



Pregnancy Care



Congratulations on Your Pregnancy

We are pleased that you have chosen Sansum Clinic for your maternity care. Our team of accomplished doctors, advanced practice providers and staff are committed to providing compassionate, high-quality care during every stage of your pregnancy and the birth of your child.

Pregnancy is a time of change and we understand that you may be feeling just as anxious as you are excited. You may also have questions, especially if this is your first pregnancy. We've put together this Pregnancy Packet to provide helpful answers to frequently asked questions. If you have additional questions or concerns, please do not hesitate to contact your care team by phone or MyChart.

We look forward to supporting you during your pregnancy and we welcome you to our practice. Thank you for trusting us with your care.

Warm Regards,

Your Sansum Clinic Obstetrics and Gynecology Team

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Important Contact Information

We understand that you may be feeling just as anxious as you are excited during this time and our compassionate staff are available to answer any of your questions and concerns. Our team is committed to supporting you and your loved ones in a safe and kind manner, while providing the best care possible.

There are several ways that you can reach us:

MyChart

Sign up for MyChart at mychart.sansumclinic.org to be able to message your providers for non-urgent needs and concerns. MyChart also provides access to appointment information, lab and test results and medication information.

Advice Nurses

Our Advice Nurses are available for questions and concerns by calling **(805) 681-8911**, Monday through Friday, 8:00 am – 4:30 pm.

After Hours, Weekends and Holidays

If you need to reach a provider after hours, on the weekend or a holiday for any **urgent concerns**, please call **(805) 681-8911** and our answering service will connect you to the on-call physician.

Immediate Care

If you need immediate care or do not hear back from our team within one hour, go to **Santa Barbara Cottage Hospital** or call **911**. *Please note that Goleta Valley Cottage Hospital and Santa Ynez Cottage Hospital **do not** have maternity care.*

Prenatal Visits – What to Expect

How often are my prenatal appointments?

Each pregnancy is unique, but in general:

- Your first appointment will be scheduled between 7-10 weeks from the first day of your last menstrual period
- You will be seen every 4 weeks from your first visit until week 28
- You will be seen every 2 weeks from week 28 - 36
- You will be seen weekly from week 36 until delivery

One visitor is allowed to accompany you during your office visits.

Will my appointments be with my primary obstetrician?

We try to schedule most of your appointments with your primary obstetric physician, especially for the first 24 weeks or after 34 weeks. However, there may be times when you need to see one of our other obstetric health care providers. Our comprehensive team includes physicians, nurse practitioners and physician's assistants all of whom provide routine pregnancy care. We recommend scheduling at least 3 upcoming appointments at a time.

At the time of your delivery at Cottage Hospital, you will be cared for by a team of nurses and physicians dedicated to caring for patients in labor. Each of our Sansum Clinic obstetric physicians has assigned shifts delivering at the hospital. If your primary obstetrician is not on-call during your delivery, one of our other physicians will deliver your baby.

Routine Tests

Ultrasounds

An ultrasound, also called a sonogram, is a test that uses sound waves to show a picture of your baby in the uterus (womb). Ultrasounds help your physician to check on your baby's health and development.

An abdominal ultrasound is when your provider uses a handheld probe on your abdomen to capture images of the organs. A vaginal ultrasound is when your provider inserts a small ultrasound probe into your vagina to capture the images.

The number of ultrasounds you'll need depends on several factors, however most women are referred for the following formal ultrasounds during their pregnancies:

- First-trimester:
 - At your first prenatal visit, a vaginal ultrasound will be performed to check the health of your pregnancy and confirm your due date.
 - An abdominal ultrasound will be performed at a perinatal center between 11-14 weeks. This is the "nuchal translucency" ultrasound that checks your baby's risk of certain birth defects and chromosomal abnormalities.
- Second-trimester:
 - An abdominal ultrasound will be performed at a perinatal center between 18-20 weeks to check the growth and physical development of your baby and evaluate your placenta, uterus and cervix. If you wish to know, your baby's gender may be revealed at this ultrasound if it has not already been determined with genetic testing.

You may have additional ultrasounds if your pregnancy is considered high-risk. These ultrasounds will be scheduled with the perinatal specialists at Obstetrix Medical Group.

Perinatal Centers in Santa Barbara County:

Perinatal Center - Obstetrix Medical Group

427 W. Pueblo St.
Santa Barbara, CA 93105
(805) 898-0258

Perinatal Diagnostic Center & Women's Ultrasound

29 N Brent St.
Ventura, CA 93003
(805)-643-9781

Dignity Health Perinatal Center

116 S Palisade Drive, Suite 103
Santa Maria, CA 93454
(805) 739-3957

Labs

Lab work is an important part of prenatal care to help you and your baby remain healthy throughout pregnancy, and to help anticipate and prepare for any health challenges that may come up. Remember to bring your photo ID and current insurance cards for all lab draws.

