

Things To Do

- Take prenatal vitamins**
- Fill out Medicaid Forms**

Fill out application: www.dphhs.mt.gov
(click application for public assistance, fill in information, print it off. Mail, fax or drop it off. They will call you to set up appt.)

Yellowstone County Public Assistance
111 N. 31st St
406-237-0520
406-237-0572 FAX
Hours: 7am-5pm

- Sign up for WIC**
Go to Riverstone Health WIC Office
123 S. 27th Street
406-247-3370
406-247-3340 FAX

- Make prenatal care appointment**

See Referral List

- Return for ultrasound**
Date & Time: _____

- Sign up for LaVie's EWYL Program**
LaVie West: 652-4868
2321 Broadwater Ave

LaVie Heights: 256-7038
44 Wicks Lane

- Quit smoking**
Quit line number: 1-800-784-8669

- Other:** _____



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Emotional Ups & Downs

Changing hormones and disruptions to your life may cause you to feel like you are on an emotional roller coaster. Talking about your feelings with a friend may help. Stress and anxiety can often be relieved by talking about them with a good listener. Feel free to talk to our staff as we care very much about your wellbeing. Getting adequate sleep can also help. If you feel like things are getting "out of control", or you are feeling seriously depressed, talk with your doctor.

Precautions During Pregnancy

Taking good care of you is important during early pregnancy. The following are some things that you can do.

Avoid Alcohol

Even if you drank some alcohol before you knew you were pregnant, you need to stop now. Regular high amounts of alcohol have been associated with some serious problems for babies. There is no safe level, so we recommend no alcohol during pregnancy.

Don't Smoke

Whatever you take into your body, your baby also gets. Smoke can be harmful for the baby as well as you. Many women feel nauseated when they smoke or breathe second-hand smoke during pregnancy and find that it is a good time to quit.

Avoid Other Harmful Substances

Even small amounts of drugs, such as cocaine or heroin can harm you and your baby, so do not use them. Do not breathe fumes from paint, spray cans, or insecticides. Saccharin (an artificial sweetener) is discouraged, as it crosses the placenta. Limit caffeine to 100mg (one 8 oz. cup of coffee) per day. Avoid raw eggs and raw fish, unpasteurized milk and soft cheeses (such as Brie, Roquefort or Feta) as they may cause food related infections. Avoid hot dogs and deli meat unless cooked thoroughly. Don't eat shark, swordfish, king mackerel, or tilefish (also called white snapper); they contain high levels of mercury. If you use prescription medications, check with your healthcare provider about its safety during pregnancy.

Avoid Other Harmful Activities

We also recommend that you avoid getting overheated during your pregnancy, whether from heavy exercise, saunas, or hot tubs. Light exercise or anything that you are currently doing is usually safe to continue.

Do Not Empty A Cat Litter Box

Many cats carry a disease called toxoplasmosis and exposure to their feces can cause you to contract the disease. It can be very harmful for unborn babies. Please wash hands thoroughly after gardening or any contact with cat feces.

2321 Broadwater Ave
Billings, MT 59102
406.652.4868

44 Wicks Lane
Billings, MT 59105
406.256.7038



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Care For Early Pregnancy Symptoms

Now that you are pregnant you may be experiencing discomforts that are caused by the changing hormones or your body's adaptation to pregnancy. We have some general health guidelines that may help to minimize your discomfort.

If at any time these symptoms become severe or persistent, you need to seek help from a physician or emergency room.

Morning Sickness

Some women experience nausea early in the morning when they first awaken. Others may have it off and on all day. For most women this decreases after the first three months.

If your nausea is bad when you first awaken, try eating a high protein snack before bed, such as cheese, milk, yogurt, peanut butter on apple slices or celery, soy products, chicken or turkey. You can also try eating crackers before you get up in the morning and rise slowly without any sudden movements.

If your nausea is during the day, it is important not to allow yourself to get too hungry-eat six small meals instead of two or three. Never go long periods without food. Avoid fried, greasy or spicy foods. Try bland foods like bananas, rice and toast. If these measures do not work our Medical Director recommends smelling a fresh lemon before eating or when feeling queasy. Drink small sips of ginger tea, ginger ale or ginger capsules. Take vitamin B6 (50mg) with each meal and Unisom (1/2 tab) 3 to 4 times a day. If you are unable to keep anything down for 24 hours, call your doctor.

Tiredness and Fatigue

Recognize that a certain amount of fatigue is normal as your body is going through a lot of changes. Take your prenatal vitamin as directed and eat a well balanced diet. Drink plenty of water every day.

Try to get as much sleep as you can by taking naps and going to bed early. Mild exercise in the fresh air can restore energy when tired. Realize that food with caffeine or sugar can give you a false burst of energy that will drop and make you feel more tired.

Breast Tenderness

A normal part of pregnancy is tender breasts or sensitive nipples. Wearing a bra with good support may relieve discomfort from movement. Wearing a bra at night may help with sensitive nipples.

Constipation

Many women experience constipation during early and late pregnancy. The hormones of pregnancy as well as the pressure against the intestines cause this by the growing uterus. Eating fresh fruits and raw vegetables as well as whole grain breads and cereals can prevent or alleviate constipation. Drinking plenty of fluids, especially water, and getting regular exercise will also help. Safe medications if needed, are Fibercon, Citrucel, Colace or Metamucil as directed.

Dizziness

Some women may experience dizziness when they move or rise too quickly. The best way to avoid this is to change positions slowly and often so the blood does not pool in the legs. Eat and drink on a regular schedule and do not go long periods without eating. Also, make sure you drink enough fluids.

