



Maternity Care

Yelm Family Medicine, PLLC is proud to offer a new service to our growing community – prenatal care!

Dr. Chelsea Unruh and **Dr. Cynthia Wilson** are Family Medicine physicians. Both have dedicated training in Obstetrics and provide care to pregnant women of all ages who are considered low risk. Low risk pregnancies include otherwise healthy women with singleton pregnancies (no twins).

All visits are done at our local Yelm office and we are affiliated with Providence St. Peter Hospital in Olympia, for the delivery of your baby. Cesarean Sections are performed in conjunction with OBGYN doctors at St. Peter Hospital.

Drs. Unruh & Wilson will also take care of your baby while you are in the hospital if you plan to bring the baby to our office!



These helpful tips are not intended to diagnose you. If you feel your symptoms require a physician's attention, please call using the information below or go to the hospital.



YELM FAMILY MEDICINE, PLLC

201 Tahoma Blvd. S.E., Unit 102
Yelm, WA 98597

Office Phone: (360) 458-7761
After Hours: (360) 458-7761
St. Peter Hospital: (360) 491-9480

www.yelmfamilymedicine.com

Helpful Resources:

- www.americanpregnancy.org
- www.text4baby.org
- www.whattoexpect.com
- www.nursefamilypartnership.org



YELM FAMILY MEDICINE, PLLC

Pregnancy Care Guide



Before Your First Appointment:

- Start taking your prenatal vitamin
- Stop cleaning your kitty litter box
- Avoid deli meat, fish high in mercury (Albacore Tuna, swordfish, shark, mackerel, tile fish) and raw or undercooked eggs/meat
- Limit or completely stop drinking caffeine
- Stop smoking and avoid alcohol

It's Time to Go to the Hospital When:

- You suspect your water has broken
- You are having bleeding as heavy as a period
- Your contractions are painful, every 4-6 minutes, and ongoing for at least an hour
- You are less than 34 weeks and having greater than 4 painful contractions in an hour

Prescription Medications:

Please discuss all prescriptions medicines with one of our doctors to determine if it will be safe for you to continue taking while you are pregnant.

Do NOT stop your prescription medicines until you speak with a doctor.

PLEASE READ BEFORE YOU CALL

Colds

Drink plenty of fluids. Rest. Use nasal saline rinse as needed. Get your flu shot during flu season (preservative-free). If you have a fever greater than 101, call your doctor.

Sexual Intercourse

Continue as long as comfortable unless there is spotting, your bag of water breaks, or you have been directed to stop by your doctor.

Spotting

Avoid intercourse. Do not use tampons. If cramping or bleeding is as heavy as a period, call your doctor.

Groin Pain (Round Ligament Pain)

Ligament pain can be sharp and sudden-it is caused by the uterus growing. Move carefully, rest and perform light stretching.

Decreased Fetal Movement

After 28 weeks, your baby should have 10 movements in a 2 hour period. Refer to your kick count instructions-if you haven't had 10 movements in 2 hours, please call the office or go to the hospital.

Vaginal Discharge

It is normal to have more white discharge while pregnant. However, if it is green, foul smelling or itching, call the office for an appointment.

Over the Counter Medications

No medicine is completely safe while you are pregnant, however, the following medicines are commonly used in pregnancy:

- Tylenol
- NSAIDS (Ibuprofen, Naproxen) do NOT use after 28 weeks
- Unisom (for nausea)
- Benadryl (for allergies)
- Ranitidine (Zantac) (for heartburn)
- Tums (for heartburn and extra calcium)

Nausea

Eat something on awakening, such as crackers. Eat frequent, small meals. If you are having persistent vomiting and are getting dehydrated, please call our office and you can be prescribed medicine to take. You can also try Unisom to help, though it will make you sleepy.

Heartburn

Avoid spicy foods. Eat small, frequent meals. Take Tums or Ranitidine (Zantac).

Hemorrhoids

Avoid Constipation! Sit in a tub of warm water (NOT hot) water (ie: Sitz Bath). Use Tucks pads to wipe, we also recommend Bottoms Up Balm and 1% Hydrocortisone.

Constipation

Increase water intake, eat high fiber foods such as Oatmeal, granola and plenty of fruits and vegetables.