The schedule and type of lab work you'll need depends on several factors, however the below can be used as a general guide:

- First-trimester:
 - After your initial visit, lab orders will be placed to determine important information such as your blood type, blood count and to rule out infections.
 - Genetic testing lab work may be ordered at 10-16 weeks

- Second-trimester: Testing for gestational diabetes and anemia will take place at 26-28 weeks
- Third trimester: Testing for Group Beta Strep bacteria (GBS) will take place at 36 weeks

Where to go for lab work:

To help manage your out-of-pocket costs, please check with your insurance to determine your preferred lab.

All lab and genetic testing involving blood work can be drawn at any Pacific Diagnostic Laboratory (PDL) location **except for genetic testing. All genetic testing has to be done at the Pacific Diagnostics Laboratory located at 2320 Bath St., Suite 103, Santa Barbara 93105.** This is the only location that carries the test kits for these specific labs.

For a complete list of PDL locations and hours, visit <http://www.PDLlabs.com> or call (805) 879-8100.

If you have *Blue Shield of California* or *Santa Barbara Select IPA* insurance: **Quest Diagnostics** is currently designated as your Primary Preferred Lab. To find a location, visit <http://www.questdiagnostics.com/>

***Please inform our office with which Quest Diagnostic Draw Site you will be visiting in order for your lab order to be faxed to the correct location. Please note: it does take a minimum of 72 business hours for lab results from Quest to upload into our computer system. Please plan accordingly when scheduling your lab draws.

Staying Healthy

Nutrition

Eating a balanced diet is especially important during your pregnancy. The foods you consume provide the nutrients that you and your baby need.

Suggestions for eating right during pregnancy:

- A diet well-balanced in proteins, complex carbohydrates, fruits, and vegetables is recommended.
- Five to six small meals daily are ideal to help minimize nausea and keep your blood sugar at a consistent level. Remember, moderation is key.
- You should attempt to drink at least 8-12 cups of water daily.
- It is recommended that you eat 3 sources of calcium daily such as: milk and other dairy products, broccoli, almonds, dark leafy vegetables, and fortified foods such as cereals, breads and juices.
- Adequate fiber intake of 25 to 30 grams a day can promote healthy digestion, allow for appropriate weight gain in pregnancy, regulates blood sugar levels and prevents constipation.
- For healthy meal planning visit <https://www.myplate.gov/>

Dietary restrictions in pregnancy:

- Tobacco, Marijuana, Alcohol, and Drugs are to be strictly avoided during pregnancy.
- Excess caffeine should be avoided in pregnancy, and the amount of caffeine in beverages does vary.
- If you cannot avoid caffeine, it is recommended you have no more than two, eight ounce caffeinated sources daily. Sources include coffee, soda, tea, and energy drinks.
- Avoid unpasteurized products such as soft cheeses, raw milk or products made with raw milk. If products are labeled as pasteurized they are safe to eat in moderation.

- Certain types of fish should be avoided, particularly those containing a high level of mercury. Buy as close to fresh, local, and wild-caught as possible. Visit <https://www.fda.gov/food> for the most current recommendations for your location.
- It is recommended to eat no more than 2 to 3 servings of fish a week.
- If possible, avoid meats with nitrates (such as hot dogs and deli meats). If you do eat these, they should be cooked to steaming to lessen the risk of contamination from a bacteria called *Listeria*.
- Red raspberry leaf and hibiscus teas should be avoided throughout pregnancy.

On average, consuming approximately 300 extra calories per day starting in the second trimester promotes healthy weight gain and enough nutrients to support a growing fetus. This is the equivalent of: a small apple or banana and two tablespoons of a nut butter, OR, 8oz of Greek yogurt and berries, OR, one egg and one slice of whole wheat toast.

The American College of Obstetricians and Gynecologists recommend a *total* weight gain for pregnancy by BMI:

- Underweight: 28-40 lbs
- Healthy: 25-35 lbs
- Overweight: 15-25 lbs
- Obesity: 11-20 lbs

Prenatal Vitamins

It is important to take a prenatal vitamin with folic acid. You may purchase any brand of prenatal vitamin and start taking one serving size (per the package directions) daily throughout your pregnancy. We do not recommend any particular brand and a prescription is not necessary to obtain prenatal vitamins. Your vitamin should contain a minimum of 800 mcg folic acid (folate), and a minimum of 27mg of iron. You may want to take your vitamins with food or at night before bed if you are experiencing nausea. As long as you try to eat a

nutritious diet, there are no other vitamins or supplements that you should need during pregnancy unless directed by your provider.

Exercise

For the most part, you may continue your same exercise routine. We do in fact recommend that you get some type of aerobic exercise daily. Examples of good activities include walking and swimming. If you plan on starting a new exercise routine that may be more strenuous in nature, please consult your provider first. For safety reasons, be cautious of activities that require good balance after the second trimester, and avoid all activities that have a high risk for falls or injury. It is best to avoid heavy lifting during pregnancy.

