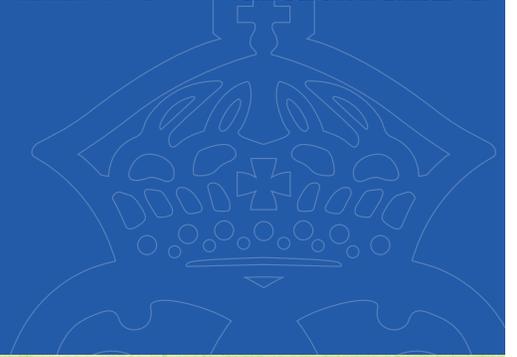




**QUEEN'S NORTH HAWAI'I
COMMUNITY HOSPITAL**



Women's Center



OUR PHILOSOPHY

At Queen's North Hawai'i Community Hospital Women's Center, we believe that all pregnant women deserve excellent care and we provide that care with a medical team of certified nurse midwives, physicians, and obstetricians. This team approach allows us to create a personalized plan of prenatal and birth care for each woman and her family.

The Women's Center provides care for maternity patients from throughout the island. Our team members are committed to providing their time, knowledge and support during each visit and will take the time to listen and assist you with your questions and concerns.



YOUR PREGNANCY

You will be seen generally every four to six weeks early in your pregnancy.

Starting at 28 weeks, you will be seen every 2 to 3 weeks. Starting at 36 weeks, you will be seen every week until you have your baby, and more frequently if needed.

When you are in labor and come to the hospital for your birth, our care team will assure that you are provided with the highest quality medical care and will work with you to ensure the best possible experience for you, your family and your new baby.

After your pregnancy, the Women's Center can continue to care for you, providing all of the services you may need such as annual exams, birth control counseling, breast exams, pap smears, postpartum care, and family planning.

REASONS TO CONTACT YOUR PROVIDER

Early Pregnancy (First 12 weeks)

- Bleeding of any kind (pink, brown, or red discharge)
- Abdominal pain or cramping
- Burning with urination
- Vaginal discharge that smells bad or is itchy
- Fever over 100 degrees

Later In Pregnancy

- Bleeding of any kind (pink, brown, or red discharge)
- Fever over 100 degrees
- Contractions (feels like your belly gets tight and hard) - more than six times in one hour if you are fewer than 37 weeks pregnant
- Decreased movement or no movement of baby after 26 weeks of pregnancy
- Unusual abdominal pain or cramping
- Visual disturbances (white spots flickering across your eyes)
- Unusual headache
- Unusual or sudden swelling of legs or face
- A gush or steady trickle of fluid from the vagina

Business Hours

Monday – Friday

8:00 am to 12:00 pm and 1:30 pm to 4:00 pm

808-885-9606

In an emergency, please call 9-1-1. To contact your medical provider, please call the Physicians' Exchange at **1-800-360-2575** to reach our answering service. You will be asked who your doctor is; please tell them "Queen's North Hawai'i Community Hospital Women's Center." To let us know when you are in labor, please call the Family Birthing Unit at **881-4771**.

It is recommended that you keep these phone numbers handy and enter them into your phone.



FOOD SAFETY

Raw or Undercooked Foods

There are illnesses transmitted through undercooked or raw foods that can cause a miscarriage or health problems for your baby. Ensure your meat, poultry and fish are thoroughly cooked. Try vegetarian sushi as an alternative to raw fish or seafood. Use your microwave to reheat your deli meats and hot dogs to steaming. Canned or off-the-shelf patés and meat spreads are okay. Please avoid any of the previously mentioned items that have not been cooked to the proper temperature, specifically, raw eggs and raw shellfish.

Cheese and Dairy

Raw and unpasteurized dairy products can cause food-borne illnesses. You can ingest pasteurized milk and yogurt, well-cooked eggs and hard cheeses. Avoid raw milk and dairy, including cheese and yogurt. Avoid any cheese not clearly marked as pasteurized. Avoid uncooked food that may contain raw eggs, such as salad dressing and protein shakes.

