

Welcome to Parenthood



This is a time that brings many feelings . . . joy and excitement but also worry and uncertainty. At The University of Tennessee Medical Center, we believe a good understanding of your pregnancy and birth experience is important. Our goal is to provide the highest quality of healthcare and a positive and rewarding experience for you and your family.

A healthy pregnancy begins with good, early and constant prenatal care. Our providers offer high quality care that includes state-of-the art ultrasound and lab testing. Education is an important part of our patient and family-centered care. We believe that expectant parents, who are well prepared before, during, and after the birth of their child, experience greater satisfaction with the total pregnancy.

Our patient and family-oriented Labor and Delivery center was specifically designed for convenience, comfort and safety. Each labor, delivery and recovery room allows plenty of space for family while providing the most up-to-date pregnancy care available. Following delivery, the Mother/Baby unit provides a soothing environment to promote bonding between you and your baby.

Should your baby need specialized care, our Level III Neonatal Intensive Care Unit (NICU) provides the highest level of newborn care. The Labor and Delivery unit,



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Neonatal Intensive Care unit, and Mother/Baby unit are all conveniently located on the third floor of the medical center so that you do not have to go anywhere else for your care.

Please always talk to your provider for specific questions about your pregnancy.

General Instructions during Pregnancy



- If you currently smoke, STOP!! Avoid second hand smoke.
- Do not use alcohol, street drugs, or addictive prescription drugs.
- Always wear your seat belt in the car. Push the lap belt below your abdomen and across the hips. Always wear your shoulder belt.
- Exercise daily; walking is smart. Ask your doctor before beginning a new exercise program or continuing strenuous high level physical activity. Stop exercise if you have problems or if your heart rate is above 160.
- Eat a healthy diet every day that includes selections from all the basic food groups. Do not eat non-food items such as clay or starch.
- Ask your provider if you plan to travel.
- Sexual relations are permitted unless your doctor recommends against it.
- Avoid risky sexual practices with multiple partners and avoid unprotected sex.
- Avoid use of hot tubs, Jacuzzis and tanning beds.
- Avoid X-rays, cat litter, eating raw meat and shellfish, unpasteurized juice and dairy products, and gardening without gloves and mask.
- Avoid workplace hazards and harmful agents known to affect pregnancy.



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- Continue medical care with your primary care doctor unless directed otherwise.
- Do not douche, use feminine sprays, powders, or bubble bath.
- See your dentist regularly. If you have problems, seek care soon.
- Seek help if you are a victim of physical, emotional, or sexual violence.
- Seek help if you have periods of severe, ongoing depression, or anxiety.

Medications during Pregnancy

The following is a list of general instructions and important pregnancy guidelines to help you get started with your prenatal care.

- Talk to your provider before taking any medications or herbal products
- Aspirin, Motrin, Advil and Aleve (NSAIDS) are not advised
- Avoid exposure to all medications during the first 13 weeks of pregnancy if possible
- Take only the daily recommended dose of medications
- Remember, no medications are considered 100% safe



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Over the Counter Medications Suggested for Use in Pregnancy

Cold and Cough	Indigestion / GI reflux - No Acid	Pain Relievers	Skin Irritation
Chlor-Trimeton Sudafed - Small risk of fetal abdominal defect if used in 1st trimester Actifed Benadryl Vicks Cough Drops Vicks VapoRub Robitussin DM Benylin Titalac plus - OK for diabetics * Do not take Sustained Action (SA) forms	Tums Roloids Maalox Mylanta Tagamet Pepcid	Acetaminophen (Tylenol or Regular Strength) Aspirin Free Excedrine Anacin 3 Panadol	Benadryl Cortisone cream - 1% Polysporin Lanacort
Sleep	Diarrhea - No Lomotil	Yeast	Miscellaneous
Nytol Sominex-2 Unisom Tylenol PM	Kaopectate Imodium	Lotrimin Femstat Monistat	RID Insect Spray Skin So Soft
Gas	Constipation	Hemorrhoids	
Gas X Mylicon Phazyme	Milk of Magnesia Senekot Metamucil Citrucel Miralax FiberCon Colace	Preparation H Anusol Tucks	

Eating For A Healthy Baby

Did you know...

