

Prenatal Information



CommuniCare



**Women's Health
CommuniCare
(512) 268-8900**



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CommuniCare Hays County Locations



CommuniCare San Marcos Clinic

1941 S. Interstate 35, Ste. 101
San Marcos, TX 78666

Services Provided: Family Medicine, Women's Health, Pediatrics, Teen Care, Senior Care, and Lab (Provided by Quest Diagnostics)



CommuniCare Kyle Clinic

2810 Dacy Lane
Kyle, TX 78640

Services Provided: Family Medicine, Women's Health, Pediatrics, Teen Care, Senior Care, Dental, Behavioral Health, and Lab (Provided by Quest Diagnostics)



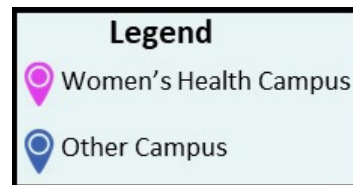
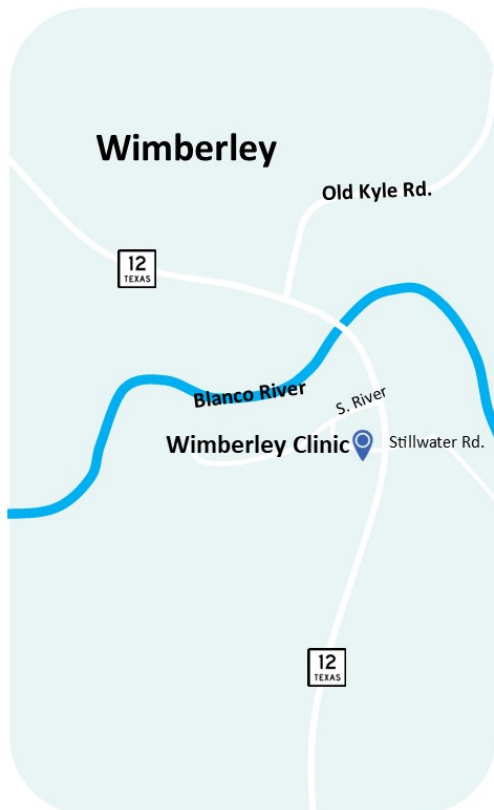
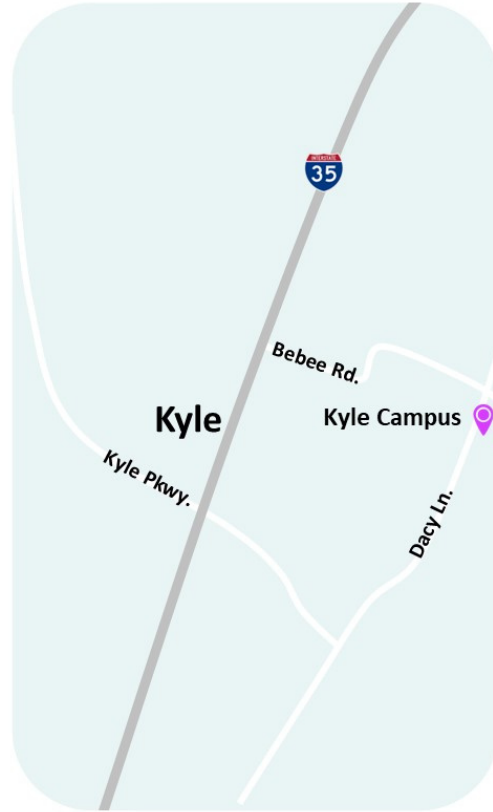
CommuniCare Wimberley Clinic

203 Stillwater Rd., Ste. 6
Wimberley, TX 78676

Services Provided: Family Medicine via telehealth services, Pediatrics, and Teen Care



CommuniCare Hays County Locations





Notice to All Patients Regarding Missed Appointments

In general, we work with all patients to limit the number of missed appointments. Therefore, we ask for your cooperation and open communication in working with your CommuniCare Care Team to keep appointments. If concerns arise about being unable to keep an appointment, please ask our staff about rescheduling or canceling.

