

About Women By Women

Advice on Alleviating Nausea and Vomiting in Pregnancy

Things to try:

- Taking a fresh air walk
- Seeking out air-conditioned places in the summer
- Taking slow deep breaths
- Meditation
- Massage
- Listening to relaxing music
- Hypnosis
- Acupuncture or acupressure with Sea Bands bracelets

Food/Eating changes:

- Eating small amount every 2 hours
- Increasing protein snacks: peanut butter, cheese, and nuts
- Lemon: lemonade, lemon candies, a fresh lemon in water or iced tea
- Ginger: ginger ale, ginger snaps, ginger candies
- Avoiding liquids with meals
- Bland foods: rice, crackers, pretzels, bagels, pasta, potatoes, dry cereal
- Foods with built-in fluid: popsicles, watermelon, oranges
- Some atypical foods: potato chips, dill pickles

If nausea persists, try Unisom (doxylamine succinate) at bedtime. Although it is an over-the-counter sleeping aid, it is also an anti-nausea medication that is safe to use in pregnancy. You may sleep well, and wake up less nauseous.

Adding vitamin B6 (25-50 mg three times per day) can be helpful.

Ginger capsules (250 mg three times per day) can be helpful.

Please call the office if your symptoms do not improve, or if you have not kept down any food or fluids for 24 hours.

AWBW Pregnancy Reading List

Your Pregnancy Week by Week (2016)
by Glade Curtis and Judith Schuler

Mayo Clinic Guide to a Health Pregnancy (2018)
by Myra Wick

Your New Pregnancy Bible: The Experts' Guide to Pregnancy and Early Parenthood (2015)
by Keith Eddleman and Joanne Stone

The Pregnancy Countdown Book: Nine months of Practical Tips, Useful Advice, and Uncensored Truths (2012)
by Susan Magee and Kara Nakisbendi

Pregnancy, Childbirth, and the Newborn: The Complete Guide (2016)
by Penny Simpkin, Janet Whalley, et al.

The Girlfriends Guide to Pregnancy (2007)
by Vicki Iovine

The Healthy Pregnancy Book: Month By Month, Everything You Need to Know from America's Baby Experts (2013)
by William Sears and Martha Sears

The Baby Bump: 100's of Secrets to Surviving Those 9 Long Months (2010)
by Carley Roney

Pregnancy Day By Day (2018)
by DK and Maggie Blott

Fathering

The Expectant Father: Facts, Tips and Advice for Dads-to-Be (2015)
By Armin Brott and Jennifer Ash

We're Pregnant! The First Time Dad's Pregnancy Handbook (2018)
By Adrian Kulp

Dude, You're Gonna Be a Dad!: How to get (Both of You) Through th Next 9 Months (2011)
By John Pfeiffer

Websites

babycenter.com

whattoexpect.com

womenhealth.gov/pregnancy

acog.org/patients

americanpregnancy.org

thebump.com

Apps

What to Expect Pregnancy & Baby Tracker

WebMD Pregnancy

The Bump – Pregnancy Countdown

Hello Belly: Pregnancy Tracker

Pregnancy Tracker – Baby Center

Ovia Pregnancy Tracker

Sprout Pregnancy

Glow Nurture – Pregnancy App

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.

What is a serving?

To find out, use the palm of your hand!



For an adult
4 ounces



For children,
ages 4 to 7
2 ounces

Best Choices

Anchovy	Herring	Scallop
Atlantic croaker	Lobster,	Shad
Atlantic mackerel	American and spiny	Shrimp
Black sea bass	Mullet	Skate
Butterfish	Oyster	Smelt
Catfish	Pacific chub	Sole
Clam	mackerel	Squid
Cod	Perch, freshwater	Tilapia
Crab	and ocean	Trout, freshwater
Crawfish	Pickering	Tuna, canned light
Flounder	Plaice	(includes skipjack)
Haddock	Pollock	Whitefish
Hake	Salmon	Whiting
	Sardine	

OR

Good Choices EAT 1 SERVING A WEEK

Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Buffalofish	Rockfish	Tuna, albacore/white tuna, canned and fresh/frozen
Carp	Sablefish	Tuna, yellowfin
Chilean sea bass/Patagonian toothfish	Sheepshead	Weakfish/seatout
Grouper	Snapper	White croaker/Pacific croaker
Halibut	Spanish mackerel	
Mahi mahi/dolphinfish	Striped bass (ocean)	

