



Welcome to Pali Women's Health Center!

We want to congratulate you on this important moment in your life and we are excited to take this journey with you. We strive to provide you with the best possible maternity care that is both compassionate and research based. We pride ourselves in being up-to-date with current recommendations and testing opportunities for our patients; yet, we respect the individuality of the birthing process and each person's desire for a specific birth plan. Ultimately, we share in your desire for a healthy mother and baby. We will work with you to provide the best possible birth experience.

Pali Women's Health Center encompasses a large staff that is eager to help you with whatever may arise throughout your pregnancy. We are a collaborative practice made up of six clinicians. We each bring our unique experiences together to provide you with the best possible care. Our physicians are Dr. Susan Chapman, Dr. Alison Moore, Dr. Tricia Song, and Dr. EmmaKate Friedlander. We also have our physician assistant Alisha Wallace and nurse practitioner Paige Resor .

Thanks to the implementation of our electronic medical record we are able to provide continuity of care regardless of which clinician you see for your OB visits or delivery. We encourage you to meet all of our clinicians throughout your pregnancy. The doctors will be available for your delivery based on a rotating call schedule. Only inductions or scheduled cesarean sections can be scheduled with a specific provider. The Vera Zilber Birth Center at Castle Medical Center shares our philosophy of care and is a safe and loving environment in which we prefer to deliver our patients. **Our providers deliver only at Castle Medical Center.**

We look forward to discussing your excitement, concerns, and expectations for this pregnancy with you and are happy to answer any questions you may have. We encourage you to bring your questions with you to your OB visits so that we may discuss them in more detail. Please read " Our Philosophy of Care" to learn more about our practice.

Thank you again for choosing Pali Women's Health Center

Sincerely,

The clinicians and staff at Pali Women's Health Center

Pali Women's Health Center
642 Ulukahiki Street, Suit 305 Kailua, HI 96734
(808) 261-6644 Fax (808) 261-6645
71 Kamokila Blvd Suite 103 Kapolei HI 96707

Our Philosophy of Care

Suggested Reading

Please refer to: Your Pregnancy and Childbirth: Month to Month Fifth edition, written by The American College of Obstetricians and Gynecologists- the leading experts in Women's Health Care (copyright 2010). You can order this book at: <http://sales.acog.org/Your-Pregnancy-and-Childbirth-C49.aspx>

We are aware that there are many things out there both in books and on the internet that may give you conflicting information and create unnecessary fears. We have collaboratively put together “ Our Philosophy of Care” so that you may know exactly how we care for our patients and how we approach prenatal care and delivery.

- Our first priority is a healthy mother and baby
- We believe that pregnancy is a normal healthy state of being and we do not approach it as an illness, although complications sometimes can arise.
- We believe that women have a right to birth the way they choose
- We believe in open communication with our patients
- We give our patients options in their birthing experience and allow them to choose what they feel is best for them
- We support both natural childbirth and medicated childbirth
- We prefer patients go in to labor naturally
- Those desiring induction may not be induced prior to 39 weeks unless there is a medical or fetal condition requiring induction
- We encourage patients to walk, Jacuzzi and be out of bed for labor
- We allow patients a regular diet until active labor and then encourage clear liquids
- We do not routinely do an episiotomy
- We do not routinely use forceps or vacuum
- Our C-section rates are less than 15%, far less than the national average
- We allow the placenta to expel naturally
- We routinely give Pitocin IV immediately after the placenta is expelled to prevent hemorrhage and decrease bleeding.
- For patient safety, we prefer patients have a saline lock or IV when in labor
- We believe in family centered care
- We believe in mothers not being separated from their babies
- We encourage breastfeeding be initiated within one hour of delivery

Lifestyle Modifications for Pregnancy

Weight Gain in Pregnancy:

Expected weight gain in pregnancy is based on your body mass index (BMI) at the time you become pregnant. See the table below for your expect weight gain

BMI	Weight Gain
15-19 (Underweight)	28-40
20-25 (Ideal Weight)	25-35

26-29 (Overweight)	15-25
30-39 (Obese)	10-15
40+ (Morbidly Obese)	10

Food Related Modifications

- Avoid raw meats in pregnancy. All meats should be thoroughly cooked
- Avoid unpasteurized products, including such cheeses feta, brie, or blue cheese
- Intake of certain fish should be avoided or limited. Refer to health.hawaii.gov/wic/files/2013/05/mercury.pdf
- You may consume caffeine up to 1 (8oz) cup of coffee, tea, or soda per day
- No amount of alcohol is safe during pregnancy
- Refer to www.mypyramid.gov or www.acog.org/patients/FAQs/nutrition-during-pregnancy for nutritional guidelines for pregnancy and breastfeeding

