Congratulations and Welcome to Boston Medical Center OBGYN

Thank you for choosing Boston Medical Center (BMC) to take care of you during your pregnancy and birth. We want to make your experience the best it can be.

What should I expect during my visits?

- You will see a provider monthly until you are 7 months.
- Visits every 2 weeks until the last month of pregnancy.
- At the end of pregnancy weekly until you have your baby.
- It is very important to go to all of your appointments. Please call the office at 617.414.2000 and reschedule if you cannot make it to your appointment.

What are my choices for a prenatal care?

Group prenatal care (CenteringPregnancy): You meet with a midwife or doctor and other pregnant people to talk about healthy pregnancy, birth, and the postpartum period. You also have time with your provider to listen to your baby's heartbeat and talk about concerns in private. Group prenatal care is like having childbirth education classes and prenatal care at the same time.

- **Certified nurse-midwives** are advanced practice nurses with advanced training in pregnancy, childbirth, and women's health. Midwives focus on natural and low-intervention approaches to pregnancy and birth. They provide emotional support and education, as well as medical care for healthy pregnancies. You might consider a midwife if you prefer a low-intervention approach and your pregnancy is low risk.
- **Obstetricians (OB/GYNs**) are medical doctors who specialize in pregnancy, childbirth and women's health. They are trained to care for patients with both routine pregnancies and pregnancies with medical concerns. They deliver babies and can perform surgery such as Cesarean sections (C-sections) if needed. They also care for you after your baby is born and can care for any gynecology concerns. You might choose an obstetrician if you want a more specialized doctor who can handle any medical or surgical needs during your pregnancy and delivery.
- **Maternal–fetal medicine (MFM) doctors** are medical doctors who have had extra training in high-risk pregnancies. These doctors are experts in caring for pregnant patients with medical problems (like diabetes) or complicated pregnancies (such as twins or growth concerns). These MFM specialists often work with your regular midwife, OB, or family medicine doctor to give specialized advice over the course of your pregnancy. They will sometimes deliver babies in complicated situations. You might see a MFM if your pregnancy has higher medical risks or if your doctor or midwife wants expert guidance for your care.

During your prenatal care, you may also receive care from **nurse practitioners (NPs)**, who are advanced practice nurses with training in women's health, and **physician assistants (PAs),** who are licensed clinicians who provide OB/GYN care. These clinicians work with doctors to provide routine prenatal, postpartum, and gynecologic care. If you have a pregnancy or medical concern that is complex or requires specialized care, they collaborate with a doctor to make sure you receive the right care at the right time.

Welcome to Boston Medical Center

Who will help me at my birth?

Our **OBs, midwives, and family medicine doctors** work together on Labor & Delivery to provide excellent care to you and your baby.

- Tell us if you prefer to be cared for by an OB, midwife, or family medicine doctor.
- If you have a serious medical problem, we will recommend an OB or MFM doctor.
- If you have a low-risk labor, you may be cared for by either a midwife or family medicine doctor.
- Our **resident doctors** (doctors who have completed their medical school training and are specializing in obstetrics, family medicine, or emergency medicine) and students are also present to provide you with supervised, high quality care.
- Neonatologists are available to care for babies who have complications or are born too early in the neonatal intensive care unit (NICU).

Where will I have my baby?

Labor & Delivery is located at Boston Medical Center, 850 Harrison Ave, in the Yawkey building, 4th floor.

- You can arrange a tour to visit before you have your baby.

How do I contact my provider?

If need to contact your provider during normal business hours, please call the clinic at **617.414.2000**.

After Hours: On Saturday, Sunday, and after hours the answering service will transfer your call to Labor and Delivery. If you see a midwife, you may call **617.414.5498** to reach the midwife on call.

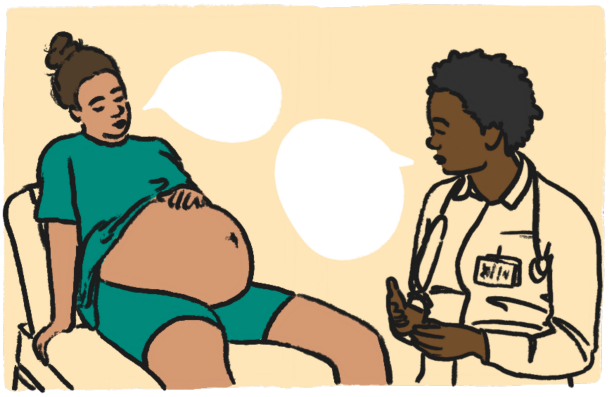
Search for these other helpful articles on Bump & Beyond:

