

Useful Phone Numbers and Web Sites

Baby Your Baby Hotline: 800-826-9662

www.babyyourbaby.org

CHIP (Children's Health Insurance Program): 877-543-7669

www.utahchop.org

Immunize Hotline: 800-275-0659

www.immunize-utah.org

Information and Referral Center: 211

www.informationandreferral.org

Medicaid: 800-662-9651

www.health.utah.gov/medicaid

Poison Control Center: 800-222-1222

www.uuhsc.utah.edu/poison

Office of Child Care: 800-622-7390

www.jobs.utah.gov/occ

Pregnancy Risk Line 800 822-2229

www.prenancyriskline.org

Reproductive Health Program: 801-538-9970

www.health.utah.gov/rhp

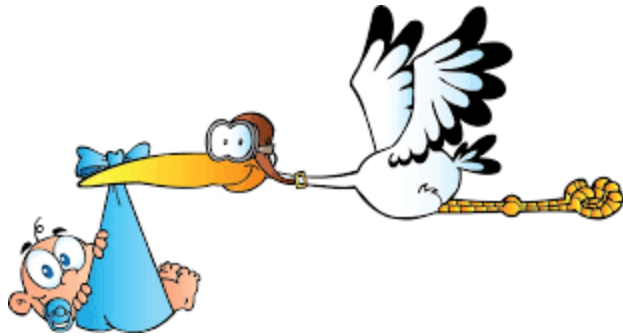
WIC (Women, Infant, Children): 877-942-5437

www.health.utah.gov/wic

MEDICATIONS THAT ARE SAFE DURING PREGNANCY

- Allergies- Claritin, Zyrtec
- Constipation- Colace(100 mg) twice daily with Metamucil (2 TBS) * drink lots of water
- Diarrhea- Imodium AD, Chicken broth, GAS- Mylanta GAS
- Heartburn- Tums, Zantac, Prilosec, Pepcid, Prevacid, Maalox, Rolaids, and Nexium
- Hemorrhoids- Preparation H, Tucks pads
- Hives- Benadryl
- Nausea and Vomiting- Use Unison and Vitamin B6 together every 6 hours and eat small meals often.
- Pain- Tylenol, Tylenol Extra strength, Tylenol PM
- Sinus Infections or Colds- Sudafed, Tylenol Sinus, Tylenol D, Allegra D, Mucinex D, Nasonex, Chloraseptic Throat Spray, Robitussin, Benadryl, Saline Nasal Spray, Emergen-C, and any cough drops
- Yeast Infection- Any over the counter cream including; Monistat and Gyne-Iotrimin

Take all medications according to the package directions. Call our office at (435) 781-1099 if you need further assistance



CAFFEINE USE DURING PREGNANCY

A recent study has revealed concerns regarding the safety of caffeine ingestion during pregnancy. Over 200 milligrams of caffeine consumption per day may increase the risk of miscarriage!

200 milligrams is equivalent to about two cups of coffee, 2 energy drinks, three teas, or about 4-5 cans of caffeinated soda.(Also about 12 servings of hot chocolate per day).

You should refrain from caffeine ingestion in the first trimester. This study did not show any risks to the fetus in the second or third trimester. After the first trimester an occasional drink of coffee, tea, or soda is fine. If you have any questions or concerns, please talk to me

Thanks

Dr. Griffith

Prenatal Testing

At your OB history appointments you will have several laboratory tests ordered. They will usually include the following test:

- Obstetrical Panel
- Glucose screening
- HIV test
- Cystic Fibrosis
- First trimester screening(Optional between 11-13 weeks)
- Chlamydia Culture
- Group B Strep Culture

1st appointment

Obstetrical Panel, HIV test Chlamydia culture

18-20 weeks

Anatomy Ultrasound (at 20 weeks Fetus anatomy is complete)

24 weeks

1 Hour glucose test and HCT and Hemoglobin

27-28 weeks

Rhogam shot if mom has a NEGITAVE blood type

36-37 weeks

Group B strep

38 weeks until delivery

Patient is checked to see if she is dilated

TDAP (Tetanus, Diphtheria, Pertussis) DURING PREGNANCY

1. Get the whooping cough while you are pregnant

It is important for women to get the whooping cough vaccine in the third trimester of every pregnancy.

Vaccines are the best way to prevent this disease. Tdap vaccine combine protection against whooping cough, tetanus and diphtheria.

2. You need the whooping cough vaccine during each of your pregnancies.

The centers for Disease Control and Prevention(CDC) now recommends that pregnant women receive the whooping cough vaccine for adolescents and adults.(called Tdap vaccine) during the third trimester of each pregnancy. This replaces the original recommendation that pregnant women get the vaccine only if they had not previously received it.

3. You should get the whooping cough vaccine while pregnant to pass protection to your baby.

After receiving the whooping cough vaccine, your body will create protective antibodies(proteins produced by the body to fight off diseases) and pass some of them to your baby before birth. These antibodies provide your baby some short-term protection against whooping cough in early life. These antibodies can also protect your baby from some of the more serious complications that come along with whooping cough.

4. Getting the whooping cough vaccine while pregnant is better than getting the vaccine after you give birth.

Whooping cough vaccination during pregnancy is ideal so your baby will have short-term protection as soon as he/she is born. This early protection is important because your baby will not start getting his/her whooping cough vaccines until he/she is 2 months old. These first few months of life are when your baby is at the greatest risk for catching whooping cough and having severe, potentially life-threatening complications from the infections. To avoid that gap in protection, it is best to get a whooping cough vaccine during pregnancy so you pass protection to your baby before he/she is born. To continue protecting your baby he/she should get whooping cough vaccines starting 2 month old.

5. Blood test cannot tell if you need a whooping cough vaccine

6. Breastfeeding may pass some protective antibodies onto your baby

7. All adults in the household with daily contact with your baby should also get the vaccine

You can get your Tdap vaccines at the **Tri County Health Department**

133 S 500 E Vernal, UT (435)247-1177 M-f 8AM-5PM