Choices to Avoid

HIGHEST MERCURY LEVELS

King mackerel	Shark	Tilefish (Gulf of Mexico)
Marlin	Swordfish	Tuna, bigeye
Orange roughy		

*Certain fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories. Use fish advisories or other community resources for more information. If you have any questions, you can call 1-800-452-6711.

















www.FDA.gov/foodanddrugs
www.EPA.gov/fishadvis



FDA U.S. FOOD & DRUG ADMINISTRATION

FOOD SAFETY for Baby and Me

Learn the food safety steps that will keep expecting moms safe from foodborne illness.

FOODS TO AVOID WHILE PREGNANT		
Foods to Avoid	Here's Why	Foods to Eat
 Raw seafood	May contain parasites or bacteria	 Fish cooked to 145 °F
 Unpasteurized juice, cider and milk	May contain <i>E. coli</i> or <i>Listeria</i>	 Pasteurized versions are safer alternatives.
 Soft cheese and cheese made from unpasteurized milk	May contain <i>E. coli</i> or <i>Listeria</i>	 Hard cheese & cheese made with pasteurized milk
 Undercooked eggs	May contain <i>Salmonella</i>	 Eggs with firm yolks
 Premade deli salads (egg, pasta, chicken, etc.)	May contain <i>Listeria</i>	 Make these dishes at home
 Raw sprouts	May contain <i>E. coli</i> or <i>Salmonella</i>	 Cook thoroughly
 Cold hot dogs and luncheon meats	May contain <i>Listeria</i>	 Reheat to steaming hot or 165 °F
 Undercooked meat and poultry	May contain <i>E. coli</i> , <i>Salmonella</i> , <i>Campylobacter</i> , <i>Toxoplasma gondii</i>	 Meat and poultry at or above the USDA recommended internal temperature

SAFE INTERNAL COOKING TEMPERATURES

145 °F  Beef, pork, veal and lamb steaks, roasts and chops with a 3 min rest time
Fish

160 °F  Egg dishes
Ground beef, pork, veal and lamb

165 °F  Whole, ground, or pieces of chicken, turkey and duck

DANGERS OF LISTERIA AND TOXOPLASMA GONDII

Listeria monocytogenes

Pregnant women are **10 times more likely** to get Listeriosis.



Listeriosis can cause:

-  Miscarriages
-  Premature labor
-  Low-birth weight
-  Infant death



50% of Toxoplasmosis infections in the U.S. are acquired from food.

Toxoplasma gondii



Toxoplasmosis can cause babies to develop:

-  Hearing loss
-  Blindness
-  Intellectual disability
-  Brain or eye problems later in life

REMEMBER



Clean: Wash hands and surfaces often.



Separate: Keep raw meat and poultry separate from ready-to-eat foods.



Cook: Cook foods to the proper internal temperature.



Chill: Get leftovers to the fridge within 2 hours of being cooked.



For more food safety tips, go to FoodSafety.gov

ADDITIONAL SOURCE: CDC

FRUIT

FRUIT	ORGANIC	VERY LOW	LOW	MEDIUM	HIGH	VERY HIGH
Peaches	👉				Chile, USA	
Tangerines	👉				Chile, South Africa, USA (Australia, Spain)	
Plums	•		USA		Chile ¹	
Nectarines	👉			USA	Chile ¹	
Apples	•		New Zealand		USA	
Strawberries	👉				USA, (Mexico)	
Cantaloupe	•	Honduras, Mexico			USA	
Cranberries	👉			USA		
Mangoes	•	Mexico		Brazil		
Pears	•					
Oranges	•					
Cherries	•					
Grapefruit	•					
Watermelon	•					
Blueberries	•					
Grapes	•					
Raspberries	•					
Apple Sauce	•					
Bananas	•					
Raisins	•					
Papaya	•					
Peaches, Canned	•					
Pineapples	•					
Plums, Diced (Prunes)	•					

¹ Check with supplier that 100% are for countries in parentheses, and also source placed country in displayed category, but sample size was small and there is 100% certainty.