As a reminder, as part of being a CommuniCare patient, you sign an agreement called the "Patient Center Rights and Responsibilities." In this agreement, you agree to comply with your medical care plan and the rules of the health center. Multiple missed appointments are considered non-compliant to your medical care plan and may warrant termination from receiving services at our health center. "Missed appointments" are defined as (1) Not showing up at scheduled appointments, or (2) Not canceling your appointment 24 hours prior to your appointment time.

As mentioned above, if you cannot make it to your appointment, you may call any CommuniCare team member to cancel your appointment at least 24 hours prior to the appointment time. (For example, if your appointment is on Friday, March 2nd at 11 am, you need to cancel the appointment by Thursday, March 1st at 11 am.)

If you have three missed appointments in our clinic, you will be considered for either (1) being placed on a six (6) month probation period where you cannot make an appointment in our clinic or (2) be terminated as a patient and will be asked to seek treatment elsewhere.

We greatly appreciate your cooperation in helping us reduce the number of missed appointments and in making it easier for you, and all our patients, to get an appointment. Thank you.

Notice to Adult Victims of Family Violence

It is a crime for any person to intentionally cause you any physical injury or harm, even if that person is a member or former member of your family or household.

It is important that you tell the officer if you, your child, or any other household resident has been injured, or if you feel you are going to be in danger after the officer leaves.

IMPORTANT: If the officer at the scene believes that family violence has occurred, the officer will arrest the offender at the scene if she/he is present. If the offender is not present when the officer arrives and the officer believes that family violence occurred, the offender may be arrested for family violence at a later date. In both cases, it is the police, NOT the victim, who files charges.

You Have The Right To:

- Safety for yourself and your children - For information about shelters or victim services representation in your area contact:

Battered Women's Shelter: (512) 396-4357 or (800) 700-4292

Rape Crisis Center: (512) 396-4357

National Family Violence Hotline: 1-800-799-SAFE (7233)

- Receive counseling information about the legal system and getting the offender court-ordered into a counseling program. Contact your local law enforcement agency or victim services representative.
- Court-ordered protection from the offender - Protective orders are issued through the County Attorney's Office. This order must be issued directly to the offender. It orders him to stay away from you and your family; to stop any communication, direct or through others, that is threatening or harassing; and to stop committing family violence against you.

Any person charged with an offense has a right to bail and is subject to a speedy release. The Texas Department of Public Safety has no control over this action. You can contact Victim Services at:

Victim Services

Texas Department of Public Safety

P.O. Box 4087 Austin, TX 78773

(512) 424-2211



Prenatal Education and Information

Welcome! We appreciate you choosing CommuniCare for your prenatal care. We know that you have a choice in your caretaker and hope that we can work with you to achieve the best outcome.

Tests

1. Depending on where you are along in your pregnancy, and as needed, we may complete a pap smear and check blood type, Rh factor, and blood count. Additionally, as needed, we may test for Chlamydia, Gonorrhea, Hepatitis B, HIV, RPR (syphilis), Rubella (German measles), and thyroid illnesses.
2. Genetic testing and other noninvasive perinatal testing are offered after your first trimester (approximately at 10 weeks).
3. Ultrasounds (sonograms) are done throughout pregnancy as medically indicated.
4. As needed, a one (1) hour glucose tolerance test for diabetes is completed for gestational diabetes.

Note: Three (3) hour glucose tolerance tests will be given if one hour test provides high or abnormal results.

5. During your late third trimester, Flu, Group B Streptococcus (GBA), HIV, Rhogam, RPR, and TDAP testing will be offered to all as needed.

Delivery

1. We have a working relationship with Ascension Seton Hays OBGYN Group who provides both male and female providers on a rotation schedule for hospital coverage to ensure our patients are covered 24/7, including holidays.
2. They offer the use of forceps or vacuums to help vaginal delivery only when necessary.
3. To ensure your comfort during birth and to deliver your baby as safely as possible they offer a variety of options for pain that you may speak to your doctor about to decide which is best for you.
4. A support person is encouraged during delivery, but based on hospital policies, this may be limited to one to two people in the delivery room with you.
5. Normal hospital stay after vaginal delivery is 1-2 days or after Cesarean delivery is 2-3 days. If there are any problems after delivery, the stay may be longer.