- It takes an added 300 calories a day to have a healthy baby
- Breastfeeding mothers need an extra 500 calories a day
- Skipping meals and dieting are serious threats to a developing baby
- Pregnant women should not restrict salt or use diuretics (water pills) to control swelling
- If you don't gain enough weight during pregnancy, you may have a smaller baby



What good nutrition will do...

Women with a healthy diet have fewer complications during pregnancy and labor. They also deliver healthier babies. A nutritious diet is one of the most important things you can do for you and your unborn child. If you are not eating enough or you are underweight, you and your baby compete for calories and nutrients.

Age - Pregnant women under age 18 need more fresh fruits, vegetables, whole grains, protein, calcium, and vitamins. Women over age 35 are more likely to have complications such as diabetes or high blood pressure during pregnancy. These conditions require careful medical monitoring and a special diet.



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Weight - Women, who start their pregnancy at a normal weight and gain 25-35 pounds (or 37-50 pounds for twins) over the 9 months of pregnancy, generally have fewer problems than women who gain more weight or less weight.

Your body builds reserves to sustain your baby's rapid growth and provide energy for labor, delivery, and breastfeeding. Many women have carefully watched their weight for years and may worry about gaining too much when they are pregnant. At this time, the priority should be on gaining enough to promote the full development of your baby.

Your provider will guide you in determining the appropriate weight gain for you.

Always Eat a Healthy Diet for a Healthy Baby...

- Do not skip meals or diet while you are pregnant
- Get adequate nutrients for you and your developing baby by choosing foods wisely and eating frequently
- Examine your eating habits for a healthy baby
- Increase calories by 100-300 extra calories per day
- Choose healthy foods from the 5 food groups: fruits, vegetables, grains, protein and milk
- Go easy on foods high in sugar and low in nutrients, such as candy, cake, pastries and rich desserts
- Broil, bake, grill or stir-fry foods instead of frying
- Limit high calorie fast foods
- Drink plenty of water; at least 6-8 glasses per day
- Avoid beverages with caffeine
- Limit caffeine to 300 mg

Discuss dietary questions with your physician.

Prenatal Exercise



Mild to moderate exercise during pregnancy is healthy regardless of whether you are already in shape or are just now making the decision to improve your health. It is wise to discuss any new exercise program with your provider before you start a program. Keep in mind that the type of exercise you do depends on your health and fitness level. Most women can continue to exercise throughout pregnancy. However, some pregnancy complications will require that you stop for the well-being of yourself and your baby.

Prenatal exercise is known to:

- Improve circulation, thereby reducing the severity of common discomforts of pregnancy
- Improve your mood and help you feel and look better
- Improve relaxation and enhance sleep
- Promote strength and stamina to prepare you for labor
- Start the process of easier recovery after delivery

A few tips to make exercise fun, healthy, and safe with the pregnant mom in mind include:

- Exercise routinely to avoid long periods of inactivity
- Wear cool, comfortable clothing and shoes
- Do not exercise at a level higher than what you are used to
- Do not work up a heavy sweat or work out until you are exhausted



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- Low impact exercise is ideal. Walking and swimming are easy and fun
- Drink plenty of fluids
- Get up slowly to avoid dizziness or fainting
- Lying on your back after 20 weeks of pregnancy can decrease the blood flow to your baby so always lie more to the side
- Make sure you have a cool down period after more intense activity
- Be careful with stretching too far as uterine ligaments and joints will become painful

Things to Think about before your Baby is Born



There are many things to think about and decide before your baby arrives. The following items will assist you with many things to prepare for in the coming months.

Pre-Registration for Labor and Delivery

At about 28 weeks of pregnancy, we recommend that you pre-register for your care in Labor and Delivery. By doing this early, the hospital is aware that you plan to deliver with us. We will have important information available before you arrive, such as insurance and personal contact information that we need for admission. Pre-registering will save you the time of doing it when you come in to deliver your baby. The forms are located in the physician's office, or you can go online and complete your pre-registration. The Patient Registration office is located in the main lobby of the Heart Hospital.

Childbirth Preparation Classes

Consider registering for childbirth classes between 24 and 28 weeks. They fill up quickly, and you will want to participate before you get too far along in your pregnancy. Visit UTMedicalCenter.org or call 865-305-9300 for information and registration.