👉 ALWAYS BUY • RECOMMENDED BUY


VEGETABLES

COMMODITY	ORGANIC	VERY LOW	LOW	MEDIUM	HIGH	VERY HIGH
Green Beans	👉				Mexico	USA
Sweet Bell Peppers	👉				USA	Mexico
Hot Peppers	👉				USA	Mexico
Winter Squash	•	Guatemala	Honduras, Mexico		USA	
Cucumbers	•		Canada			
Summer Squash	•		Mexico			
Snap Peas	•		Mexico, USA			
Tomatoes	•		Canada		Guatemala, Peru	
Sweet Potatoes	👉			USA	Mexico	
Cherry Tomatoes	•		USA			
Celery	•	Mexico				
Carrots	•					
Greens, Kale	•		Mexico	Canada, Mexico, USA		
Potatoes	•		Canada			
Asparagus	•	Mexico				
Eggplant	•		USA			
Lettuce	•	Honduras				
Spinach	•		Mexico, USA			
Greens, Collard	•		Mexico, USA			
Cauliflower	•		Mexico, USA			
Cilantro	•	USA	Mexico			
Green Onions	•	Mexico				
Broccoli	•	USA				
Mushrooms	•					
Cabbage	•					
Sweet Corn	•					
Avocado	•					
Onion	•					

👉 ALWAYS BUY • RECOMMENDED BUY

Common Medications That Are Safe In Pregnancy

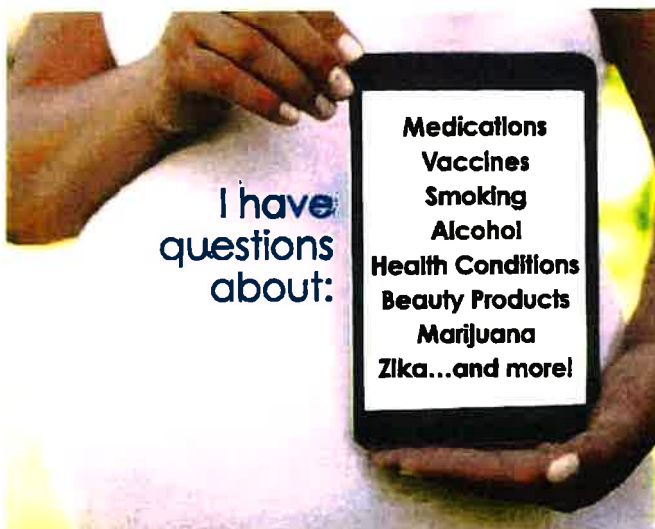


<p><u>Stool Softeners (for constipation):</u></p> <p>Docusate (Colace) Metamucil Miralax</p> <hr/> <p><u>Hemorrhoid Care:</u></p> <p>Anusol/Anusol HC Hydrocortisone cream Preparation H Tucks Vaseline lotion (applied to tissue w/ wiping)</p>	<p><u>Common Cold Remedies:</u></p> <p>Acetaminophen (Tylenol)* Max. 3000 mg/day Tylenol Sinus Sudafed (AFTER 13 weeks and NO BP issues) Chloraseptic Spray (for sore throat) Tylenol PM Flonase Guaifenesin (Robitussin, Robitussin DM) Saline drops Diphenhydramine (Benadryl) Nasal spray (Ayr, Ocean) Throat lozenges (Ricola, Halls) Increasing fluid intake Zinc + Vitamin C Salt Water Gargle</p>
<p><u>Food Alternatives for Constipation:</u></p> <p>Watermelon Blueberries Prunes</p>	<p><u>Antifungal Agents:</u></p> <p>Miconazole (Monistat 7) Clotrimazole (Gyne-Lotrimin) Femstat</p>
<p><u>Antacids (for heartburn):</u></p> <p>Mylanta Maalox Riopan or Riopan Plus TUMS Rolaids Papaya Enzyme Tablets (also good for indigestion) Almonds (also good for gas and nausea) Charcoal caps (for gas) Ranitidine (Zantac) Ramositidine (Pepcid) Lansoprazole (Prevacid)</p>	<p><u>Pain Relievers:</u></p> <p>Acetaminophen (Tylenol)* Max. 3000 mg/day Warm or cold compresses Massage Acupuncture</p>
<p><u>Seasonal Allergies:</u></p> <p>Cetirizine/Zyrtec (5-10 mg) Loratadine/Claritin (10 mg) Diphenhydramine/Benadryl (25-50 mg) Flonase Nasacort</p>	<div style="text-align: center;">  </div> <p style="text-align: center;"><i>Please consult your provider regarding the use of:</i></p> <ul style="list-style-type: none"> -Aspirin -Ibuprofen -Marijuana - Afrin -Narcotics - Pepto Bismol -Allegra