Prenatal Visits: Monitoring Your Health and Baby's Growth

See Labor and Delivery In-person or Online

Ultrasounds to See How Your Baby Is Developing

Labor & Delivery Frequently Asked Questions



BOSTON MEDICAL CENTER

Bump & Beyond

Nausea and vomiting during pregnancy

Nausea and vomiting are common during pregnancy. They are especially common during the first trimester (3 months) of pregnancy. Increasing hormone levels may play a part in these symptoms.
Often called "morning sickness," nausea and vomiting can happen during any time of the day. Most of the time, nausea and vomiting aren't harmful and do not mean that your baby is sick. When nausea and vomiting are severe, they can affect your health. It is important to talk to your provider if nausea and vomiting are getting in the way of your everyday life.

WHAT CAN HELP?

Lifestyle Changes

- Get plenty of rest.
- Avoid smells that bother you.
- Eat five or six small meals each day instead of three large meals.
- Eat a few crackers before you get out of bed in the morning. This can help settle your stomach.
- Eat small snacks high in protein (i.e. a glass of milk or a cup of yogurt) throughout the day.
- Avoid spicy foods and fatty foods.
- Stay hydrated. Take small sips of fluids throughout the day or eat ice chips.

Available Remedies

Sometimes pregnant people need more help to feel better. There are remedies available at your local pharmacy. You can buy these without a prescription:

- Ginger capsules: Ginger may help soothe your stomach. Take 250mg by mouth every six (6) hours, as needed for symptoms.
- SeaBands: These work by applying pressure to a certain point on your wrist. This is thought to help with nausea and vomiting.
- Vitamin B6: This vitamin may help relieve nausea during pregnancy. Take 25mg by mouth every 4 to 6 hours as needed for symptoms.
- Doxylamine (aka Unisom): This is a medicine used for sleep, but can safely help pregnant women treat nausea and vomiting. Take 12mg by mouth every 12 hours as needed. If you buy Unisom, break the pill in half. This medicine may cause drowsiness.

Preventing dehydration

Nausea and vomiting causes you to lose fluids. If you are experiencing nausea and vomiting, some ways that you prevent dehydration are:

- Drink water
- Drink sports drinks with electrolytes
- Eat ice chips

Call your provider at 617.414.2000 or come to the emergency room if you have the following signs of dehydration:

- Small amount of urine and it is dark in color
- You cannot keep down liquids
- You are dizzy or faint when you stand up
- You have a racing or pounding heart
- You are vomiting blood
- You have pain in your upper abdomen or behind your breast bone that does not go away

Safe medications in pregnancy

There are many medicines that are safe to take during pregnancy. Below is a list of common pregnancy discomforts and the over-the-counter medicines and remedies that are safe to use for them.

Allergies
- Claritin, Benadryl, Dimetapp, Zyrtec
- Visine or Naphcon-A eye drops
- Congestion or Stuffiness (from a Head Cold)
- Sudafed (pseudoephedrine)
- Robitussin
- CF, Tavist D, Ocean Mist nasal spray (saline solution), 4-way Nasal

Do not use: Alka-Seltzer Cold & Flu

Constipation
- Citrucel, Colace, Fibercon
- Fiberall, Metamucil
- Prune juice; dried prunes, apricots, or other "stone fruit"
- Coughing
- Robitussin or Robitussin DM
- Mucinex Cough (guaifenesin)
- Chloraseptic/Cepacol

Diarrhea

- Try the BRAT diet: bananas, rice, applesauce, and toast.
- You may take one dose of Imodium. If symptoms don't improve, call your provider.
- Call or come in if you have a fever, or if your symptoms haven't improved in 2 to 3 days.

Aspirin
- Your provider may recommend taking a baby aspirin (81 mg) every day starting at 12 weeks to help prevent high blood pressure in pregnancy. This is safe for you and your baby.

Heartburn, Indigestion, Gas
- Tums, Maalox, Gas-X, Mylanta (safe to take after the first 12 weeks)
- Tagamet, Zantac Acid, Gaviscon
- Pepcid or Pepcid AC

Do not use: Pepto-Bismol, Rolaids, Kaopectate, or Alka-Seltzer

Hemorrhoids
- Preparation H
- Anusol cream
- Tucks pads; witch hazel pads
- Insomnia (Trouble Sleeping)
- Benadryl
- Tylenol PM (do not exceed recommended dosage)
- Unisom

Nausea
- Half (½) Unisom with vitamin B6
- Small, frequent meals
- Ginger ale, ginger, ginger tea
- Vitamin B6
- Sea Bands (a form of acupressure worn on your wrists)

Get More Tips for Managing Nausea at Bump & Beyond

Come in to see your provider if you're unable to keep liquids down for more than 24 hours.

