

Medications

The following is a list of over the counter medications safe to take during pregnancy. These medicines may be taken as directed. Please make sure that if you see another doctor during your pregnancy, that you inform the doctor you are pregnant.

Pain Relief

- Tylenol or acetaminophen (plain/extra strength) is OK for mild discomfort
- **Do not take aspirin (Anacin, Bayer) or ibuprofen (Advil, Motrin)**

Medicine for Digestive Upsets

- Antacids (Tums max of 5 tablets a day, Rolaids, Mylanta, Maalox, Pepcid, Prevacid, Nexium)
- Simethicone (Gas-X, Mylicon for gas pain, Gaviscon, Phazyme, Titalac, Riopan)
- Imodium AD, Kaopectate, Diasorb, Donnagel or BRAT diet (bananas, rice, applesauce, toast or tea) for diarrhea
- **Do not take Pepto Bismol**

Options for Constipation

- Fiber can be used regularly (Metamucil®, Mira Lax®, Citrucel®, BeneFiber®, Correctol)
- Laxatives can be used occasionally (Colace®, Dulcolax®, Chronulac, Magnesium Citrate)
- Tucks for hemorrhoids, Anusol, Preparation H
- Mix of Prune juice, OJ, 7-UP® – equal parts

Nausea

- Dramamine
- Emetrol
- Mint Tea, Ginger Tea

Medicine for Coughs/Colds

- Guaifenesin (Robitussin®)
 - Guaifenesin plus dextromethorphan (Robitussin-DM®)
 - Cough drops, Sore throat drops
 - Vicks Vaporub®
 - Acetaminophen Cold & Cough
- | | |
|-----------|-------------------|
| Emergen C | Tavist |
| Delsym | Zicam (Not Nasal) |
| Actifed | |

Allergy Relief

- Tylenol or acetaminophen (plain/extra strength) is OK
- Chlorpheniramine antihistamine alone (chlor-Trimetron)
- Benadryl tablets
- Saline nasal spray
- Neti-pot or sinus rinse
- Claritin D, Zyrtec, Zyrtec D, Allegra

Sleep

Benadrly
Unisom

Other Things You May Have Worried About That Also Appear to Be Safe

- NutraSweet® (1–2 servings per day)
 - Pedicures
 - Mosquito repellent containing DEET
 - One or two cups of coffee per day
- | |
|------------------------|
| Hair coloring products |
| Sunscreen |
| Perms |

METHODIST HOSPITAL

"Serving Humanity to Honor God"

Are you planning to deliver your baby at Methodist Hospital?

To better serve you, Methodist Hospital is undergoing the largest expansion and construction project in its 50-year history. As a result, the Central Tower entrance to the hospital that many new moms and their families have used in the past will be under construction until further notice. We sincerely apologize for the inconvenience but want you to know that we are growing to better meet your needs and those of your growing family.

We want you to be among the first to know about this big change so you know exactly where to arrive on the big day or night! We've provided a map on the back of this announcement along with directions below. Convenient parking will be available in the lot in front of Oak Hills Medical Building at 7711 Louis Pasteur Drive. We also have valet parking available from 7 a.m. to 6 p.m., Monday-Friday.

Please look for the bright yellow covered walkway to guide you to the temporary hospital entrance and a valet parking stand near Oak Hills. Once inside the hospital, our greeters and special signs featuring Jay the Blue Bird (shown in the upper left corner) will help you find your way to Labor & Delivery.

If you are a WomanPlus® member, you will receive the same discounted self-parking rates as you would parking anywhere else on the Methodist Hospital campus. Make sure you get your ticket validated before leaving the hospital. To become a WomanPlus® member, visit SAHealth.com to sign up online. These rates do not apply for valet parking which is offered at a flat rate of \$7 per day.

DIRECTIONS

If you are coming from IH-10 and Medical Drive:

At the traffic light at Fredericksburg Road, proceed straight on Medical Drive. At the next traffic light which is Ewing Halsell Drive, turn left and drive about one block to the entrance of Oak Hills Medical Building, 7711 Louis Pasteur Drive. Turn right into the driveway and proceed to enter the parking lot on the right or drive past the yellow canopy to the valet parking station.