Reminder: This is NOT an exhaustive list. If you have any questions, please call our nursing line at 781-263-0033.

Additionally, please follow the medication package for directions.

What's safe during pregnancy or breastfeeding?



FREE – CONFIDENTIAL – CONVENIENT

CALL (866) 626-6847

TEXT (855) 999-3525

EMAIL & CHAT MotherToBaby.org

**NEW! "MotherToBaby" app
for IOS & Android**



MotherToBaby

Medications & More During Pregnancy & Breastfeeding
Ask The Experts

MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS) and is a suggested resource by agencies like the Centers for Disease Control and Prevention (CDC). Learn about sharing your pregnancy in an important pregnancy study on MotherToBaby.org.

Find [MotherToBaby](https://www.facebook.com/MotherToBaby)



AWBW Breastfeeding Resources

Breastfeeding Classes

Classes are offered at many places in the Boston area including Newton-Wellesley Hospital.
www.nwh.org/classes-and-resources/classes/childbirth-education

Nursing Mothers Council

This organization has trained breastfeeding counselors in the Boston area who are available to answer questions and offer support for free.

www.bace-nmc.org/breastfeeding-help

La Leche League

Find breastfeeding support groups that meet in the New England area.

www.lllmarivt.org

Lactation Consultants

There are many Lactation Consultants in the Boston area. Lactation consultants have passed a rigorous certification exam requiring thousands of hours of breastfeeding counseling experience before eligibility to take the exam. Check with your pediatrician's office to learn whether they have a lactation consultant on staff. Take full advantage of Newton-Wellesley lactation consultants when in the hospital. We confidently recommend the following Newton group for additional help:

www.lactationcare.com

You can also find lactation consultant in your zip code at:

www.zipmilk.org/states/massachusetts

Breast Pumps

Many insurance companies cover breast pumps at no cost to patients. Contact your insurance company to determine your coverage, and, if covered, what specific medical supplier you must use. Your provider can prescribe the pump in your third trimester so you can obtain it during your pregnancy. A pump can also be obtained while you are at the hospital for your postpartum stay.

Helpful Websites

International Breastfeeding Centre (Canadian)

www.ibconline.ca

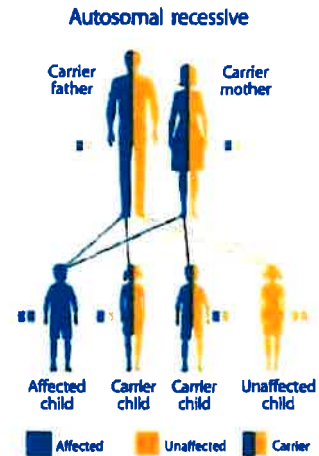
Kelly Mom Parenting & Breastfeeding

www.kellymom.com

Carrier Screening for Genetic Disease

What causes a genetic disease?

Many genetic diseases are "autosomal recessive." Autosomal recessive diseases occur when a person has two mutations (changes) in their genes. The two mutations are inherited from his/her parents – one from their mother and one from their father. The person's parents are called "carriers," which means they have one mutated and one normal gene. In autosomal recessive disease, one mutation is usually not enough to cause any health problems. In fact, since carriers are often healthy, most do not know they are carriers until they have a child born with the disease.



When both parents are carriers of a mutation for the same disease, there is a 25% (1 in 4) chance of passing both mutations to the child, who can then be affected by the disease.

How can I determine my carrier status?

DNA testing is available to identify genetic disease carriers. It is important to remember that while these tests are accurate at identifying many carriers, they cannot detect all carriers.

What can I do about my results?