If you are a very active person, you may need to modify your routine to avoid overheating or excessive increases in heart rate. You should limit sustained aerobic activity to 20 minutes or less. Should you experience pain, vaginal bleeding or spotting during activity, stop to rest, and do not resume the activity until symptoms resolve. Please call the office immediately if any of these symptoms do occur. During all steps in your exercise, you should be able to carry on a regular, non-winded conversation as your guide that your exercise intensity is at a safe level for your baby. Always be sure to drink extra water during and after your workout.

Sex During Pregnancy

Unless you have been recommended pelvic rest due to bleeding, cramping or other complications, sex is perfectly safe during pregnancy.

Illnesses During Pregnancy

Getting sick while pregnancy can be difficult. The best way to avoid getting sick while you are pregnant is to invest in your health by eating well, taking your prenatal vitamins, exercising and getting lots of rest.

The number one way to prevent illness and the spread of infection, colds and flu is to wash your hands regularly for a minimum of 20 seconds with warm water and soap.

If you are sick while pregnant, here are some important tips:

It is important that you **purchase a thermometer** to be able to take your temperature during any illnesses experienced in your pregnancy.

The **Flu virus** can last 48 hours to 2 weeks. Due to potential complications from the flu, pregnant women may be prescribed **Tamiflu** by their Primary Care Physician (PCP) or by Urgent Care within the **first 48 hours** of the onset of flu symptoms.

For **nausea and vomiting** caused by the flu or food poisoning, do not eat or drink anything for 2-4 hours initially, then try small sips of water, Gatorade, chicken broth, or Sprite as tolerated to avoid dehydration. Eat saltine crackers or dry toast for the first 24 hours, then eat a light bland diet for 2-3 days.

For **diarrhea**, do not eat or drink anything for 2-4 hours initially, then try small sips of water, Gatorade, chicken broth, or Sprite as tolerated to avoid dehydration. The **BRAT** diet, which includes **b**ananas, **r**ice, **u**nsweetened **a**pplesauce, **t**oast, and cottage cheese, allows your system to recover. Advance to soups and other foods as tolerated, avoiding dairy and raw vegetables until feeling better.

Go to Sansum Clinic's Urgent Care or Santa Barbara Cottage Hospital Emergency Room for the following:

- **If your symptoms worsen despite use of over the counter remedies**
- **You are coughing up green/yellow sputum**
- **Have severe coughing not relieved with the remedies listed**
- **Feel short of breath or have difficulty breathing**

- **Have a persistent fever above 101 degrees not relieved by Tylenol**
- **Are unable to eat/drink for 24 hrs**
- **Your urine is dark or you are urinating less than twice a day**

COVID-19

As COVID-19 precautions continue to evolve, your care team will keep you up-to-date regarding any important information around caring for yourself during the COVID-19 pandemic. If you have any questions or concerns, please don't hesitate to contact your provider.

We understand you may have several questions about Covid-19, vaccines and your pregnancy. The American College of Obstetricians and Gynecologist (ACOG) website listed below addresses the most frequently asked questions related to COVID-19.

<https://www.acog.org/womens-health/faqs/coronavirus-covid-19-pregnancy-and-breastfeeding>

Vaccines

The following vaccines are recommended to help prevent illness for both you and your baby:

Flu/Influenza Vaccine is usually available between the months of September and April and are safe in all trimesters as long as it is **preservative free** (all those given at Sansum Clinic are). You may receive the vaccine during one of your routine OB visits, at one of Sansum Clinic's Flu Clinics, or at local pharmacies. This vaccine may not prevent you from getting the flu, but can help shorten the duration or severity of your symptoms so you can recover more quickly without complications or need for hospitalization. It is advised to receive the flu vaccine every flu season when pregnant.

Tdap (Pertussis/Whooping Cough) Vaccine

California has had a historical increase in infant pertussis cases and associated deaths. Infants cannot get their own vaccines until after 6 weeks of age, therefore, pregnant patients are advised to get the Tdap before delivery during their third trimester in order to pass some immunity onto the newborn as protection immediately following birth. Fathers, partners and those who will have frequent exposure to your newborn infant, including daycare facilities or nannies, are also encouraged to have the vaccine any time prior to your delivery.

Mental Health During Pregnancy

Pregnancy can be a time of increased stress and it can put women at higher risk for mood disorders such as depression and anxiety. Any woman can develop mood concerns during pregnancy or the postpartum time.

If you are experiencing increasing depression, anxiety or insomnia during your pregnancy, please reach out to your provider immediately. There are many treatment options available including therapy, medication, support groups, meditation, yoga and more. Many antidepressants can be taken during pregnancy and while breastfeeding. Our staff is here to help you evaluate your feelings and can discuss what resources are available.

Travel

Airline travel is permissible until 32 weeks if your pregnancy is without complications. Airport security x-ray is safe while pregnant if not being used frequently, as in the instance of continual business travel. Airport security x-ray can also be declined in exchange for a metal detector wand and a pat down. Avoid making airline reservations months in advance.

When driving or flying, be sure to take breaks from sitting at least every hour. If walking is not possible, do some exercises in your seat such as rotating and flexing

your feet and ankles several times frequently. As always, it is recommended you drink more water than usual while traveling.