Frequent Urination

Pressure against the bladder by the growing uterus will give the sensation of a full bladder. This is normal and there is nothing that can or should be done to prevent it. If frequent trips to the bathroom disturb your sleep, limit your intake of fluids after 8pm. If you feel pain or burning when you urinate, contact your healthcare provider.

Colds & Discomforts

Increase fluids and rest during illness. Safe medication to take; Tylenol or Extra Strength Tylenol only for headaches or body aches; Sinutab, Tavist D, Claritin, Sudafed, Tylenol Cold for colds, allergies or flu symptoms. Do not take Aspirin, Motrin or Aleve. If you have a temperature of 101.5 or higher, call your doctor or be seen in a walk in clinic.

Heartburn

Avoid greasy, fried foods. Eat small meals every few hours rather than three large meals. Sit up for at least an hour after eating. Safe medication to take; Mylanta (1 or 2 teaspoons) 2 Tums or Rolaids, Pepcid or Zantac as directed.



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Miscarriage Information

A miscarriage is the loss of an unborn baby less than halfway (20 weeks) through a pregnancy. Medical personnel may refer to it as a spontaneous abortion.

A woman may have a “silent” miscarriage without being aware of symptoms. However, the following are possible signs that a miscarriage may be pending or may have already occurred:

- Bleeding heavier than the typical menstrual period
- Cramping pain in the pelvis, lower back, or lower abdomen
- A gush of warm liquid from the vaginal area
- The passage of solid material (not just blood clots), or of a small recognizable baby from the vagina
- Inability to demonstrate the beating of a baby’s heart on a sonogram six weeks or more after conception

A woman who suspects she has miscarriage symptoms should contact her OB GYN physician or seek care through a local walk-in clinic or emergency room.

She will be monitored for blood loss, pregnancy hormone levels, and to ensure that no remnants of the pregnancy remain in the uterus. Her blood type will also be checked and if Rh negative, will be given appropriate medication to prevent possible complications to future pregnancies.

In the event of a miscarriage, it is important to realize there was probably nothing that was or was not done to cause it. Usually, the cause of a miscarriage cannot be determined. Most women who experience miscarriage will later go on to have a healthy baby but a woman who has repeat miscarriages should inform her physician to see if a cause may be determined.

Follow-Up

It is important to follow the recommendations made by the physician. In addition, we at LaVie are aware that miscarriage ends the life of an unborn child and there is a legitimate need to grieve. We offer emotional support, information and encouragement to those who have experienced this loss. Please call one of our offices for more information.



ECTOPIC (TUBAL) PREGNANCY

An ectopic pregnancy is one that is growing in the wrong place. While normally the baby grows inside the uterus or womb, an ectopic pregnancy can be in the fallopian tube (where the egg and sperm meet), ovary, cervix, or the abdominal cavity (belly). Since ectopic pregnancies in the fallopian tube are much more common than in other locations, this sheet focuses on tubal pregnancy.

Symptoms: If a woman is pregnant and has one or more of the following, it MAY indicate a tubal pregnancy:

- Severe pain centered on one side of the abdomen or pelvis
- Lightheadedness, dizziness, or blackouts
- Abnormally low blood pressure
- The passage of tissue (not just blood clots) from the vagina
- Bleeding may or may not be present

Causes: In most cases, the cause of tubal pregnancy is not known and there is nothing that could have been done to prevent it. However, a woman is more likely to have a tubal pregnancy if she:

- Has had a previous ectopic pregnancy
- Has had an infection of the fallopian tubes or certain sexually transmitted diseases (STDs) such as gonorrhea or Chlamydia
- Has had pelvic infection from an intrauterine device (IUD)
- Becomes pregnant while an IUD is in the uterus.

Tubal pregnancy is a medical emergency. If suspected, treatment should be immediately sought from an OB-GYN or a hospital emergency room. Failure to get help may allow rapid bleeding into the abdomen from a ruptured internal organ, causing an occasional patient to die from shock (dangerously low blood pressure).

A tubal pregnancy is either proved or ruled out by medical tests. An unborn baby cannot survive outside the womb, and cannot be put back inside it. To protect the woman's life, the baby, placenta and other supporting tissues, and perhaps the tube are taken out. With some early tubal pregnancies, medicine can be given to reabsorb the baby and other tissues into the woman's body without resorting to surgery.

We at LaVie are aware that this ends the life of an unborn child and there is a legitimate need to grieve. We offer emotional support, information and encouragement to those who have experienced this loss. Please call one of our offices for more information.



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Referral List

St. Vincent Physicians Heights Family Practice..... 237-8300

32 Wicks Ln, 59105

- Dr. Stephanie Thomas (GYN only)
- Other providers available for GYN appointments

St. Vincent Physicians West Grand Family Medicine 237-5353

2750 Grand Ave, 59102

- Dr. Paolo Gerbasi
- Dr. Christopher Cancro
- Dr. Brenda Kirkland

St. Vincent Midwifery and Women’s Center 238-6010

2900 12th Ave N Suite 245W, 59101

Riverstone Health Clinic (Billings) 247-3350

123 South 27th Street, 59101

Billings OB-GYN Associates (St. Vincent) 248-3607

1611 Zimmerman Trail, 59102

- Dr. Chad Abbey
- Dr. Kyla Carlson
- Dr. Chimene Dahl
- Dr. Douglas Neuhoff
- Dr. Julianna Papez
- Dr. Rindo Sironi
- Dr. Pamela Templeton

Billings Clinic 238-2501

801 North 29th Street, 59101

- Dr. Maureen Lucas