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Infant CPR Classes

CPR classes for infants are available through UT Medical Center, East TN Children's Hospital, the American Heart Association and the American Red Cross. Call UT Medical Center at 865-305-9300 or one of the other facilities and find a class near you to take before your baby is due.

Breastfeeding

Breast Fed Is Best Fed-The experience of breastfeeding is special for so many reasons including:

- Joyful bonding with your baby
- Perfect nutrition only you can provide
- Cost savings
- Health benefits for both mother and baby

For a complete list of classes, please visit UTMedicalCenter.org

Breast milk has disease-fighting antibodies that can help protect infants from several types of illnesses. Mothers who breastfeed have a lower risk of future health problems such as breast cancer and Type 2 diabetes. You are special because you can make the food that is uniquely perfect for your baby. Invest the time in yourself and your baby – for your health and for the bond that will last a lifetime.

Keep in mind that breastfeeding is a learned skill. It requires patience and practice. For some women, the learning stages can be frustrating and uncomfortable. Some situations like premature births can make breastfeeding even harder. We highly encourage moms whose babies are premature to breastfeed because of the wonderful benefits it has for your baby's developmental needs.

We provide breastfeeding assistance through our Lactation Department.

Circumcision

The decision to circumcise baby boys is a personal one. We believe that the decision to have this surgical procedure is best made after the risks and benefits of the procedure have been discussed between you and your OB and/or pediatrician. If you decide to have your baby circumcised, it is usually performed by the obstetrician prior to discharge. You will be asked your decision upon admission.

Pediatrician

Prior to leaving the hospital, you will need to provide the name of a permanent pediatrician or primary care doctor who will care for your baby after you go home. We recommend that you contact a doctor of your choice by the 7th month of your pregnancy to make an appointment for your baby after he or she is born. Ask your family, friends, and neighbors in your area who they would recommend if you don't already have a doctor in mind. During your hospital stay, the hospital neonatologists will take care of your baby until he or she is discharged unless you have made arrangements for your pediatrician to care for your baby during this time.

Car Seats

Tennessee State law requires the use of an infant car seat. You will need to have an approved car seat before you can take your baby home from the hospital. It is wise to shop for a seat well ahead of your due date. Make certain the car seat you choose is government approved. Fit the seat into your automobile so when you are ready to bring your infant home, you will know how to fasten your baby securely. Ask your doctor or nurse for information on getting a car seat if you can't afford to purchase an approved seat.

WIC

The special federal nutrition program for Women, Infants and Children (WIC) is managed by the State of Tennessee and supplies food to those families who meet the eligibility requirements. All TennCare and Medicaid patients are encouraged to enroll in WIC. You will need to present a "Proof of Pregnancy" form to the WIC office at the Health Department in your local area.

When to Contact Your Provider



If you experience any of the following call your provider or go to the Emergency Room. The following symptoms should be treated immediately:

- Fever of 100.4 or higher with or without chills
- Chest pain
- Shortness of breath that does not resolve with rest
- New onset of persistent heart palpitations
- Leg calf (lower leg) pain not related to leg cramps
- Dizziness or feeling faint that does not pass after lowering your head or that does not end in a short period of time
- Severe headache that does not go away with Tylenol
- Blurred or vision floaters that last more than a few moments
- Severe swelling of face, hands, and feet
- Seizures
- Severe vomiting or diarrhea with no urination for more than 6-8 hours
- Flank or bladder pain, burning, or bleeding with urination
- Vaginal bleeding
- Abdominal pain or cramping that continues or gets worse
- Decreased or absent fetal movements after 23 weeks gestation
- Sudden gush or continuous leaking of fluid from the vagina
- Persistent contractions before 37 weeks (more than 4 contractions in 1 hour)
- Severe injury to the abdomen



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Preterm Labor



When labor starts before the end of 37 weeks, it is called preterm labor. The cause of preterm labor is not known but some conditions, such as having had a preterm baby before, or carrying twins, are known risks. Identifying and controlling preterm labor is important because we know that premature babies have more health problems than babies who are born full term.

There are things you can do to lessen your chances of preterm labor such as:

- Get early and regular prenatal care
- Eat a healthy, balanced diet
- Quit smoking!
- Avoid drug use
- Avoid risky sexual practices such as multiple partners and unprotected sex
- Report symptoms of bladder and vaginal infections

Sometimes, no matter how well you take care of yourself, preterm labor occurs.