Prenatal Course

1. Typically, your in-clinic visits will be every 3 to 4 weeks until 28 weeks gestation (7 months,) then every 1 to 2 weeks until 36 weeks (9 months,) then every week until delivery. If you or your baby have any problems your visits may be more often.
2. Please be familiar with where your labor & delivery is as you get closer to your due date.

Ascension Seton Hays Women's Center - Birthing Center

6001 Kyle Pkwy.
Kyle, TX 78640
(512) 504-5000

*Note that during delivery your doctor will be the specific Seton Hays ObGyn doctor who is on call.
As desired, other Seton Hays ObGyn providers may be available during your delivery time.*

Education

1. Average weight gain in pregnancy is 25-35 pounds. It is normal to even lose weight in the first trimester. In the third trimester $\frac{1}{2}$ - 1 pound per week is normal to gain.
2. Exercise and physical activity are recommended during pregnancy. However, we advise not letting your heart rate go over 140 beats/minute. As you become more unsteady during your pregnancy, be careful not to partake in activities where you can fall on your abdomen or drop something on it easily. Do not lay flat on your back for a prolonged time.
3. There is no contraindication for sexual health during pregnancy. However, if prolonged spotting occurs, talk to your doctor.
4. Please discuss any travel plans with your doctor throughout pregnancy.
5. You usually start to feel your baby move around 18-20 weeks. We would recommend keeping track of the baby's normal daily movements, which could be throughout the day or even at night. You may compare these daily movements to track abnormalities. If there doesn't seem to be much movement at the normal time, sit in a dark place, eat something, and over the next hour, if your baby still doesn't move as much, we advise you to call your doctor.
6. Texas law states that a child under 40 pounds needs a safety seat in the car. Therefore, please ensure when you deliver that you have a car seat available to take baby home.