Activity

- No smoking or illegal drug use
- Hot tub use is safe with the temperature under 100.0 degrees. No saunas
- No lifting greater than 20 pounds in pregnancy
- Exercise is encouraged in pregnancy. Walking, running, swimming, low impact aerobics and prenatal yoga is fine. Refrain from abdominal trauma. Your heart rate should stay under 160 beats per minute
- Sleeping on your side is preferred after 20wks of pregnancy
- Intercourse is safe, unless otherwise indicated by your provider
- Travel is permitted without a doctor's note prior to 36 wks in low risk pregnancies.
- Painting is OK with adequate ventilation after 12wks
- Hair coloring and highlights are believed to be fine during pregnancy
- No litter box changing or gardening without gloves. Wash your hands well after handling animals and pets
- Breastfeeding? We recommend you wean your infant after your first trimester

Common Remedies for morning sickness

- Avoid triggers for nausea such as stuffy rooms, odor, perfumes, smoke, humidity, and quickly changing positions
- Eat small frequent, low fat, high carbohydrate meals. Eat before or as soon as you feel hungry
- Eat dry crackers or dry toast first thing in the morning
- Drink fluids cold, clear, carbonated or sour (ginger ale)
- Aromatic therapy
- Acupressure wristbands, acupuncture and hypnosis
- Try eating crushed ice cubes made from frozen Gatorade or Pedialyte
- Try over the counter medications Unisom 12.5mg with Vitamin B6 25-50mg orally

every 6-8 hours or Benadryl 25mg can be taken orally every 6 hours. Drowsiness or

dry mouth may result

When to call after Business hours

- After 37 weeks, Contractions every 5 minutes consistently for 1-2 hours or leaking fluid
- Less than 36 weeks, pre term labor symptoms are 5 or more contractions in a hour that do not resolve with rest and hydration
- Dehydration, unable to keep any food or liquid down for over 24 hours
- Vaginal bleeding, pain with urination
- Fever greater than 100.4
- Decreased fetal movement
- Increased swelling, especially if accompanied by a headache or visual changes
- Call our office 808-261-6644 or The Birth Center at 808-263-5270

Fetal Kick Counts

If you are concerned that the baby is moving less than usual, we ask that you monitor fetal kick counts, After eating a small meal, sit down and count how often you feel the baby moves in one hour. The baby should kick or move at least 10 times. Every little movement counts. If the baby moves less than 10 times in the first hour, count for another hour. If there is still decreased movement, call for instructions.

Pregnancy Testing Schedule

First and Second Prenatal Visit (6-12weeks)

- History and Physical
- Confirmation ultrasound
- Review medical and genetic history of both parents
- Prenatal labs
- Schedule first-trimester genetic screening at 12weeks or Panorama at 9-10 weeks (if desired)
- Start Prenatal vitamins
- If Rh negative blood type, Antibody screen blood test and Rhogam injection
- Review preterm labor warnings
- TDAP and FLU vaccine (if desired)

Prenatal Visit (28-36weeks)

- Monitor for fetal growth , high blood pressure and preterm labor

Prenatal Visit (36-40+ weeks)

- Group Beta Strep (GBS) culture at 36 weeks
- Ultrasound for position of baby at 36 weeks
- Cervix check (if desired)
- Discuss birth plan
- Select infant pediatrician
- Take Birth Center tour
- Monitor fetal kick counts

Prenatal Visit (16-20 weeks)

- Quad Screen or AFP (if desired)
- Schedule anatomy scan (may find out gender)

Prenatal Visit (24-28 weeks)

- 1 hour Glucose Test
- 3 hour Glucose Test if 1 hour test is greater than 139

Genetic Testing Options in Pregnancy

First Trimester Screening

- This combination of blood work and ultrasound can detect up to 90% of Down

syndrome and Trisomy 18

- The first appointment at 11-13 weeks will consist of blood work and an ultrasound to measure the thickness of the nuchal fold of the baby's neck.
- If your screening should show an increased risk than you will be offered optional

maternal blood testing for fetal chromosome analysis or invasive diagnostic testing

- The second appointment at 17-18 weeks, consists of a blood test that can detect up to 80% of neural tube defects, and a detailed ultrasound of the fetal anatomy to screen for abnormalities. You may learn the gender of the baby at this time

Non-Invasive Prenatal Testing

We offer Panorama NIPT test in our office. NIPT is a type of screening test that analyzes DNA samples in your blood to assess the risk of Down syndrome, and two other genetic conditions Trisomy 18 and Trisomy 13. The detection rate is more than 99 in 100. Many insurances do not cover this test, ask our staff for a estimate of cost.

Quad Screen

For those who don't choose to have first trimester screening or non-invasive prenatal testing, a single blood test may be taken in our office between 15-20 weeks that can detect up to 80% of Down Syndrome, Trisomy 18, and neural tube defects.

Fetal Anatomy Screen Ultrasound

An ultrasound to evaluate fetal anatomy is scheduled at 18-22 weeks to assess fetal structures and development.

Medications Safe in Pregnancy

No drug can be considered 100% safe in pregnancy. We recommend avoiding all medications in the first trimester. If you are on a prescription medication, please check with our providers as to whether or not to continue your medications. Please do not stop medications without checking with your physician.