If you are coming from Fredericksburg Road and Loop 410:

Head north on Fredericksburg Road. Turn left at Louis Pasteur (Dairy Queen and a gas station are on the corner). Get into the left lane on Louis Pasteur so you can proceed straight at the traffic light. Enter the Oak Hills Medical Building driveway. Please proceed to the parking lot on the right or use valet parking near the temporary entrance under the yellow canopy.

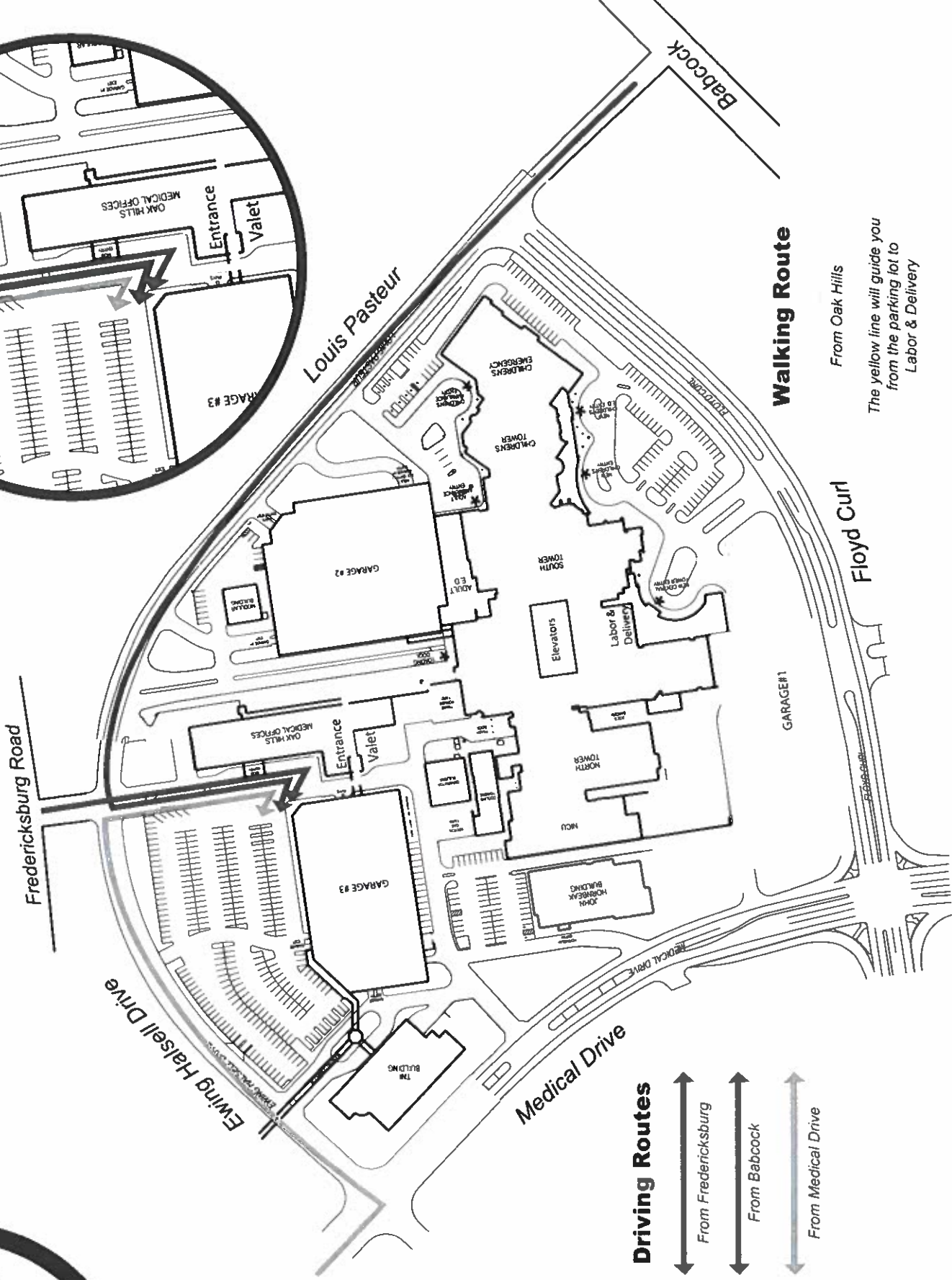
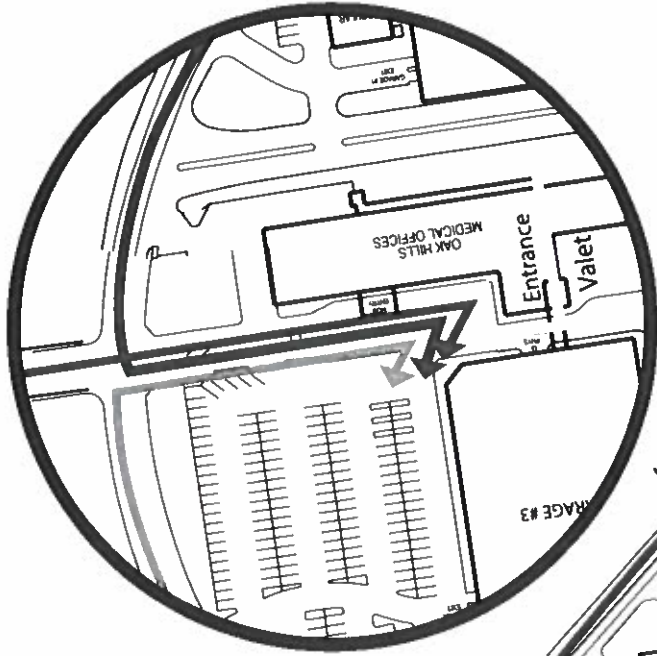
If you are coming from Babcock Road:

Turn on Louis Pasteur, you will drive about three blocks and soon see Methodist Hospital and Methodist Children's Hospital on the left, but do not turn. When you get to the traffic light at Floyd Curl, go straight. Follow the road as it curves around the back of the hospital. At the traffic light (Louis Pasteur), take a left turn into the Oak Hills Medical Building driveway. Please proceed to the parking lot on the right or use valet parking near the temporary entrance under the yellow canopy.





Methodist Hospital Parking for Labor & Delivery



Methodist Healthcare Lactation Services



Methodist Healthcare is dedicated to providing you with the safest care and best experience possible before, during and after delivering your baby.

- Internationally board certified lactation consultants are on staff
- Texas Ten Step and Mother Friendly Worksite designations
- FirstSteps Childbirth Education Classes

Methodist Women's Center and Lactation Center

8109 Fredericksburg Road
San Antonio, Texas 78229

210-575-0261

Open Monday— Friday, 8 a.m.—6:30 p.m.

(Closed 12—1 p.m.)

- Free Outpatient Consultations
- Breast Pump Rental and Sales

- Stork's Nest Retail Store
- Weigh to Grow-Baby Weigh Station



Lactation Center

The Lactation Center of Methodist Healthcare offers both inpatient and outpatient services. The focus is to offer both technical assistance and emotional support for breastfeeding families. Lactation consultants will work as members of your personal health care team and are fully prepared to help each family meet its individual breastfeeding goals through education and professional support.

Methodist Healthcare promotes family centered care. This supports new families staying together with the new baby while in the hospital. The staff is well trained and will help you and your baby get breastfeeding off to a great start!