You should not travel more than one hour's distance from Santa Barbara Cottage Hospital after 34 weeks, except after prior discussion with your OB provider. Consider requesting a copy of your OB medical records through the medical records department at (805) 692-4688 if you plan to travel after 30 weeks.

Zika Virus

For the most up-to-date information on Zika virus, visit <https://www.cdc.gov/zika/> or the American College of Obstetricians and Gynecologist website <https://www.acog.org/womens-health/infographics/zika-virus-and-pregnancy>

Hot Tubs

Although we encourage taking warm baths during pregnancy and labor, it is recommended to avoid sitting in hot water over 100 degrees, such as hot tubs which can cause your body to overheat.

Discomforts & Safe Remedies

Pregnancy brings about many physical and emotional changes that can be uncomfortable. For most discomforts, there are things you can do to help you feel better. The following is a list of common symptoms experienced and suggestions for how to manage them during your pregnancy.

Safe Medications

Some medications are safe to take during pregnancy and while breastfeeding and others are not. Below we outline the common medications to avoid and those that are safe during pregnancy and while breastfeeding.

DO NOT TAKE WHILE PREGNANT:

- **Ibuprofen – Ibuprofen is not safe in pregnancy.** It is safe after delivery and if breastfeeding.
 - o Ibuprofen includes: Motrin, Advil, Aleve, Naprosyn, Naproxen, etc.
- **Airborne, high doses of Vitamin C or Zinc, Tylenol Cold or like medicines**

If the medication or supplement you want to use is not listed below, please ask, call or MyChart our office to determine if it is safe to take.

Symptom	Safe Over the Counter Medications and Remedy
Allergies	<ul style="list-style-type: none">- Saline nasal spray (for as long as needed)- Neti Pot- Use a humidifier in your home- Benadryl (Diphenhydramine)- Claritin (Loratidine)- Zyrtec (Cetirizine)

Congestion	<ul style="list-style-type: none"> - Saline nasal spray (for as long as needed) - Sleep in recliner chair or with head elevated if needed - Afrin nasal spray (max 3 days) - Sudafed (pseudoephedrine) – A prescription is not needed however you must ask for it from a pharmacist
Constipation	<p>STOOL SOFTENERS (Gentler assistance to increase regularity and prevent constipation)</p> <ul style="list-style-type: none"> - Increase water intake and activity - Bran Cereal, Prunes or Prune Juice (warmed), Fiber One - CALM (Magnesium Supplement) - Docusate Sodium or Peri-Colace per package directions - Metamucil or Citracel per package directions - For additional remedies please call our office to talk to a Triage Nurse
Cough/ Sore Throat	<ul style="list-style-type: none"> - Drink fluids - Hot tea with honey - Hot drinks or chicken soup - Lozenges or cough drops - Saline or Listerine gargle - Steamy baths/showers for comfort - Vicks vapor rub - Robitussin DM (Dextromethorphan) – cough suppressant

Diarrhea	<ul style="list-style-type: none"> - BRAT diet (broths, bananas, white rice, unsweetened applesauce, tea, toast, cottage cheese) - Drink plenty of fluids such as water, Gatorade, or Pedialyte - Avoid salads, dairy, fatty & spicy foods - Imodium (loperamide) for 1-2 days
Dizziness/ Fainting	<p>*If you experience loss of consciousness have someone take you to Urgent care or the Emergency Room for immediate evaluation*</p> <ul style="list-style-type: none"> - Call the office right away - Drink fluids & eat a protein packed snack - 6 small meals daily to maintain blood sugar - Use a wedge when resting to avoid lying/reclining directly on your back - Avoid excessively hot baths or showers
Fever	<ul style="list-style-type: none"> - Tylenol (Acetaminophen) 325-650 mg - Go to Urgent Care or Santa Barbara Cottage Hospital if fever above 101 degrees is not relieved by Tylenol
Headache	<ul style="list-style-type: none"> - Drink fluids - Ice cold Coke or cup of caffeinated tea/coffee - Regular strength Tylenol (325-650 mg)
Heartburn	<ul style="list-style-type: none"> - No spicy or fatty foods

	<ul style="list-style-type: none"> - Eat smaller, more frequent meals - Sit up for at least 30 minutes after eating - Elevate head of bed at least 5 degrees - Tums - Maalox - Mylanta - Pepcid - Roloids - Prilosec (omeprazole) 10mg
Hemorrhoids	<ul style="list-style-type: none"> - Increase dietary fiber and water intake - U shaped pillow to sit on - Witch hazel wipes (Tucks) - Preparation H. - Anusol - Colace or Senokot to avoid constipation
Insomnia	<ul style="list-style-type: none"> - Establish a sleep routine (i.e going to bed at the same time, music/meditation, avoid screen time one hour before bed, chamomile tea, lavender, etc.) - Tylenol PM* - Benadryl* <p>*Caution, both will cause drowsiness, do not drive after taking</p>
Nausea & Vomiting	<ul style="list-style-type: none"> - Having some food in your stomach at all times may decrease nausea, so try eating small amounts of food