If carrier testing identifies that both parents are carriers, there is a 25% chance of having a child with the disease. Some couple may choose to have testing during pregnancy to determine whether the disease was inherited. Others may choose not to do testing, but have the opportunity to prepare for the possible birth of a child with a genetic disease.

What are the limitations to genetic screening?

The primary limitation is that not all carriers will be identified. This occurs because most screening tests are looking for the most common mutations, so an individual with a rare mutation may not be detected. Further genetic testing may be helpful, depending on individual circumstances, family history, and test results. You may consult with a genetic counselor about your results.

What is the chance that I am a carrier?

Your chance often depends on your ancestry. If you have a family history of a genetic disease, your chance maybe higher. When testing for high-risk diseases, a person will have a 5-20% chance of being a carrier of at least one high-risk disease.

We know that certain disease conditions are more prevalent in individuals of Eastern European descent. Most individuals of Jewish ancestry in North America are descended from Ashkenazi Jewish communities and thus, are at increased risk for having offspring with one of these conditions. Also, people of French Canadian and African American ancestry are at increased risk for some conditions.

Recent large-scale studies have shown that many people are carriers of diseases that are not typically associated with their stated ethnicity. For this reason, it is now recommended that people be screened for a wider panel of conditions. The disease panel used at AWBW for most patients includes 14 diseases for which carriers are commonly found in all populations.

What will I be screened for?

The following panels are offered to our patients:

ACOG/ACMG Panel

Alpha Thalassemia
Bloom Syndrome
Canavan Disease
Cystic Fibrosis
Duchenne/Becker Muscular Dystrophy
Familial Dysautonomia
Fanconi Anemia
Fragile X Syndrome
Gaucher Disease
Hb Beta Chain-Related Hemoglobinopathy
Hexosaminidase A Deficiency
Mucopolipidosis IV
Neimann-Pick Disease
Spinal Muscular Atrophy

Ashkenazi Jewish Panel

ABCC8-related Familial Hyperinsulinism
Alpha Thalassemia
Bloom Syndrome
Canavan Disease
Cystic Fibrosis
Dihydrolipoamide Dehydrogenase Deficiency
Duchenne/Becker Muscular Dystrophy
Familial Dysautonomia
Fanconi Anemia
FKTN-related Disorders
Fragile X Syndrome
Gaucher Disease
Glycogen Storage Disease Type 1a
Hb Beta Chain-Related Hemoglobinopathy
Hexosaminidase A Deficiency
Joubert 2 Syndrome
Maple Syrup Urine Disease
Mucopolipidosis IV
NEB-Related Nemaline Myopathy
Neimann Pick Disease
Spinal Muscular Atrophy
Usher Syndrome Type 3

A Comprehensive Panel of over 300 diseases is also available if desired or indicated by your family history.

Optional Tests and Billing

About Women By Women uses a specialty lab, Natera, for two optional tests offered to pregnant couples:

- (1) Carrier screening for parents (Natera calls this test "Horizon"); and
- (2) NIPS/cell-free fetal DNA screening for fetuses (Natera calls this test "Panorama").

For one or both of these tests, there can be some cost to you. Please see billing information below:

Billing Guide



Natera welcomes all insurance plans, and provides affordable testing through a variety of payment methods.

How does it work?



How much will it cost?

If you choose insurance

Most patients receiving reproductive care meet their deductible. If you've met your deductible, the average out-of-pocket expense is **less than \$249.**² If you've not met your deductible, what you pay will go towards that amount, after which insurance begins to contribute to your care. If your insurance plan denies the claim, you will be eligible for our discounted cash price.

If you choose to pay cash

Some patients have high-deductible health plans. If we estimate your cost to exceed **\$249**¹ per test, we'll contact you to discuss cash pay options.

If you're experiencing financial hardship

Don't worry. If you meet certain income criteria,³ you may be eligible for a discounted rate of **\$149**⁴ or less. Please call us for an application.



Natera is an in-network partner with the majority of health plans while working closely with all health plans across the U.S. **For an updated list, visit [natera.com/in-network-plans](https://www.natera.com/in-network-plans)**

Questions?
877.869.3052
my.natera.com/billing

Ready to pay your bill?
pay.natera.com

More Questions?

Call, text, or e-mail our Natera experts.

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