Caffeine and Herbal Tea

Caffeine can affect fetal heart rate and respiration, and certain herbs can cause reactions. You may consume up to 300 mg of caffeine a day and flavored decaffeinated teas in filter bags, including ginger, peppermint and citrus. Please avoid teas that contain goldenseal, cohosh, ephedra, dong quai, feverfew, juniper, pennyroyal, St. John's Wort, rosemary or thuja.

Artificial Sweeteners

While there is no known harm associated with artificial sweeteners, please limit intake amounts of saccharin, aspartame and Splenda. Focus on healthy drinks like water and milk, and avoid diet drinks with no nutritional value.

Fish

Fish is a healthy, high-protein, low-fat food that can be a part of a balanced diet for you and your family. But some fish have levels of mercury that may be harmful to your baby's developing brain. If you are pregnant, breastfeeding or have young children, follow these guidelines when eating fish:

- **Do not eat any:** kajiki (pacific blue marlin), shark, or swordfish.
- **Group A** – Limit eating these fish to no more than once every two weeks: ahi (bigeye / tombo / yellowfin tuna), ono (wahoo) or opah (moonfish).
- **Group B** – Limit eating these fish to no more than once a week: ahu (skipjack tuna), chunk light canned tuna, cod (butterfish), grouper, halibut, mahi-mahi (dolphin fish), nairagi (striped marlin), orange roughy, pollock snapper, sardines and tilapia.

Mercury builds up in the body. If you eat fish from Group A, wait two weeks before eating any more fish from Group A or B.



SEAFOOD YOU CAN EAT ANYTIME:

- Akule
- Awa (milk fish)
- Moi
- Mullet
- Opelu
- Salmon (wild, not farmed or canned)
- Fish small enough to put in a frying pan whole
- Ika (squid, calamari and tako)
- Scallops
- Shrimp

Q: Should I stop eating fish?

A: No. Remember, fish is a healthy part of your diet. Just make sure you are eating the right types of fish.

Q: Why is the mercury in fish harmful?

A: Mercury can be very harmful to the brain, and even small amounts can damage a brain that is just starting to form and grow. That's why young children, unborn babies, and breastfed babies are at the most risk.

Q: What if I have already been eating more than advised?

A: Mercury leaves the body slowly. If you have eaten more than advised, do not eat any of the limited intake fish for a few months.

VACCINATIONS DURING PREGNANCY

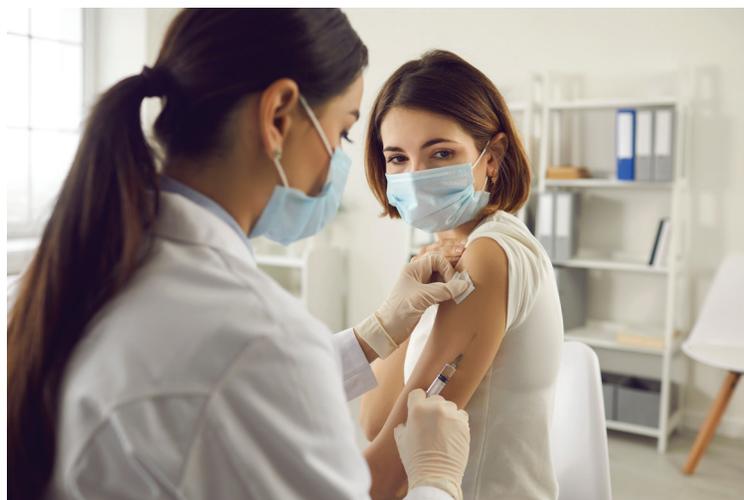
There are several excellent resources regarding vaccinations during pregnancy, specifically with regard to influenza (flu) and pertussis (whooping cough):

Centers for Disease Control and the flu vaccine:

www.cdc.gov/vaccines/pregnancy

Centers for Disease Control and pertussis:

www.cdc.gov/whoopingcough



Flu is more likely to cause severe illness in pregnant women than in women who are not pregnant. Pregnant women with flu also have a greater chance for serious problems for their developing baby, including premature labor and delivery. Getting a flu shot is the first and most important step in protecting against flu. The flu shot given during pregnancy has been shown to protect both the mother and her baby for several months after birth from flu.