List of Medicines Safe during Pregnancy

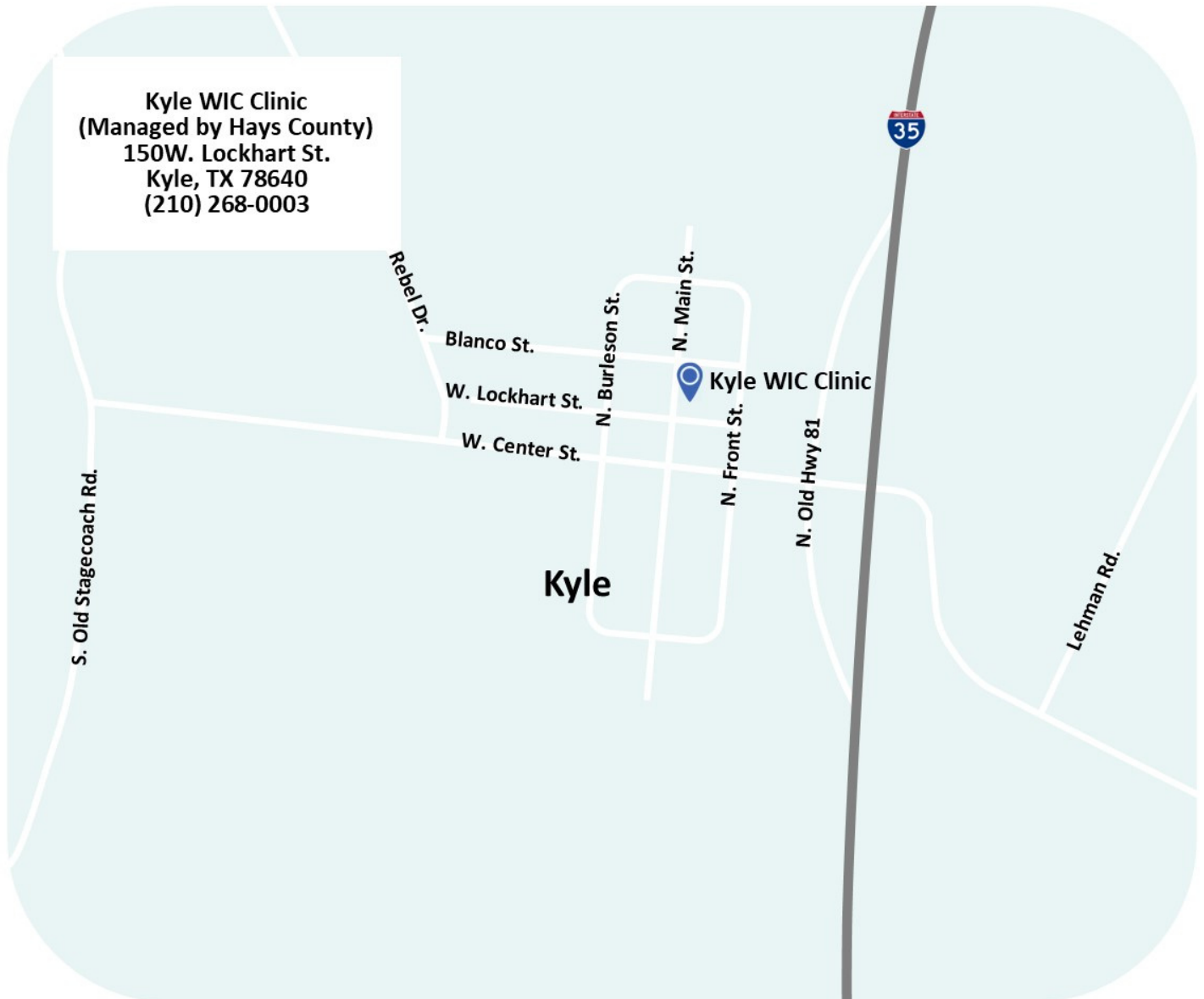
Nausea & Vomiting:	Emetrol, Vitamin B6 (100 mg tablet), Doxylamine (25mg tablet), Mylanta, ginger products (ginger ale, tea, capsules, candies) – take as directed with plenty of fluids.
Diarrhea:	Kaopectate, Imodium – take as directed with plenty of fluids.
Constipation:	Milk of Magnesia or Miralax – take as directed as a laxative. Prune juice – 4-8 oz. at bedtime. Colace or Dulcolax 100mg 2 times a day to keep stools soft. Increase fiber in your diet or take fiber supplements (Metamucil, Fibercon), Senokot
Heartburn or Indigestion:	Tums, Rolaids, Mylanta, Maalox, Gaviscon – take as directed. Take antacid before bedtime to prevent heartburn from interfering with sleep.
Cough & Congestion:	Cough drops (Halls), Robitussin DM, Mucinex (expectorant), Vicks VapoRub, Tylenol Cold, saline nasal drops – take as directed.
Fever, Pain & Headaches:	Acetaminophen (Tylenol) regular strength– 2 tablets every 4-6 hours. Extra-strength Tylenol – 1 tablet every 4-6 hours.
Sinus & Stuffy Nose:	Rhinocort nasal spray. Afrin, Sudafed (red & white box), and Actifed – take as directed. Benadryl - 25mg every 4 hours as needed. May also be used for sleep.
Allergy:	Cetirizine (Zyrtec), Loratadine (Claritin), Diphenhydramine (Benadryl), Chlorpheniramine (Chlor-Trimeton).
Hemorrhoids:	Tucks pad, Preparation-H, Anusol, A combination of pads and suppositories will work better. Drink plenty of fluids and increase the fiber in your diet.
Yeast Infections:	Monistat or Terazol – use as directed. Do not insert the applicator too far
Rashes:	Benadryl cream, calamine lotion or cream, hydrocortisone cream or ointment, oatmeal bath

****DRINK PLENTY OF FLUIDS - 8-10 glasses (meaning a 12-16 oz serving) everyday ****
If you are unable to hold water, then try Gatorade, Pedialyte or 7-up



WIC (Women, Infant & Children's) Services

- Nutritional education • Breastfeeding Support & Education
- WIC Foods • Health & Social Services Referrals





Breastfeeding

Benefits of Breastfeeding for Baby

- Breast milk has the right amount of fat, sugar, water, protein, and minerals needed for a baby's growth and development. As your baby grows, your breast milk changes to adapt to the baby's changing nutritional needs.
- Breast milk is easier to digest than formula.
- Breast milk contains antibodies that protect infants from certain illnesses, such as ear infections, diarrhea, respiratory illnesses, and allergies. The longer your baby breastfeeds, the greater the health benefits.
- Breastfed infants have a lower risk of sudden infant death syndrome (SIDS).
- Breast milk can help reduce the risk of many of the short-term and long-term health problems that can affect preterm babies

Benefits of Breastfeeding for Mom

- Breastfeeding triggers the release of a hormone called oxytocin that causes the uterus to contract. This helps the uterus return to its normal size more quickly and may decrease the amount of bleeding you have after giving birth.
- Breastfeeding may make it easier to lose the weight you gained during pregnancy.
- Breastfeeding may reduce the risk of breast cancer and ovarian cancer.

