walking for 5 minutes and then repeat the Kick Count.
5. After repeating the Kick Count, if your baby still has had less than 10 kicks in 2 hours or there is a decrease in the fetal movement, contact your physician.

3rd Trimester

Pelvic Exams and Vaginal Culture

A vaginal and rectal bacterial culture is done between 35-36 weeks. If this culture is positive for Group B streptococcus, we will recommend you are treated with IV antibiotics during labor. This is to protect your baby from serious infections caused by this bacteria during delivery. Pelvic exams are performed around 37-38 weeks of pregnancy to check your cervix and fetal position.

Signs of Labor

Contact our office or go directly to the hospital if you have:

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- Strong regular contractions, every 5 minutes, that do not go away for at least one hour
- Water bag breaks - a gush of fluid or a constant trickle
- Vaginal bleeding
- The baby is not moving 10 times in two hours

What do contractions feel like?

Contractions often feel like cramping or abdominal tightening. Often times they are accompanied by lower back pain. The most important feature of true contractions is that the feeling comes and goes in a rhythmic fashion.

When is the right time to go to the hospital for contractions?

When contractions are painful to the point of interrupting your activities and/or regular (every 5 minutes for 2 hours) you should go to the hospital.

How do I know if I broke my water?

The best sign, or indication, that a woman has broken the amniotic sac (waters), is **continued** or **persistent** leakage of a runny, watery substance. This fluid may be clear, bloody, greenish or yellowish but it should be the consistency of water.

Birth Plan

Dr. Mahller will review your goals to make your birthing experience positive and personal. We encourage pregnant patients to become educated about their upcoming birth. By creating a plan for your delivery, you have taken the time to learn about the process of giving birth, hospital procedures and what to expect.

Think about who you would like to be in the delivery room. In general, Dr. Mahller:

- will only give you an enema if you request one
- will only shave you if you need a cesarean section
- will want your significant other to play an active role during your labor
- will let the baby "labor down" (let the baby's head descend before pushing) when completely dilated
- does not perform episiotomies (unless emergency)

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

When during labor is the right time to get an epidural?

There is no absolutely right time for a woman to get her epidural in labor. Often times the best policy is to see how the labor progresses and to get your epidural when the pain becomes unbearable. Keep in

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mind that from the time you ask for your epidural until the time you have relief will often be at least 45 minutes.

If I get my epidural too early will it run out?

No. When a woman gets an epidural a small catheter is placed into the spinal column and medicine is continuously infused into this space. The amount of numbing medicine can be turned up or down so that a woman gets pain relief but is not entirely numb below the waist.

What are other options for pain relief during labor, aside from an epidural?

There other options for pain relief during labor. These are pain medications that can be given through your IV. These medications work for about an hour and can be given up to 3 times. The downside of these medications is that they go to both the mother and the fetus and make both sleepy. Thus, these medications are typically not given close to delivery.

If I don't get an epidural will I feel the stitches?

If a woman chooses not to get an epidural, if she requires stitches Dr. Mahller will give a numbing injection to the area. After giving a few minutes for the medicine to work, he will be able to perform the stitches without the patient feeling pain.

Finalize Your Pediatrician

We can give you a list of physicians in the area and remember to check with your insurance to make sure they are under your plan.

Circumcision

If you want your son circumcised, this can be done by Dr. Mahller during your hospitalization.

Should I Breast Feed my baby?

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.
- Breast milk helps protect babies from necrotizing enterocolitis a serious bowel infection.
- Breast milk provides protection against infections, such as colds, ear infections and meningitis.
- Moms of preemies have more infection fighting cells in their breast milk.
- Breast milk helps PREVENT allergies.
- Breast-milk-fed babies have higher IQ's.
- Breast milk babies have less SIDS (crib death).

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- 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.

How long will I stay in the hospital after delivery?

If you have a vaginal delivery expect to stay in the hospital 24-48 hours. If you have a cesarean delivery expect to stay 48-72 hours. After delivery, criteria for discharge to home are that you are able to walk, urinate, pass gas, tolerate food and have pain control.

How long after going home should I continue to bleed?

Continued spotting for up to a few weeks after delivery can often be normal. If you have heavy bleeding with blood clots, severe abdominal pain or fevers call immediately.

Is it normal to have abnormal periods after pregnancy?

It is normal for it to take several months for your body to get back to your "usual" cycles after childbirth. Sometimes a woman's cycles change as she ages or after childbirth and this is normal.

Good Luck!!

Dr. Mahller