Pertussis, also known as whooping cough, is a highly contagious respiratory disease. Pertussis is known for uncontrollable, violent coughing which often makes it hard to breathe. After fits of many coughs, someone with pertussis often needs to take deep breaths which result in a “whooping” sound. Pertussis can affect people of all ages, but can be very serious and even deadly, for babies less than a year old. The best way to protect against pertussis is by getting vaccinated.



Call the clinic at 885-9606 if you are unable to keep any food down for 24 hours or longer or if you are unable to keep any liquids down for more than 12 hours. Please go to the ER on the weekends and nights.

NAUSEA AND VOMITING

Approximately one half of all pregnant women will experience nausea and/or vomiting in pregnancy. Often it peaks at the 10th week and **usually** goes away by the 14th week. The following tips are helpful:

- Eat small meals frequently, including times when you are up at night, with an emphasis on protein and complex carbohydrates. Try to eat **before** you are nauseated. Keeping your blood sugar from falling too low can prevent nausea.
- Eat as soon as you wake up in the morning and try not to go longer than 2-3 hours without snacking. Carry nutritious snacks with you.
- Drink plenty of fluids. Drinking between meals may be helpful.
- Try sipping ginger tea or ginger ale throughout the day.
- Suck on lemon, ginger or fireball candies.
- Sea band bracelets (sold at drug stores) activate pressure points on your wrists that relieve nausea.
- Vitamin B6, 25mg, four times a day.
- Doxylamine Succinate (Unisom tabs, NOT gelcaps). HALF of a tablet with 50mg of Vitamin B6. This will help nausea but will make you sleepy.
- If your prenatal vitamin aggravates your nausea, try adult chewable vitamins.
- Acupuncture has been helpful for some women. Be sure to tell your practitioner you are pregnant and see one who is experienced in treating pregnant women.
- Avoid acidic foods on an empty stomach.
- Avoid greasy or oily foods. **Nothing fried!**
- Avoid strong odors. Open windows when someone is cooking.

WORKING DURING PREGNANCY

Most pregnant women are able to work until they deliver. Occasionally, medical problems occur that may require you to be off work prior to your delivery. In this case, we can evaluate your situation and assist you with reviewing your options. If needed, the earliest you may take off from work and qualify for Temporary Disability Insurance (TDI) is at 36 weeks of pregnancy.

If you are employed, you must contact your Human Resources department to verify your benefits. Please let us know the first day you were unable to work. We require one week to complete the form and have it signed by a doctor. We will call you when your form is ready or will mail it to you if you provide a self-addressed stamped envelope with the form.

VISIT YOUR DENTIST

Care for your teeth is as important, if not more important, during pregnancy as it is at other times. Poor dental health can lead to preterm labor. For dental x-rays of pregnant women, double shielding is used. If you need dental work, local anesthetic, such as Novocain, is safe. Avoid nitrous oxide gas. If your dentist feels that you need pain medication, Tylenol with Codeine or Vicodin is safe. Your dentist can also prescribe certain antibiotics that are safe during pregnancy.



BREASTFEEDING

What are the health benefits?

- Breastfeeding provides antibodies that protect babies from infections and illnesses that include diarrhea, ear infections and pneumonia.
- Breastfed babies are less likely to develop asthma.
- Children who are breastfed for six months are less likely to become obese.
- Breastfeeding reduces the risk of sudden infant death syndrome (SIDS).
- Mothers who breastfeed have a decreased risk of breast and ovarian cancers.

Why breastfeed?