METHODIST
Women's Health



FIRSTSTEPS EDUCATIONAL SERIES

METHODIST
Women's Health



CLASSES AND FEE SCHEDULE

Before Baby Arrives

| | |
|--|-------------------------|
| <p>Getting Ready for Childbirth A class that will help you prepare for childbirth (labor and delivery). Class options include:</p> <ul style="list-style-type: none"> 📍 Express Offered on a Saturday or Sunday 9 a.m. - 4 p.m. 📍 2-Day Split Two 3 ½ hour classes | <p>\$25</p> |
| <p>Young Adults Getting Ready for Childbirth Childbirth preparation class for teen parents Class is held once a month.</p> | <p>\$25</p> |
| <p>You and Your Baby Find out how to transition into your new role as a parent, prepare for your baby's homecoming, and learn basic infant care and much more.</p> | <p>Free</p> |
| <p>Breastfeeding Your Baby Learn the basics of breastfeeding for single or multiple births.</p> | <p>Free</p> |
| <p>Buckle Up Baby</p> <ul style="list-style-type: none"> 📍 Car Seat Safety 101 This class is designed to give parents information on which car seat is best for their most precious cargo: their infant, toddler or child. Certified child passenger safety technicians review the basics of correct car seat selection based on criteria that emphasizes safety, child-appropriateness, vehicle consideration and convenience. Also covered is information on after-market products and the reasons why second-hand car seats are not safe to use. 📍 Installations Learn how to correctly secure your child into your car seat and how to install it in your vehicle. Certified child passenger safety technicians will assist you with getting the proper fit, obtaining the correct angle and testing for a tight installation. You must attend Car Seat Safety 101 class before registering for an installation. | <p>Free</p> <p>Free</p> |
| <p>Peek a Boo Tour Hospital Tours for Methodist Hospital, Methodist Metropolitan Hospital and Methodist Stone Oak Hospital.</p> | <p>Free</p> |
| <p>Beyond Baby Blues An education class on Postpartum Depression so that couples may be better prepared to recognize the signs and symptoms of Postpartum Depression. Class is taught by Maria Zeitz and is offered once a month</p> | <p>Free</p> |
| <p>Basic CPR & First Aid This is a non-certifying class that provides basic techniques of CPR by the Instructor demonstration and return demonstration and by watching an educational video. You will also learn about basic first aid. This class does NOT provide CPR certification for health care providers. Class is held once a month on a Saturday morning from 9:00am to 1:00pm.</p> | <p>\$20</p> |

(Fee is per person & paid at the door
for classes below)

| | |
|---|-------------|
| <p>Rocking Dads Rocking Dads is a course that takes fathers to be or brushing up fathers through the journey of understanding pregnancy, stages of labor, birth plan, breastfeeding, and much more in the San Antonio area. Brian has been working one on one or in large groups of men for the past five years in San Antonio. Through his experience, he has found that men are very willing and ready to learn how to become amazing birth partners. The factor that keeps them from digging in is usually not having the proper forum of a safe place. There are many things men would like to ask or talk about that they are not comfortable doing in front of their partners. Brian sees so much excitement in expecting fathers as they learn how to build their team and look at their own strengths and weaknesses to see how they can be most effective throughout pregnancy, labor and delivery, and postpartum. The most exciting thing to him is that they are so prepared and have taken such diligent notes that their partners are like, "who is this guy". Class is facilitated by Brian Salmon, "The Birth Guy", one Saturday a month from 9:00am to 12:00pm.</p> | <p>\$20</p> |
|---|-------------|

Support Groups

| | |
|--|-------------|
| <p>Postpartum Depression Support Group If you or someone you know suffers from prenatal or postpartum depression, it's important to get help now. Women need not suffer or endure these feelings or sadness alone. The road to healing is within reach. Methodist Behavioral Medicine will host a prenatal and postpartum support group for mothers of all ages. The meetings will be a time to share, listen and learn about anxiety and/or depression related to childbearing. No children are allowed at these meetings. The Support Group is for MOMMIES ONLY who are experiencing anxiety and/or depression during or after pregnancy.</p> | <p>Free</p> |
| <p>Breastfeeding Support Group: Moms share their experiences and discuss topics of interest.</p> | <p>Free</p> |

- We encourage early sign up for classes – They fill up quickly!
- Some classes are available in Spanish, upon request

Additional resources at Methodist Women's Center, 8109 Fredericksburg Rd., San Antonio, TX 78229:

- The Lactation Center: FREE inpatient and outpatient consultations.
- "Weigh to Grow" Weigh your baby on our baby scale at your convenience (FREE)
- Stork's Nest Gift Shop (breast pump rental and sales, nursing bras and breastfeeding support).