	<p>frequently throughout the day. Eat only what you can tolerate, but try to avoid becoming dehydrated by taking small sips of water or Gatorade or even sucking on ice. Once you feel better, you can be more intentional about a well-balanced and nutritious diet.</p> <ul style="list-style-type: none"> - Ginger capsules 250 mg by mouth every 6 hours, or ginger chews, gum, or tea - Peppermint teas, candies or mints - Smaller, more frequent meals - Bland foods (BRAT diet) - Vitamin B6 25 mg by mouth up to 3 times daily - Vitamin B6 10-25 mg with ½ tablet Unisom (12.5 mg) by mouth up to 3 times daily. Purchase the Unisom Sleep Tabs (active ingredient: doxylamine succinate). - Seabands <p>If unable to eat or drink anything for 24 hours, or have dark urine, or only urinating 2 times or less daily please go to Sansum Urgent Care or Santa Barbara Cottage Hospital for evaluation and treatment.</p> <p>Call the office or speak to your provider if your symptoms persist to discuss starting a prescription medication.</p>
Pain	<ul style="list-style-type: none"> - Regular strength Tylenol (325-650 mg) - Rest - Heating pad or cold pack but not directly on abdomen <p>For severe pain, please have someone take you to the Santa Barbara Cottage Hospital for evaluation and treatment.</p>

Round Ligament Pain	<ul style="list-style-type: none"> - Round ligament pain is the stretching of ligaments supporting your growing uterus. This typically begins after week 18. - Wear a maternity belt - Use pillows under your belly, between your legs, and behind your back
Swelling	<ul style="list-style-type: none"> - Avoid foods with high in sodium - Elevate legs above heart level - Increase water intake - Call office at (805) 681-8911
Urinary Frequency	<ul style="list-style-type: none"> - Avoid caffeinated drinks - Increase water intake - Cranberry juice
Varicose Veins	<ul style="list-style-type: none"> - Support hose or compression stockings - Elevate legs above heart level

Common Concerns by Trimester

First Trimester (4-12 weeks)

Menstrual-like cramping and spotting in the first 14 weeks is common.

If you notice spotting or cramping during or after sexual intercourse, after increased activity, exercising, or lifting, this may be related to the fact that your cervix is especially sensitive in pregnancy. It is generally self-limiting and will resolve with rest.

If you experience significant pain, please call our advice nurse during office hours. After hours, go to **Santa Barbara Cottage Hospital's Emergency Room** for evaluation.

If you experience bleeding to the point that you are saturating an overnight pad hourly for 2 hours, please go to **Santa Barbara Cottage Hospital's Emergency Room** for evaluation immediately.

Second/Third Trimester (20-36 weeks)

Preterm Labor Precautions: If you are between 20-36 weeks and have uterine cramping and/or tightening more than 5 times hourly that is uncomfortable and lasts longer than 40 seconds, you need to go to **Santa Barbara Cottage Hospital's Labor and Delivery** department via the main entrance at 400 W. Pueblo St. This could be a sign of preterm labor. Prior to doing this, you should rest and drink water to see if the symptoms resolve.

If you experience any leaking of amniotic fluid or bleeding, **please go to Santa Barbara Cottage Hospital's Labor and Delivery for evaluation immediately.**

Decreased Fetal Movement (After 28 weeks)

If you feel less fetal movement than usual after 28 weeks, please take time to follow these instructions for **Fetal Kick Counts** in a quiet place free from distractions. Fetal movement prior to 28 weeks may not be consistently felt. Also, if you are especially active or don't eat regularly during the day, your baby may be less active than usual.

Fetal Kick Counts

- Empty your bladder
- Drink a large glass of ice cold water or fruit juice
- Lie down on your left side until you feel 10 distinct movements in 2 hours
- Movements may feel like kicks, jabs, punches, or rolls
- Once 10 movements are felt, you do not need to continue resting
- If you do not feel 10 movements in 2 hours, please call our office or go to **Santa Barbara Cottage Hospital's Labor and Delivery** if it is after hours.

Problems and Warning Signs

For evaluation of any problems or warning signs, go to the **Santa Barbara Cottage Hospital**. Sansum Clinic obstetric physicians are on call at Santa Barbara Cottage Hospital and will care for you during any emergencies. **Please do not go to Goleta Valley Cottage Hospital or Santa Ynez Cottage Hospital, as they do not have maternity care at these locations.**

Directions for emergency care at Santa Barbara Cottage Hospital:

- **If you are less than 20 weeks pregnant:** go to the Emergency Room entrance on Junipero Street.
- **If you are over 20 weeks pregnant:** go to the main entrance located at 400 W. Pueblo St., and ask for Labor & Delivery.

