



# OBSTETRICS HANDOUT



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## Rosemark Physicians:

Rosemark has five physicians that care for low to high-risk pregnant women. They each have rotating call schedules and the on-call physician will deliver your baby. On some visits, you may see a certified nurse-midwife, nurse practitioner or physician assistant. All are well versed in OB care. Our office also trades on-call coverage with Dr. Nick Denson and Dr. Pam Denson on occasional weekends. These doctors could potentially deliver your baby or be involved with your OB care.

## Certified Nurse-Midwives:

Rosemark has two certified nurse-midwives that care for low to moderate-risk pregnant women. They each have rotating call schedules and the on-call midwife will deliver your baby. If you experience problems during your pregnancy or delivery, a physician will be consulted or potentially take over your care.



Katie  
Fenske, CNM



Valerie  
Morris, CNM

## Pregnancy Information Cheat Sheet

### Routine Prenatal Testing:

Basic recommended screening laboratory tests will be performed throughout your pregnancy. Some additional laboratory tests may be considered if your baby is at-risk of chromosomal abnormalities. These additional tests may result in additional costs and it is your responsibility to check payment coverage with your insurance provider.

### Ultrasound:

You can expect ultrasounds at your first prenatal visit, to confirm dates, and at **20 weeks** for a complete fetal anatomical survey. We offer **16-week gender checks** and **30-week 3D ultrasounds** at an additional cost. If needed, additional ultrasounds will be done at the discretion of the medical provider.

### Weight Gain:

Most women gain between **25-35 pounds** during pregnancy. Weight gain may be different if you are under or overweight. Depending on your starting weight, you may need to gain up to 35 pounds during pregnancy.

### Nutrition:

**Six small meals per day** is better than three large meals. Meat must be cooked at least mediumwell. Eat fish no more than once per week and avoid tilefish, swordfish, shark and king mackerel. For further guidance, please refer to FDA recommendations.

More on next page...

# Pregnancy Information Cheat Sheet



## Toxoplasmosis Risks:

No changing kitty litter. Wear gloves in the garden or while working with dirt.

## Exercise:

Any exercise prior to pregnancy may be continued. Aerobic exercises are recommended. 30 minutes of daily walking is encouraged.

## Over-the-Counter Medication:

If you have any questions or concerns, refer to the Over-the-Counter (OTC) medication list that is included in the New OB Section of our website, call our office or ask a pharmacist.

## Work:

Please check with your work place about possible risks or dangers. Most women can continue working until the onset of labor.

## Travel & Seat Belt:

For long car rides, make sure to get out of the car every hour and walk around for 15 minutes. If car rides are greater than four hours, let us know. It is recommended that you always wear a seat belt with the belt located at the level of your hips and use the shoulder belt as well. Ask your medical provider prior to any air travel and no air travel after 36 weeks.

## Tobacco Use:

Use of tobacco products (including vaping) during pregnancy can lead to premature death, small infants, abruption of the placenta and potentially fetal death. Smoking after a child's birth increases the risk of Sudden Infant Death Syndrome (SIDS), asthma, allergies, colic, childhood obesity and increased ear infections in babies. Help is available at the Health Department or NCIS

(1-877-44U-QUIT), or discuss with your medical provider about smoking cessation.

## Alcohol and Illegal Drug Use (INCLUDING marijuana and prescription drug overuse):

It is not recommended to consume alcohol or illicit drugs at any point during pregnancy.

## Dental Care:

Continue your routine check-ups at the dentist, brushing and flossing. Gums may bleed more easily during pregnancy. Good dental hygiene is imperative to a healthy pregnancy.

## Breastfeeding:

We recommend breastfeeding education and research if you are a first-time mother. A 10-14 day attempt prior to bottle feeding is recommended. You can request a lactation specialist or nursing care if needed in the hospital, or you may contact our office for additional resources. Remember, a fed baby is a healthy baby. Ask your provider about possible medications to avoid while breastfeeding.

## Immunizations:

The influenza vaccine is recommended in pregnancy. Any adult that is caring for your child should get the influenza and the Tdap (tetanus, diphtheria, and pertussis) vaccination if a Tdap vaccination hasn't been done in the last five years. The Tdap vaccine is also recommended during each pregnancy between 27 and 36 weeks of pregnancy, even if you have had this vaccination prior.

## Sexual Activity:

Sexual activity is okay during pregnancy, unless told otherwise by your medical provider.

Occasional spotting that goes away is normal, however, if any cramping, bleeding or contractions occur during or after sexual activity, please notify your provider.

## Domestic Violence:

If you are in an abusive relationship, please speak to one of our providers or call the Domestic Violence and Sexual Assault Center at 208-529-4352 or the Idaho 24-hour Domestic Violence Hotline at 800-669-3176.

## Hospital:

You may choose Eastern Idaho Medical Center (EIRMC) or Mountain View Hospital (MVH). Both have a NICU, however, if you are less than 35 weeks, you must go to EIRMC.