To register for classes visit our website at www.SAHealth.com
Or call (210)575-0355 or toll-free at 1-800-333-7333

Advice About Eating Fish

What Pregnant Women & Parents Should Know

Fish and other protein-rich foods have nutrients that can help your child's growth and development.

For women of childbearing age (about 16-49 years old), especially pregnant and breastfeeding women, and for parents and caregivers of young children.

- Eat 2 to 3 servings of fish a week from the "Best Choices" list OR 1 serving from the "Good Choices" list.
- Eat a variety of fish.
- Serve 1 to 2 servings of fish a week to children, starting at age 2.
- If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.*

Use this chart!

You can use this chart to help you choose which fish to eat, and how often to eat them, based on their mercury levels. The "Best Choices" have the lowest levels of mercury.



For an adult
4 ounces



For children,
ages 4 to 7
2 ounces

What is a serving?

To find out, use the palm of your hand!

Best Choices

EAT 2 TO 3 SERVINGS A WEEK

Anchovy
Atlantic croaker
Atlantic mackerel
Black sea bass
Butterfish
Catfish
Clam
Cod
Crab
Crawfish
Flounder
Haddock
Hake

Herring
Lobster,
American and spiny
Mullet
Oyster
Pacific chub
mackerel
Perch, freshwater
and ocean
Pickarel
Plaice
Pollock
Salmon
Sardine

Scallop
Shad
Shrimp
Skate
Smelt
Sole
Squid
Tilapia
Trout, freshwater
Tuna, canned light
(includes skipjack)
Whitefish
Whiting

Good Choices

EAT 1 SERVING A WEEK

Bluefish
Buffalofish
Carp
Chilean sea bass/
Patagonian toothfish
Grouper
Halibut
Mahi mahi/
dolphinfish

Monkfish
Rockfish
Sablefish
Sheepshead
Snapper
Spanish mackerel
Striped bass
(ocean)

Tilefish (Atlantic
Ocean)
Tuna, albacore/
white tuna, canned
and fresh/frozen
Tuna, yellowfin
Weakfish/seatrout
White croaker/
Pacific croaker

Choices to Avoid

HIGHEST MERCURY LEVELS

King mackerel
Marlin
Orange roughy

Shark
Swordfish

Tilefish
(Gulf of Mexico)
Tuna, bigeye

*Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.

www.FDA.gov/fishadvice
www.EPA.gov/fishadvice



United States
Environmental Protection
Agency



U.S. FOOD & DRUG
ADMINISTRATION

Protect Your Baby and Yourself From Listeriosis



Pregnant women are at high risk for getting sick from *Listeria*, harmful bacteria found in many foods. *Listeria* can cause a disease called listeriosis. Listeriosis can result in miscarriage, premature delivery, serious sickness, or the death of a newborn baby. If you are pregnant, you need to know what foods are safe to eat.

What can I do to keep my baby and myself safe from listeriosis?

Do not eat hot dogs, luncheon meats, bologna, or other deli meats **unless** they are reheated until steaming hot.



What can I do to keep my food safe?

Listeria can grow in the refrigerator. The refrigerator should be 40 °F or lower, and the freezer 0 °F or lower. Use a refrigerator thermometer to check your refrigerator's inside temperature.

Clean up all spills in your refrigerator right away—especially juices from hot dog packages or raw meat or chicken/turkey.

Clean the inside walls and shelves of your refrigerator with hot water and liquid soap, then rinse.

Use precooked or ready-to-eat food as soon as you can. Don't store it in the refrigerator too long.

Wash your hands after you touch hot dogs, raw meat, chicken, turkey, or seafood or their juices.



Do not eat refrigerated pâté, meat spreads from a meat counter, or smoked seafood found in the refrigerated section of the store. Foods that don't need refrigeration, like canned tuna and canned salmon, are okay to eat. Refrigerate after opening.