The following warning signs can signal potential problems during pregnancy. Notify your health care provider immediately, or go to Santa Barbara Cottage Hospital for evaluation:

- Vaginal bleeding (saturating an overnight pad hourly for 2 hours)
- Ongoing vomiting
- Chills or fever
- Continuous pain
- Continuous headache
- Burning when you urinate
- Blurred vision
- Sudden swelling of hands or face
- Five or more uterine contractions per hour
- Fluid leaking from the vagina
- Decreased fetal movements after 28 weeks, as defined by “Fetal Kick Counts” outlined above

Am I in Labor?

Go to Santa Barbara Cottage Hospital's Labor and Delivery Department via the main entrance at 400 W. Pueblo St., for any of the following:

- If your **water breaks**, whether or not you are having contractions, please go to Santa Barbara Cottage Hospital Labor and Delivery **immediately**.
- **Leaking of amniotic fluid** which will be watery rather than egg white consistency and will typically continue to trickle.
- **Regular contractions** occurring every 3-5 minutes or lasting longer than 60 seconds for greater than 1 hour, that take your breath away, during which you cannot carry on a normal conversation.
- If you have plans for a **scheduled cesarean section**, please follow the same advice above but go into Labor and Delivery when contractions are every 7-10 minutes for greater than 1 hour.
- **Heavy vaginal bleeding** with or without clots (saturating more than a maxi pad).
- **Decreased fetal movement** that does not respond to kick counts (see Fetal Kick Counts above).

“Bloody show” or mucousy vaginal bleeding is not worrisome, neither is passing your mucus plug and do not need evaluation.

PLEASE REMEMBER TO BREATHE!!!

Disability Benefits

If you are working and planning to take maternity leave, it is important to fully understand your employer's disability benefits. Contact your employer to learn about your options and to receive the paperwork needed to file for job protection and income replacement, if eligible. To complete this paperwork, you will need information and authorization from your obstetric provider. Please keep the information below in mind when filing for disability:

Your employer should be the first contact regarding questions about leave of absence. Your employer has all disability forms for your job protection and income replacement.

Online Applications:

- Disability leave may be applied for online at <https://edd.ca.gov/>, please ask our office if your Provider is online.
- If you file for disability or leave online, please provide our office with your receipt number, your 1st day off work and the last 4 digits of SS# for easier look up.

Paper Applications:

- You can drop off the completed form for Physician signature at the front desk at either location for your primary obstetric provider at 317 W. Pueblo St. or 515 W. Pueblo St. The office will contact you when the paperwork is ready for pick up.

Patients are responsible for mailing out their own completed state disability forms unless their Physician is online, then it will be done online.

We kindly ask for a minimum of 8-10 business days for paperwork completion. Once your paperwork is completed, forms will be sent directly

to appropriate parties company, employer, unless you give us other instructions. A copy of all forms will be scanned into your chart and can be provided upon request.

Information about Federal and State Leave Laws

The following information is subject to change per state and federal laws. Contact your employer for the latest information.

Family & Medical Leave Act (FMLA)

The Family & Medical Leave Act provides up to 12 weeks of unpaid, job protected leave due to a serious health condition. Pregnancy disability qualifies for FMLA. There are specific requirements for being eligible for FMLA.

The 12 weeks FMLA period includes:

- 4 weeks before your expected delivery date. If you do not use the 4 weeks of leave before your delivery, it cannot be added to our leave after delivery.
- If you have a vaginal delivery, you receive 6 weeks of leave after your delivery
- If you have a c-section, you receive 8 weeks of leave after your delivery
- If you have complications or are unable to perform your job duties, your provider might be able to authorize a longer disability period. Please talk to your provider about any concerns about returning to work.

For more information about your eligibility for FMLA leave, please check with your employer or visit <https://www.dol.gov/agencies/whd/fmla> for more information.

California Family Rights Act (CFRA)

The California Family Rights Act provides an additional 12 weeks of unpaid, job protected leave to bond with a new child. Eligible people can take this leave within 1 year of birth starting after your pregnancy disability leave ends.

Pay During Your Leave

You may have income replacement benefits through your employer's policy and/or the EDD Paid Family Leave program. The EDD Paid Family Leave provides up to 8 weeks paid leave, if you are eligible. To learn more about your eligibility for income replacement during maternity leave, contact your employer or visit <https://edd.ca.gov/>

Breastfeeding

Breastfeeding provides an infant with essential calories, vitamins, minerals, and other nutrients for optimal growth, health, and development. Breastfeeding is beneficial to both a mother and her infant and also offers an important opportunity for the pair to bond.

Your Body Preparing to Breastfeed

- Many patients notice that their breasts growing and becoming tender during the first 3 months of pregnancy. Your breasts are growing as they get ready to produce milk.
- After 4 months of pregnancy, your breasts can produce early milk, also called colostrum. Some patients might notice early milk on their nipples, but many do not until after delivery.
- At the delivery of your baby and for the first few days of breastfeeding, you will mainly make colostrum.
- Approximately 3-5 days after birth, your breast milk will increase in amount. Your breast will feel much fuller and heavier as and your baby will take in larger volumes of milk. This is a sign that your milk has come in.

