



Congratulations!

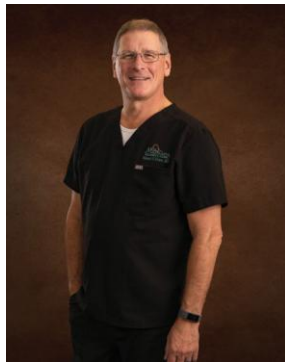
We are pleased that you have chosen our practice for your prenatal care and delivery. It is our goal to provide you with the very best of professional medical care. We believe that proper education can help your pregnancy be a positive experience, and have provided this guide for your information. We recommend that you read this guide which was designed to answer many of your questions.

Madison Women's Clinic
Obstetrics, Gynecology, and Infertility
15 Madison Professional Park
Rexburg, ID 83440

205 Stockham Blvd. Suite C-2
Rigby, ID 83442

208-356-6185

www.madisonwomensclinic.com



Edward E. Evans, MD



Matthew H. Allred, DO



Toni Frahm, DNP-CNM



Amber Redd, CNM



Fay Call, FNP-c



The inside and back covers of this guide contain important numbers and facts that pertain to our practice and will be an important reference for you throughout this exciting time. **KEEP THIS GUIDE HANDY!**

A nurse is available 24 hours a day and can be reached at 208-356-6185 for any questions or concerns you may have. A physician is available at all times to meet your needs. However, the physician may be involved in an emergency situation or delivery and unable to answer your call immediately. If you have a significant emergency, call 911 or go directly to Madison Memorial Hospital.

We provide a series of prenatal classes that are especially helpful for first time parents. You may sign up for these classes at the receptionist's desk at Madison Women's Clinic. The dates and times are also available on our website.

We are committed to giving you professional care of the highest quality. As you expect this quality of care from us, we expect that you will care for yourself and your unborn baby in the best manner possible. Our goal is for a healthy and happy pregnancy!

Welcome to "[Your Guide to a Healthy Pregnancy](#)", by Baby360. This digital book enhances your learning by including educational videos and breathing exercises. Covering everything from your first ultrasound to feeding cues, this book provides a fun way to learn new things. Scan the QR code to get started!





Phone Numbers

Office(208) 356-6185
Madison Memorial Hospital(208) 356-3691

Office Hours

8:30am to 5:00pm

(A nurse is available 24/7 at 208-356-6185 for urgent needs)

Before You Phone...

1. First check to see if the answer is in this booklet.
2. Evaluate your own condition and make notes—if you suspect an infection, take your temperature.
3. Please make the call yourself unless this is **impossible**--relaying the messages and answers through another person may be inaccurate and the staff will need to talk to you, the patient, for detailed information.
4. Be prepared to tell us your month of pregnancy, any medications you are taking, and a pharmacy phone number.
5. Have paper and pen ready to write down instructions—you may have difficulty remembering when you are sleepy, worried, or upset.

Phone Calls

The staff of our office is trained to handle a variety of questions and problems. Some may be directly handled by the nursing staff or discussed with the doctor and relayed back to you. Return calls are made in the order received except emergencies. If you have an OB emergency, please state this so a staff member can handle your call immediately.

Due to the nature of an obstetric practice, the doctors may be unavoidably detained or unavailable. Please bear with us during these times. Your cooperation in keeping your appointment on time or calling to cancel if you cannot come is greatly appreciated. This helps our practice run smoothly and efficiently for all patients.

Please keep this booklet readily available. We hope you have a wonderful pregnancy.

Welcome to Madison Women's Clinic!



Medications Recommended in Pregnancy

Most illnesses during pregnancy are viral and not a threat to you or the baby. There are safe over-the-counter medications which are approved for use in pregnancy but should not be taken casually. The aim of medication is symptom relief.

A recent study shows that most viral illnesses run a 10-14 day course so do not be alarmed if symptoms persist beyond a few days. Your body needs time to overcome illness. Antibiotics DO NOT cure viral illnesses and will not be prescribed for colds and flu unless it has been determined after discussion with your nurse or doctor that you have a secondary bacterial infection.

There are some safe antibiotics for use during pregnancy, but these should be prescribed by your doctor and not taken as “leftovers” from another illness. NEVER take someone else’s medication, even if they are pregnant and the drug has been given by their physician. Please check with the staff if you have a question about any medication not on this list. If after you have tried the following treatments, you are still experiencing symptoms, please call our office for further assistance.

You may take any formulation of these to meet your symptom needs. Follow the directions on the package. It is OK to take the full adult strength dosage.

NO MEDICATIONS CONTAINING ASPRIN OR IBUPROFEN unless prescribed by your doctor.

Allergies / Common Cold

- **Actifed**—cold / congestion
- **Benadryl**—allergies, runny nose, post-nasal drip
- **Claritin**—cold / congestion
- **Robitussin DM**—for cough and bronchial congestion (may use liquid or lozenges).
- **Ocean saline nasal drops**—for nasal stuffiness (avoid Afrin and others that may cause rebound stuffiness later).
- **Sudafed**—cold / congestion
- **Tylenol**—for minor aches and pains (fever, colds, flu, headache, backache)—may take regular or extra strength.
- **Throat lozenges**—for sore throat (along with warm salt water gargles 3-4 times a day).

Constipation

- **Colace**—stool softener (may be taken 1-2 times a day).
- **Peri-colace**—mild laxative with stool softener (use occasionally as needed; long-term use may cause dependency).
- **Dulcolax Suppositories**—for immediate relief within 15-30 min (provides some lubrication for hard stools).
- **Metamucil and Fiber Con tablets**—adds bulk to the stool for long term therapy of chronic constipation.