Breastfeeding Tips

- Exclusive breastfeeding is recommended for the first 6 months of your baby's life and should continue up to your baby's first birthday as new foods are introduced. You can keep breastfeeding after your baby's first birthday as long as you and your baby would like.
- Avoid eating fish with high mercury levels, such as tuna, king mackerel, marlin, orange roughy, shark, swordfish, or tilefish. Talk to your doctor about your diet while breastfeeding.
- Moderate amounts of caffeine (200 milligrams a day) will most likely not affect your baby. However, we recommend avoiding caffeine for newborns and preterm infants.
- An occasional alcoholic beverage is okay but you should wait at least 2 hours after a single drink before breastfeeding.
- If currently taking medications, discuss with your doctor and your baby's doctor about ensuring the safety of breastfeeding.



A More Comfortable Pregnancy

You can make your pregnancy more comfortable by avoiding or reducing the effects of nausea, constipation, and heartburn.

Nausea or morning sickness: frequent, long-lasting queasiness or unsettled stomach, sometimes with vomiting, appetite loss, and weight loss; may occur any time of the day or night.

How to increase comfortability:

- Have plenty of fresh air in the room where you sleep or cook.
- Get out of bed slowly.
- When you first wake up, eat crackers, dry toast, or a handful of dry cereal. Then rest in bed for a while.
- Drink liquids between meals, not with them.
- If you start to feel nauseous, open a window or we recommend smelling a lemon, peppermint, or ginger products, or eating hard candy.
- Avoid foods with strong smells, spicy, greasy, or fried foods, and drinks with caffeine.
- Eat small meals frequently to avoid stomach discomfort.
- Increase fiber in your diet.

Constipation: hard, dry stools that are difficult to pass.

How to be more comfortable:

- | Drink | Eat | Be Active |
|--|--|---|
| <ul style="list-style-type: none">• 8-10 ounces of water• 4-6 ounces of prune, apple, or pear juice | <ul style="list-style-type: none">• Whole-grain breads, cereals, and brown rice• Plenty of fruits and vegetables• Dried fruit such as prunes, apricots, and raisins• Increased fiber intake | <ul style="list-style-type: none">• Exercise is healthy• 20-30 minutes with doctor's approval• Walking is best• Water aerobics |



Heartburn: a painful burning sensation in the throat and upper chest area caused by acids flowing up from the stomach.

How to be more comfortable:

- Eat smaller, low-fat meals and snacks more often.
- Wear clothes that are loose around the waist.

Don't bend over or lie down for one or two hours after eating.

Avoid:

- Eating too much
- Soft drinks
- Tomato products, such as spaghetti sauce
- Abdominal trauma through physical activity such as playing football or volleyball
- Spicy, greasy, or fried foods
- Drinks with caffeine
- Chocolate
- Any food that causes a problem for you



Nutrition During Pregnancy

During pregnancy, you should be gaining weight, which will help ensure the health of your baby. Your weight will be closely monitored and, when necessary, addressed throughout your pregnancy by your provider. We will educate you on healthy eating habits throughout your pregnancy. You may also be referred to a CommuniCare Dietician to help you with your eating regimen. Here are some general snacks and tips on maintaining a healthy weight for you and your baby during pregnancy.

Example of Nutritious Snacks

- Cheese and crackers
- Yogurt
- Fruit salad
- Hard-Boiled Eggs
- Boost or Ensure nutritional supplement drinks
- Peanut butter sandwich
- Raisins, dried fruit

High-Calorie Foods Alternatives

Instead of...

...choose more...