Please refer to the follow websites for information

<http://www.safefetus.com>

<http://www.cdc.gov/pregnancy/meds/>

<http://www.fda.gov/ForConsumers/ByAudience/ForWomen/ucm118567.htm>

Do not use Retin-A or Retinol products in pregnancy

Dentist's Office

Patients should receive any dental care after 12 weeks of pregnancy. Research has shown that cavities may lead to preterm labor.

Here is some guidelines for dental visits:

- No routine x-rays. Diagnostic x-rays are permissible with appropriate lead shielding of the abdomen
- Percocet and/or Tylenol with codeine are permissible on a short term basis
- Do not use NSAIDS after 28 weeks of pregnancy

- Local anesthetic without epinephrine should be used
- Avoid a flat supine position, place a towel roll, pillow, or wedge, under one hip so the patient is tilted to the side

Castle Medical Center's Vera Zilber Birth Center

You can register for a Vera Zilber Birth Center Tour at: <http://castle-med.org/classes-n.htm>

Entrance, Exits and Parking: The birth center is a secured unit. Entrance and Exit can only be accessed through the main birth center entrance. You may park in the designated birth center parking stalls, located right outside the birth center.

Infant Security: The Birth center offers several layers of security for your newborn. An alarming device will be placed on your baby at birth and staff members badges have a special identifying feature that is different than the other hospital badges. The birth center also has a special banding and foot printing measures to ensure proper identification.

Visiting hours: Laboring patients have open visitation with limit of visitors after 8pm. Siblings of the newborn are allowed to attend the birth only if there is an additional support person available and responsible for taking care of the sibling. Visitation will be limited during the first hour after birth. Postpartum- Visiting hours are 11am to 8pm. Only one support person, 18 years and older may spend the night. No children are allowed to spend the night

Internet Connection and Skyping: Free WIFI is available.

Adventist Health and Clean Living: No smoking or alcohol is allowed on hospital grounds

Labor, Delivery, Recovery and Postpartum Suites: There is a total of 9 suites that are equipped with a private bath, Jacuzzi tub, refrigerator, flat screen TV, multi-positional bed with a squatting bar, an infant warmer and crib, fetal monitor, a daddy bed, and other essential items.

Fetal Monitoring: There are two different types of monitoring , Bedside fetal monitoring and telemetry monitoring. Telemetry monitoring allows you to be mobile while still being monitored.

Comforts of Labor: You are free to create a soothing setting for your labor with the use of music, aroma therapy, battery run candles, etc. A birthing ball and/ or rocking chair are available for your use.

Rooming In & Mother/Baby Care: Bonding and breastfeeding immediately after delivery is encouraged. Dad or support person is encouraged to cut the cord. Well babies room-in with mom and are only taken to the nursery for assessments and procedures.

Breastfeeding Support: Castle has lactation consultants and counselors available for assistance with breastfeeding if any issues arise

C-Sections: For scheduled C-Sections births, Moms are admitted at least 2 hours prior to scheduled C-sections.

Nursery: Nursery is full equipped and has trained staff to care for newborns that require monitoring and additional support due to infection or minor breathing problems. If babies require a higher level of intervention, the baby may need to be transferred to Kapiolani Women's and Children's Hospital.

Anesthesia: Certified Nurse Anesthetists are available if needed.

Pediatrician: If you don't have a pediatrician in mind, please pick one before delivery. You may visit Castle Medical Center website to find a pediatrician that has privileges with Castle. Here is the link you may use:

<https://www.adventisthealth.org/castle/pages/pnrs/landingpage.aspx>

Cord Blood Donation: Cord blood is collected after the birth of the baby and before the delivery of the placenta. If enough blood is collected it is sent to Washington State for banking and is used for people with life threatening conditions such as leukemia.

Length of Stay: Average stay length is 24-48 hours for vaginal deliveries and 48-72 hours for C-section as long as mom and baby are stable.

Car Seat: Please ensure you have the proper car seat for your child before leaving the hospital.

Health Insurance for your Baby: Please be sure to sign your baby up for health insurance as soon as possible. Contact your insurance carrier to add them on your plan or call MEDQUEST to sign up your baby. Any questions call (808)263-5215 Cardon Outreach Services

Castle Medical Center's Family Centered Classes

To register for classes go to <http://castle-med.org/classes-n.htm>

Here is a list of classes offered at Castle Medical Center. For more information on each class go to their website.

- Breastfeeding
- General Newborn Care
- Infant Safety and CPR
- Giving Birth: The Castle Experience
- The Bradley Method
- The Healthy Pregnancy Class
- Care Seat Safety Class By Appt only (call (808) 263-5270 to schedule an appointment)

Breast Feeding Resources

Websites:

www.kellmom.com

www.womenshealth.gov/breastfeeding

www.la lecheleague.org

Phone number for Lactation Help:

National Breastfeeding Hotline	1-800-994-9662
Castle Medical Center Lactation Line	(808) 263-5083
Castle's Vera Zilber Birth Center	(808) 263-5270
Kapiolani Medical Center Lactation Line	(808) 983-6007
Women's Infants and Children (WIC)	(808) 586-8080
Hawaii Mother's Milk	(808) 949-1723

www.bestforbabes.org

www.momsinhawaii.com/page/breastfeeding