- Cost savings: free vs. \$1,200 a year or more on formula
- Antibodies offer protection against infections
- Lowers risk of asthma, allergies, diabetes, eczema and SIDS
- Decreases mother's and female child's chances of ovarian and breast cancer and osteoporosis
- Results in fewer doctor visits for baby and fewer sick days for parents
- Perfectly matched nutrition; changes as your baby's needs change
- Gentle and easy to digest
- Convenient! Always ready and at the right temperature; no mixing mistakes

Resources For Mothers:

- Hui Malama Healthy Hapai program, Leila Ryusaki, 808-969-9220 HMONO.org
- Mary Blythe, maternity coach, childbirth educator, birth and postpartum doula, 808-443-7877, ammamary@gmail.com
- Kehau Kealoha, Mother's Milk Lactation Consultations, 808-887-6659, kehau@mothersmilk.com

Resources For Employers:

- The Business Case for Breastfeeding (www.womenshealth.gov/breastfeeding/government-programs/business-case-for-breastfeeding/). This comprehensive program is designed to educate employers about the value of supporting breastfeeding employees in the workplace. You can download the toolkit for building a lactation program or order a free kit.
- Break Time for Nursing Mothers (www.dol.gov/whd/nursingmothers/) Guidance, laws, news, and resources on break time for nursing mothers under the Fair Labor Standards Act.

Additional Online Resources:

- Your Guide to Breastfeeding (www.womenshealth.gov/pub/bf.cfm) Download this guide to get how-to information and support
- The National Breastfeeding Hotline: 1-800-994-9662 Talk with trained breastfeeding counselors who can help answer common breastfeeding questions in English or Spanish.
- Breastfeeding: Best for Baby, Best for Mom (www.womenshealth.gov/breastfeeding/)



Over-the-Counter Medications that May Be Taken During Pregnancy

Note: Be sure to call the Women's Center before taking any medication that is not on this list. Take medications as directed on the package.

ALLERGIES

- Claritin (loratidine)
- Benadryl (diphenhydramine)*
- Zyrtec (generic cetirizine)

CONSTIPATION

- Increase water, fruits and vegetables in diet (prunes or bran cereal)
- Coconut water
- Papaya
- Flax seed meal (2 Tbsp)
- Metamucil or Citrucel on a regular basis
- Milk of Magnesia (occasional use)
- Colace (docusate sodium) - stool softener

COUGH

- Cough drops
- Robitussin DM (guaifenesin)
- Cool mist humidifier

DIARRHEA

- BRATT diet (bananas, rice, applesauce, tea, toast)
- Clear liquids for 24 hours
- If diarrhea lasts longer than a week, call the office

DIFFICULTY SLEEPING

- Warm bath
- Warm milk before bed
- Hot chamomile tea
- Tylenol PM (occasional use)*
- Unisom
- Mylanta
- Benadryl (diphenhydramine)*

DRY SKIN/RASH

- Lubriderm or Eucerin lotion
- Calamine Lotion
- Aveeno Oatmeal bath
- Hydrocortisone 1% cream
- Benadryl (diphenhydramine)*
- If lasts longer than 3 days, or accompanied by a fever over 101, call the office

HEMORRHOIDS

- Anusol suppository or ointment
- Preparation-H
- Tucks pads (to use externally)
- Avoid constipation

INDIGESTION/ HEARTBURN/GAS

- Tums Regular or Extra-Strength
- Pepcid (famotidine)
- Tagamet (cimetidine)
- Mylanta
- Gas-X (simethicone)
- Prilosec
- Nexium

Over-the-Counter Medications that May Be Taken During Pregnancy (cont.)

PAIN

- Tylenol Regular or Extra- Strength (acetaminophen)
- Heating pad, low temperature, on back
- Warm compresses to abdomen
- Warm bath

SINUS CONGESTION

- Tylenol Sinus
- Saline Nasal Spray
- Cool mist humidifier

SINUS CONGESTION/ALLERGIES

- Claritin
- Zyrtec
- Tylenol Sinus & Allergy*
- Tylenol Cold & Sinus*
- Mucinex
- Nasal salt water flush

SORE THROAT

- Warm salt gargle (1 tsp. salt per 8 oz. water)
- Chloraseptic spray
- Throat lozenges, peppermint, Luden's throat drops
- If lasts longer than 2-3 days, or if accompanied with fever over 101, call the office

The name in (parenthesis) is the generic form of each medication. An * indicates that the medication may cause drowsiness.



Take a virtual tour of our Family Birthing Unit and see why so many families choose to deliver at Queen's North Hawai'i Community Hospital!

<https://youtu.be/0I9ISDy5FNw>



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