Pain (Including Headache)
- Tylenol (acetaminophen) for minor aches and pains or headaches
- Tylenol Extra Strength: two tablets every 4 hours (not more than 8 tablets in 24 hours)

Do not use: Advil or Aleve, unless your provider tells you otherwise

10 Tips for a Healthy Pregnancy

Taking care of yourself during pregnancy is one of the best things you can do for your baby—and for you. Staying healthy helps your baby grow and develop, and it helps lower the risk of pregnancy problems. Here are ten ways to support your health during pregnancy.

1. Go to All Your Prenatal Visits
Prenatal care helps your provider check on you and your baby. It's also a great time to ask questions.

Learn what happens at your prenatal visits.

2. Drink 8–10 Glasses of Water Daily
Staying hydrated helps your body make more blood, supports digestion, and reduces swelling.

3. Eat Healthy Foods
Good nutrition supports your baby's development and helps you feel your best.

4. Stay Active
Exercise can ease stress, improve sleep, and help prepare your body for birth.

5. Get Plenty of Rest
Your body is working hard to grow your baby. Try to get extra sleep and listen to your body's signals.

6. Avoid Harmful Substances
Do not use alcohol, tobacco, or street drugs. If you're unsure what's safe, ask your provider.

7. Buckle Up Every Time
Wear your seat belt low across your hips and below your belly, even in the back seat.

8. Take a Childbirth Class
Learning what to expect can ease worries and help you feel more prepared.

9. Take Care of Your Mental Health
It's normal to have questions or feel emotional during pregnancy. Finding the right resources can help.

10. Ask Lots of Questions
No question is too small. Your care team is here to help you feel informed and supported.



What to expect at your visits



Healthy food choices



Exercise in Pregnancy



Mental health support

Bump & Beyond

Pregnancy Menu

Menu 1

Breakfast – 2 pieces of wheat toast, 1-2 eggs, scrambled with peppers and onions
Snack – Cucumbers and carrots with hummus or vegetable dip
Lunch – 2/3 cup rice, ½ cup beans, 3 oz chicken, tomato, onions, peppers
Snack –½ banana with 1 tbsp peanut butter
Dinner –Burrito: 3 oz piece of lean meat or chicken, 6 inch tortilla, ½ cup beans, cheese, salsa, ¼ avocado
Snack – 1 cup yogurt, 1 small fruit
*water as a drink

Menu 2

Breakfast - 1 whole wheat English Muffin with 1 tbsp. of peanut butter, low sugar jelly
Snack - 1 cheese stick and a small apple
Lunch - Salad with lettuce, tomato, cucumber, ½ cup corn, ½ garbanzo beans, shredded chicken, side of 15 thin wheat crackers or 10 tortilla chips
Snack - ¼ cup dried fruit and ¼ cup unsalted nuts
Dinner - 1 cup whole grain pasta, 4oz fish, cooked greens, zucchini
Snack - 3 cups popcorn, 8oz skim or 1% milk
*water as a drink

Menu 3

Breakfast - 1 arepa or large tortilla, ½ avocado, 1-2 eggs, sliced tomato
Snack - 1 Greek yogurt with ½ cup berries
Lunch - 2 whole wheat bread, chicken or canned chunk light tuna salad, lettuce, small fruit
Snack- Carrots, cucumbers, 15 thin wheat crackers with hummus
Dinner - Stir fried 3oz pork, peppers, onions, snap peas, 1 cup brown rice
Snack - 3 graham cracker squares, 8oz skim or 1% milk
*water as a drink

Menu created by Mara Garwood, RDN, CDCES and BMC Teaching Kitchen

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Illustrations by The Educated Birth/Cheyenne Varner

Pregnancy. Birth. Baby.

You have questions. We have answers. Stay informed at the BMC Bump & Beyond website!

To add a website URL to your iPhone's home screen:

1. Open a browser and type in bmc.org/bump-beyond or scan the QR code.
2. Tap the Share button, which looks like a square with an arrow pointing out of the top at the bottom of the screen.
3. Scroll down and tap Add to Home Screen
4. Tap Add to add Bump & Beyond to your home screen.

To add a website to your Android home screen:

5. Open a browser and type in bmc.org/bump-beyond or scan the QR code.
6. Tap the menu icon (three dots in the upper right-hand corner).
7. Tap Add to Home Screen.
8. Bump & Beyond will be added to your home screen.

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