It is important to know that women experience these changes differently. Our providers are here to help you through your experience at each step of the way. When you deliver at Cottage Hospital, the nurses and lactation consultant will help you with the basics of breastfeeding, including learning the positions that feel most comfortable for you and your newborn and getting to know feeding cues. All parents and babies can also benefit from seeing a lactation consultant after leaving the hospital as the early days can be challenging and exhausting, especially if you are having challenges with breastfeeding.

Supplementing

Every situation and mom is different. Some new moms may experience low milk supply or find themselves in another situation that impacts that ability to breastfeed. Every situation on mom is different. What feels right and sustainable for one mom may not be right for another. It is important to explore your thoughts and feelings and work with both your healthcare provider and your baby's pediatrician to find a feeding plan that works for you.

Lactation Consultants

Below are local lactation resources that can help answer your questions, weigh your baby and help with positioning, latching and milk supply.

Katrina Mitchell, MD, IBCLC, PMH-C at Sansum Clinic

Dr. Mitchell is a fellowship-trained breast surgeon and international board certified lactation consultant. She provides one-on-one lactation consulting to help mothers at any stage of their baby's development.

Services Available:

Lactation Consultations

- Prenatal concerns such as painful breast growth and preparing to breastfeed a baby after challenges with lactation in the past
- Postpartum care: latch and positioning, engorgement, weighted feeds, maintaining or increasing milk supply, pumping and back to work tips

Medical/Surgical Services:

- Complications of lactation including: breast pain, mastitis, plugged ducts, nipple blebs and other nipple conditions, breast pump trauma
- Induced lactation and relactation
- Treatment for hyperlactation (oversupply) and hypolactation (low supply)

- Guidance for patients undergoing surgery, anesthesia and radiology/nuclear medicine procedures
- Medication management for perinatal mood and anxiety disorders that often occur with breastfeeding challenges

For more information or to schedule an appointment, visit breastfeedingmedicine.sansumclinic.org.

A Mother's Circle at Cottage Hospital's Lactation Center

The lactation consultants at Cottage Hospital offer a free drop-in group to help new moms with breastfeeding questions and concerns. For more information about this program and the services offered at The Lactation Center, visit <https://www.cottagehealth.org/services/womens-services/breastfeeding-services-at-the-lactation-center/>

Ordering A Breast Pump

Breast pumps and other lactation and postpartum care items are covered under most health insurance policies for free. Some health plans allow you to order a breast pump before your delivery. Contact your health plan to learn about their policy.

Follow the steps below to order a breast pump:

1. Choose one of the web sites below and complete their intake form with your insurance information and email. You will need to input your obstetrics provider information and our fax number (805) 563-9224.

Aeroflow

<https://aeroflowbreastpumps.com>

Phone: 1 (844) 867-9890

Byram heath care

<https://breastpumps.byramhealthcare.com>

Phone: 1 (877) 773-1972

Edgepark

<https://www.edgeparkbreastpumps.com>

Phone: 1 (855) 504-2099

Pumping Essentials

<https://pumpingessentials.com>

Phone: 1 (866) 688-4203

2. The device company will verify your coverage and submit all necessary paperwork.
3. Select the breast pump, compression or postpartum care items that are covered by your insurance. They will be shipped directly to the address you provide.

Postpartum Mental Health

The weeks, and sometimes months, following the birth of your baby can be exhausting and overwhelming, especially with the lack of sleep, hormonal changes, and discomfort you may experience after a vaginal or c-section delivery. This may all go contrary to our expectations as a society of the joy we are presumed to feel bringing home a newborn baby, particularly if you are feeling a lack of support from partners, family or friends.

Up to 20% of moms experience postpartum depression, and postpartum anxiety may occur simultaneously. It is believed that this number significantly underestimates the women who suffer in silence. Postpartum mood and anxiety disorders can occur at any time point after the birth of a new child and symptoms may be different than those of women not in the perinatal period. Insomnia, guilt, and intrusive thoughts about the safety of the baby are very common.

Depression and anxiety may be even more prevalent in those moms who experience challenging breastfeeding complications or struggle with baby weight gain or other health concerns. If you are experiencing depression, frequent crying, difficulty bonding with your baby, high anxiety, or breast/breastfeeding issues or symptoms, please reach out to your provider immediately so that we can help you. If at any point you are having thoughts of harming yourself or anybody else, please seek help in the Emergency Room. Santa Barbara Cottage Hospital has a wonderful crisis team who is available should you need them. You can also call the number on the back of your insurance card for mental health providers covered under your plan, or you can reach out to your primary care physician for assistance.