Diarrhea

- **Imodium AD**
- **Metamucil**
- **Kaopectate**

Hemorrhoids

- **Preparation H**—suppositories, cream, or ointment.
- **TUCKS pads**
- **Metamucil**

Indigestion and Heartburn

- **TUMS**—high in calcium, do not exceed dosage on bottle.
- **Simethicone** or **Mylicon**—for excessive gas in addition to indigestion.
- **Liquid antacids**—coat stomach lining better in late pregnancy; tablets may be less effective due to increased pressure of growing uterus. Do not exceed recommended dosage; may cause diarrhea in excessive amounts.

Minor Skin Irritations

- **Cortaid** cream or ointment
- **Benadryl** cream
- **Calamine** or **Caladryl** lotion
- **Aloe Vera** lotions or gels (especially good for burns, insect bites, sunburns).

Nausea and Vomiting

- If severe, call the office for a prescription (see page 8 for more instructions).

Occasional Normal Aches and Pains

- **Tylenol** or **Acetaminophen**

Vaginal Yeast Infections

- **Monistat (after 12 weeks)**. If symptoms persist after treatment is completed, please call the office.
- **Maalox**
- **Mylanta** without aluminum.



**Congratulations and Welcome
to
MADISON WOMEN'S CLINIC**

Amber Redd, CNM
Edward E. Evans, MD
Matthew H. Allred, DO
Toni Frahm, DNP-CNM
Fay Call, FNP-c

208-356-6185 ~ www.madisonwomensclinic.com

Office Hours: Monday – Friday, 8:30am-5:00pm

Our doctors work as a team so you will see each doctor during the course of your prenatal visits. At least one doctor is in the office each weekday (other than holidays). After office hours, you may reach a doctor by calling our regular office number 208-356-6185, where our on-call nurse will assist you in reaching the doctor if needed.

Childbirth classes are available through our office. Check with the receptionist or our website for information.

These are some of the most frequently asked questions during pregnancy. Please refer to them, but feel free to call our office and speak with a nurse if you have questions or concerns. She can check with the doctor about your symptoms. We appreciate you not calling the doctors at home.

FAQs

- **How often do I come for visits?** Usually, one a month until the last two months of pregnancy when the doctor will see you more often—every week toward the end of pregnancy (or as directed).
- **How much weight gain is normal?** This will vary individually. Usually, one will gain a small amount in the 1st trimester and then gradually increase. The doctor will monitor this, and you should discuss concerns and questions with him. To avoid excess weight gain, eat nutritionally. Avoid giving in to cravings for “junk food” and amounts that are not normal for you. Use fresh fruit and vegetables for the “munchie attacks” and DRINK LOTS OF WATER!
- **Is it normal to have swelling in my hands, legs, feet, or toes?** Yes. Many pregnant women will have some amounts of swelling, especially in warmer weather. If you believe you have more swelling than normal, call and speak with a nurse. When the swelling is worse, avoid salty foods and standing or sitting for long periods of time.

- **Are pain and bleeding ever normal?** Pain is very common with the enlarging uterus but should never be accompanied by fever or vaginal bleeding. From 34-36 weeks and later, you may have a bloody mucous show, especially after having your cervix checked for dilation; this is normal.
- **When should I be able to feel the baby move and how often?** After 18-20 weeks, you should be able to identify your baby's movement. The most active times are in the evening and early morning. Once-a-day is reassuring for fetal well-being, and you should feel about 10 movements in 1 hour when you are at rest in the evening. You can come in for a quick heartbeat check if you are ever worried.
- **Can I exercise and what kinds are okay?** If you have an established exercise program including running or aerobics, you may continue; but use caution as your body changes, and check with the doctor about specific questions. In your last trimester, keep your heart rate below 140 and avoid exercise that requires balance.
- **Can I go horseback riding, rides at "Lagoon," snowmobiling, etc.?** Non-aggressive riding prior to 20 weeks is okay. After 20 weeks, use extreme caution and recommend none after 34 weeks.
- **Can I go swimming or use hot tubs/saunas?** Avoid hot tubs and saunas during pregnancy. You may become lightheaded during pregnancy and extreme changes in temperature should be avoided. Swimming is fine, with sensible caution.
- **Can I use a tanning bed?** We do not recommend this at any time due to the potential harm to your skin.
- **Can I have my hair colored or permed?** Yes, in a well-ventilated room. Be careful about smells and temperatures that may cause you to be lightheaded and faint.
- **Can I help with indoor / outdoor painting projects?** Yes, if you do not climb ladders or scaffolding and make sure to be in a well-ventilated area (windows and doors open). If you become lightheaded or get a headache, you should move away from the strong odors and avoid them as much as possible.
- **Can I be around children with Chicken Pox?** If you have had this illness as a child, you are probably immune. If you have not, you should probably avoid direct contact. As with most illnesses including colds and coughs, use good hand washing techniques and normal precautions to avoid infection.
- **Can I travel?** Yes, if you stop and walk around every hour when traveling in a car. We recommend NO extended travel in the last trimester—please stay within 1 hour's distance from home. These are basic guidelines—check with us on specific questions.
- **How do I know when to go to the hospital?** If your membranes rupture (if you have a "gush" of wetness), or regular time-able contractions or vaginal bleeding. Call if you have any questions!
- **Can I mow the lawn?** No, that's your husband's job.