Preterm labor doesn't always feel like labor pains. When it begins, the warning signs may seem very mild. If you are unsure as to whether you are having contractions, monitor yourself. Lie down and gently touch your entire abdomen with your fingertips. During a contraction, your abdomen will feel hard then soft. These early contractions may not be painful. Sometimes contractions will go away if you empty your bladder, lie down and rest while drinking several glasses of water.



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If you are still experiencing contractions or have any of the following symptoms, call your provider for instructions right away if you are less than 38 weeks pregnant:

- Constant contractions, four or more per hour, or cramping, that may feel like your baby is “balling up” or “pushing down”, or an overall tightening that may not hurt
- Pelvic pressure or lower abdominal or thigh pain that comes and goes
- Constant, dull, low backache
- Intestinal cramps with or without diarrhea
- A change in vaginal discharge, especially an increase of mucous or water leaking from the vagina
- Any vaginal bleeding or spotting
- Your water breaks noted by a gush or trickle of watery fluid

True Labor vs. Pre Labor

At Term or After 37 Weeks

Following are some facts that will help you decide if you are in pre labor or true labor and when to call your provider.

Pre Labor

Pre labor at term is when you experience contractions but you are not in labor. Your body is not trying to trick you. These are practice contractions. They usually occur in the late afternoon and evening after increased activity and when you are tired. They can be painful but not always. Not all women have pre labor. Some have cramping and pain for several weeks while others have no sign of contractions until true labor starts.

Some ways to tell that the labor pains are pre labor pains include:

- Pre labor contractions are irregular; there is no pattern to them
- The time between pre labor contractions is usually long, and they don't get closer together
- Pre labor contractions are shorter, lasting 20-30 seconds
- Pre labor pains do not get more intense or stronger with time
- You may feel them in the uterus or groin and they usually feel like a menstrual cramp
- Pre labor pains do not get stronger with walking or activity and may stop with rest or a change in position
- Pre labor does not usually produce any vaginal drainage other than a normal, thick white or clear mucous-like discharge
- The cervix may soften but does not open
- The bag of water won't break
- The baby is still high in the uterus

True Labor

True labor is determined by contractions that cause the cervix to thin and open. Some women have signs ahead of time that labor is near, and others do not.



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Some tips to help you know you have started true labor include:

- Contractions may be irregular at first but become regular, longer, stronger and closer together
- Contractions last longer than false labor, usually 30-70 seconds each
- Most contractions do not last more than 90 seconds
- True labor contractions often begin in the low back and radiate to the front
- Contractions usually get stronger with walking, and lying down does not make them go away
- True labor contractions often cause a pink tinged discharge (bloody show) or a lump of mucous called the mucous plug from your vagina. This is normal
- The water breaks in about 11% of moms
- The baby moves down in the pelvis
- Many women complain of diarrhea before true labor contractions start

Call your provider if:

- Labor symptoms start before 37 weeks of pregnancy
- You have vaginal bleeding
- Your water breaks—even if you're not having contractions
- You have severe and/or constant abdominal pain that is getting worse
- Your baby is not moving normally
- You have fever of 100.4 or higher
- You have regular contractions that come 5-7 minutes apart and last 30-70 seconds for 1-2 hours, and they are getting more intense

Things You May Want to Bring to the Hospital



- Gowns, slippers, bathrobe and regular clothing
- Toiletry items
- List of medications and dosages
- Special things for comfort such as pillows, squeeze ball, or picture of your other children
- Favorite music
- Camera
- Favorite snacks
- Small amount of money
- Reading materials
- Clothes for your baby
- Car seat
- Baby announcements
- Address/Phone number list



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Free WiFi is available in patient rooms and in many areas of the hospital.

It is recommended that you leave all valuables at home (rings, expensive watches, wallets). Please remember that the medical center cannot be responsible for lost or stolen personal belongings.

It's My Birthday, Give Me a Hug!

Skin-to-Skin Contact for You and Your Baby



What is "Skin-to-Skin"?