Do not drink raw (unpasteurized) milk and do not eat foods that have unpasteurized milk in them.

Do not eat salads made in the store such as ham salad, chicken salad, egg salad, tuna salad, or seafood salad.

Do not eat soft cheese such as Feta, queso blanco, queso fresco, Brie, Camembert cheeses, blue-veined cheeses, and Panela **unless** it is labeled as made with pasteurized milk. Make sure the label says, "MADE WITH PASTEURIZED MILK"



How do I know if I have listeriosis?

Because the illness could take weeks to show up, you may not know you have it.

Early signs may include fever, chills, muscle aches, diarrhea, and upset stomach.

At first, you may feel like you have the flu. Later on, you could have a stiff neck, headache, convulsions, or lose your balance.

Every year, 2,500 Americans become sick from listeriosis; 1 out of 5 die from the illness.

What should I do if I think I have listeriosis?

Call your doctor, nurse, or health clinic if you have any of these signs. If you have listeriosis, your doctor can treat you.

Fight Bacteria—Fight BAC!®

1 Clean: Wash hands often with soap and warm water. Use clean dishes, spoons, knives, and forks. Wash countertops with hot soapy water and clean up spills right away.

2 Separate: Keep raw meat, fish, and poultry away from other food that will not be cooked.

3 Cook: Cook food to a safe minimum internal temperature. Check with a food thermometer.

4 Chill: Refrigerate or freeze within 2 hours—refrigerate or freeze within 1 hour in hot weather (above 90 °F). Don't leave meat, fish, poultry, or cooked food sitting out.

For more information about food safety and recommended meat and poultry temperatures:

U.S. Department of Agriculture
Food Safety and Inspection Service

www.fsis.usda.gov

USDA Meat and Poultry Hotline
1-888-MPHotline
(toll-free nationwide)
or 1-888-674-6854
TTY: 1-800-256-7072



AskKaren.gov

USDA is an equal opportunity provider and employer.
September 2004
Revised April 2010

Fish – Methylmercury exposure, primarily through ingestion of contaminated fish, can cause severe central nervous system damage; as well as milder intellectual, motor and psychosocial impairment. The United States Food and Drug Administration (FDA) and Environmental Protection Agency (EPA) recommend that pregnant women should:

- Avoid eating any shark, swordfish, king mackerel, or tilefish
- Limit intake of other fish (canned tuna; shellfish; small ocean fish) to no more than 340 g (12 ounces, which is about two or three servings) of cooked fish from a store or restaurant per week. Mix up the types of these fish eaten, don't eat the same type more than once per week
- Not eat more than 170g (6 ounces or one serving) per week of cooked fish that were caught in local waters. If a fish is consumed, then consumption of other fish during that week is discouraged.

Although not specifically discussed in FDA or EPA guidelines, some physicians recommend avoiding tuna steaks because large tuna cans can have high mercury levels. They also advise limiting canned tuna to one 6-ounce can per week. Canned tuna is made from smaller fish, which typically have lower levels of mercury.

These thresholds were based upon limited data and may reflect adverse effects noted in studies in which pregnant women had high intake of fish with high mercury concentration (whale 1.6 ug/g and shark 2.2 ug/g). Different findings were reported in a study of a women from Seychelles, who averaged 12 meals per week of ocean fish with low mercury concentration (0.3 ug/g, similar to that of fish consumed by American women). This study did not find significant cognitive or behavioral effects in offspring of women with high fish consumption when other factors such as social and environmental developmental modifiers and postnatal mercury exposure, were considered. These results are reassuring that women who consume a variety of ocean fish probably do not have to reduce intake during pregnancy; however, the government recommendation cited above remain in effect.

Contamination of fresh water fish varies with locale, the Environmental Protection Agency and local health departments provide advice of fish consumption from fresh water lakes and streams (for current information, contact the Environmental Protection Agency at 1-888-723-3366 or view the internet site at <http://www.epa.gov/waterscience/fishadvice.html>).