Tips for Finding a Mental Health Provider

- Contact your obstetric provider or primary care physician as most can evaluate mental health and prescribe medications.
- Call the number on the back of your insurance card and ask for local mental health providers covered by your insurance.
- Contact the following local organizations providing mental health services:

Sansum Psychiatry

3916 State St., Santa Barbara, 93105
(805) 681-7517

Santa Barbara Behavioral Health

5901 Encina Rd., Suite A, Goleta, CA 93117
<http://www.sbbh.net/>
(805) 681-0035

Family Therapy Institute of Santa Barbara

111 E. Arrellaga St., Santa Barbara, CA 93101
<http://ftisb.org/>
(805) 882-2400

Holman Group

Accepts Cen-Cal insurance
<http://holmangroup.com/>
(800) 321-2843

SB County Dept of Behavioral Wellness

(888) 868-1649 (24 hour crisis line)
<https://www.countyofsb.org/behavioral-wellness>

Helplines

Postpartum Support International: Call or Text HelpLine

When you contact the HelpLine, you will be asked to leave a confidential message and a trained and caring volunteer will return your call or text. They will listen, answer questions, offer encouragement and connect you with local resources as needed.

Call: (800) 944-4773 #1 En Español or #2 English

Text in English: (800) 944-4773

Text en Español: (971) 203-7773

<https://www.postpartum.net/get-help/help-for-moms/>

Postpartum Education for Parents (PEP) Warmline

PEP's free Warmline service provides confidential one-on-one support from trained volunteers, parents just like you. From basic infant care to breast or bottle feeding issues to postpartum adjustment, the Warmline can be a great source of information and support.

English: (805) 564-3888

Español: (805) 852-1595

<https://www.sbpep.org/warmline-spanish-postpartum-educational-services-santa-barbara>

Choosing a Pediatrician

We recommend choosing a pediatrician during your third trimester of pregnancy. While you are in the hospital, a team of pediatric physicians and nurses will care for your baby. The hospital will take care of forwarding your baby's information to your pediatrician who will care for your baby after you go home.

Sansum Clinic's Pediatrics

Comprehensive Care from Birth through Young Adulthood

51 Hitchcock Way

Santa Barbara, CA 93105

(805) 563-6211

Our pediatricians provide the full range of pediatric care, including routine health checkups, vaccinations, vision and hearing screenings, and the treatment of minor illnesses and injuries. We work with our patients and families to help manage chronic conditions and provide referrals to pediatric specialists when needed.

To learn more about our pediatricians, visit <https://pediatrics.sansumclinic.org/> or call (805) 563-6211.

Helpful Resources

Family and friends, as well as online blogs, chat rooms and social media, can mean well and have a wealth of information, however, they can also inadvertently dispense some inaccurate and harmful advice. Included below are reputable educational resources for you to guide you during your pregnancy.

Your Healthy Pregnancy Seminar

Sansum Clinic offers an informative early pregnancy seminar to patients before the 20th week of pregnancy. Our OB nurse will provide education on the healthiest choices for you and your baby and what to do should any concerns arise. You will learn about resources for expecting parents and plenty of time will be allowed for your questions.

For questions or to reserve a spot for the class please call (805) 681-8911.

Birth & New Baby Classes, Tours at Santa Barbara Cottage Hospital

Cottage Hospital offers several classes led by specially trained nurses and other experts to help you and your family get ready for your new baby. Visit their [website](#) or call (805) 569-8229.

Postpartum Education for Parents (PEP)

PEP supports growing families in the Santa Barbara area with opportunities for education, encouragement, and social engagement in a way that is non-judgmental, inclusive, and community-based. Whether this is your first baby or your third, meeting other people going through the same stage of parenting at the same time forges deep bonds.

To learn more, visit <https://www.sbpep.org/>

Centerline Community

The Centerline Community is a mindfulness-based support community for new and expecting moms. Centerline provides spaces, events and opportunities for support and connection for pregnancy, postpartum and the entire motherhood journey.

To learn more, visit <https://www.centerlinecommunity.com/>

Websites

The American College of Obstetricians and Gynecologists – Reputable patient education on various pregnancy topics

<https://www.acog.org/womens-health>

USDA MyPlate – Food and nutrition information for pregnancy and breastfeeding, including meal plans

<https://www.myplate.gov/>

Mother To Baby - Contains up-to-date information about medications and other exposures during pregnancy & breastfeeding

<https://mothertobaby.org/>

American Academy of Pediatrics – Helpful health and development resources for babies and children in the United States

<https://www.aap.org>

Safety Belt USA - Outlines current car seat and booster seat regulations to guide you in purchasing an appropriate safety seat for your newborn and growing children. A car seat “checklist” is available to ensure that the seat is installed correctly.

<https://carseat.org/>

Reputable medical internet sites for general information and questions:

<https://www.fda.gov/>

<https://www.mayoclinic.org/>

Books

Your Pregnancy & Childbirth - by American College of Obstetricians and Gynecologists (ACOG)

Caring for Your Baby and Young Child, Birth to Age 5 - by American Academy of Pediatrics (AAP)

Dad's Guide to Pregnancy for Dummies

Mayo Clinic Guide to a Healthy Pregnancy

Good Moms Have Scary Thoughts - by Karen Kleiman

What About Us? A New Parents Guide to Safeguarding Your Over-Anxious, Over-Extended, Sleep Deprived Relationship – by Karen Kleiman

The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic, Attacks, Obsessions and Compulsions – by Pamela S. Wiegartz and Kevin L. Gyoerkoe