Skin-to-skin means your baby is placed belly down, directly on your chest right after they are born. The baby will be dried off, covered with a warm blanket and hat, then settled on your chest. The first hours of snuggling skin-to-skin let you and your baby get to know each other. Your chest is the best place for your baby to adjust to life in the outside world. Compared with babies who are swaddled or kept in a crib, skin-to-skin babies stay warmer and calmer, cry less and have better blood sugars. This technique also has many other important health benefits. If the baby needs to meet the pediatricians first, or if you deliver by c-section, you can unwrap the baby and cuddle shortly after birth. Newborns crave skin-to-skin contact but it's sometimes overwhelming for new moms. It's ok to start slowly as you get to know your baby.

Breastfeeding

Snuggling gives you and your baby the best start for breastfeeding. Research studies have shown that skin-to-skin babies breastfeed better. They also keep nursing an average of six weeks longer. The American Academy of Pediatrics recommends that all breastfeeding babies spend time skin-to-skin right after birth. Keeping your baby skin-to-skin in their first few weeks makes it easy to know when to feed the baby especially if the baby is a little sleepy.



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Bonding

Skin-to-skin cuddling may affect how you relate with your baby. Researchers have watched mothers and infants in the first few days after birth. They have noticed that skin-to-skin moms touch and cuddle their babies more. Even a year later, skin-to-skin moms snuggled more with their babies during a visit to their pediatrician.

Skin-to-skin beyond the delivery room

Keep cuddling skin-to-skin after you leave the hospital. Your baby will stay warm and comfortable on your chest, and the benefits for bonding, soothing and breastfeeding will likely continue well after birth. Skin-to-skin can help keep your baby interested in nursing when sleepy. Dads can snuggle too. Fathers and mothers who hold babies skin-to-skin help keep them calm and cozy.

C-Section Cleansing Procedure



Take a shower or bath the night before and the day of surgery.

It is highly recommended that patients follow the instructions listed below to reduce the risk of infection when having surgery. Following these directions will greatly reduce the number of micro-organisms on the skin and reduce the risk of contamination of surgical sites.

Preparing for Cleansing Your Body

1. Take the CHG (chlorhexidine gluconate) scrub brush, provided by your physician, and follow instruction below.
2. Prepare CLEAN, freshly washed wash cloths, towels and clothes for each shower or bath.
3. Use CLEAN, freshly washed bedding!

Shower Instructions

Follow the instructions below in the order written.

1. Wash and rinse your hair using your normal shampoo.
2. Make sure you completely rinse the shampoo from your hair and body.
3. Completely wash your body and groin area with regular soap.
4. Use sponge side of provided CHG scrub brush and lather your entire body from your waist down. Do not apply to or around your eyes or genital area.



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5. Either turn off the water or move away from the water spray to avoid rinsing the soap solution off.
6. Gently wash your entire body again.
7. Using the sponge side the CHG scrub brush, scrub your abdomen for three (3) minutes. Use a Q-tip to clean inside your belly button. Avoid scrubbing your skin too hard.
8. Rinse the CHG soap solution off your body completely with warm water.
9. Do not use regular soap after washing with CHG soap.
10. Dry off by patting your abdomen dry and drying off your entire body with a CLEAN towel.
11. Dress with freshly washed CLEAN clothes after each shower.
12. Do not apply any lotions, deodorants, powders or perfumes to your body.

Bathing Instructions

If you do not have a shower, follow these instructions.

1. Wash and rinse your hair using your normal shampoo and completely wash your body and groin area with regular soap.

2. Dry off using a clean towel.
3. Drain the tub and rinse tub thoroughly. Remove all soap scum.
4. Refill tub with clean water.
5. Use sponge side of provided CHG scrub brush and lather your entire body from your waist down. Do not apply to or around your eyes or genital area.
6. Stand up in the tub to avoid rinsing the soap solution off.
7. Gently wash your entire body again.
8. Using the sponge side the CHG scrub brush, scrub your abdomen for three (3) minutes. Use a Q-tip to clean inside your belly button. Avoid scrubbing your skin too hard.
9. Rinse the CHG soap solution off your body completely with warm tap water using a clean plastic cup or water bottle.
10. Do not use regular soap after washing with CHG soap.
11. Dry off by patting your abdomen dry and drying off your entire body. Use a CLEAN, freshly laundered towel for each bath (do not re-use).
12. Dress with CLEAN freshly washed clothes after each bath.
13. Do not apply any lotions, deodorants, powders or perfumes to your body.