- | | | |
|----------------------------------|---|------------------------------|
| • Sausage, bacon, lunch meat | → | • Lean meat, chicken, fish |
| • Butter, gravy, cream sauce, | → | • Lemon juice, spices, salsa |
| • Candy, cookies, pastries | → | • Fruit, graham crackers |
| • Sodas, fruit drinks, sweet tea | → | • Water, club soda |
| • Chips, buttered popcorn | → | • Pretzels, plain popcorn |

While pregnancy is not the time to diet, we recommend continuing exercising, such as walking or water aerobics. If you exercise a lot or are on your feet all day, make sure to take time to get some rest and enough sleep.



6 Questions Most Women Have About Oral Health and Pregnancy

Q: Is it safe to have a dental visit while pregnant?

A: Yes! In fact, it's recommended. Morning sickness and hormonal changes can make you more prone to gum disease and cavities when you're pregnant, which can impact your baby's health. A dentist can treat these problems or help you avoid them.

Q: At what point in my pregnancy should I have a dental check-up?

A: Get a dental check-up before your delivery. If your last visit was more than six months ago, or you have any oral health issues, schedule an appointment as soon as possible.

Q: What information should I tell my dentist about my pregnancy?

A: Tell your dentist that you are pregnant and your due date. Also be sure they are aware of any medications you're taking, specific medical conditions, any form of tobacco or drug use, or if your pregnancy is high-risk.

Q: What about dental treatments – are they safe while pregnant?

A: Yes. X-rays, local anesthetics and most pain medication are safe as long as the dentist is aware of your pregnancy.

Q: What steps should I take to prevent oral health problems during pregnancy?

A: Be sure to brush twice a day with fluoride toothpaste, clean between your teeth, get a dental check-up, and limit sugary foods. If morning sickness occurs, rinse your mouth with one tsp of baking soda in a glass of water.

Q: Why is my oral health important to my baby after she is born?

A: Moms and babies share everything – including bacteria. If you have cavities, you also have the bacteria that cause them in your mouth. This bacteria can be passed from your mouth to your baby's mouth and increase her risk of cavities, too – so it's important to get a dental check-up and establish a healthy smile before the baby is born.



6 Questions Moms Have About Caring for An Infant's Mouth

Q: What can I do to take care of my baby's mouth before her teeth break through?

A: Whether you breast or bottle feed, wipe your baby's gums after each feeding and before bedtime. Keep taking care of your own oral health and avoid cleaning pacifiers with your mouth.

Q: What should I do when my baby begins teething?

A: Try to soothe your teething baby by rubbing the gums with a clean finger or allowing her to chew on a clean, moist washcloth. You can also ask your doctor to recommend a safe teething ring. Teething doesn't usually cause a fever, rash or diarrhea. If your baby has these symptoms call your pediatrician.

Q: What do I do if my baby falls asleep with a bottle while feeding?

A: Infants may fall asleep with a bottle in their mouth while they are being fed. If this happens, try to wipe their gums with a soft, clean cloth. This helps wipe away sugar and bacteria that together can cause cavities. Avoid putting her down with a bottle.

Q: When should I begin brushing her tiny teeth?

A: Begin brushing as soon as the first tooth appears. Be sure to brush twice a day using a small smear of toothpaste (the size of a grain of rice).

Q: When should I schedule my baby's first dental visit?

A: Your baby should see a dentist after their first tooth appears, but no later than their first birthday. If you need help finding a pediatric dentist or a dentist trained to treat children, ask your pediatrician for recommendations or visit insurekidsnow.gov.

Q: Are baby teeth important?

A: Yes, it is important to keep baby teeth cavity free even though they will eventually fall out. Baby teeth help children to eat healthy food, develop their speech, and maintain space for their adult teeth. Bacteria that cause cavities in baby teeth stay in the mouth and may cause cavities in permanent teeth.



CommuniCare provides Pediatric Care to help children live and be healthy. CommuniCare provides care for pediatric acute and chronic illnesses and preventative care, including well-child exams. We offer the following services in our Pediatric healthcare services:

Services

- Immunizations
- Well-Child Visits
- Acute care
- Chronic Disease Management (i.e. asthma, diabetes, etc.)
- Health Education
- Individual and Family Counseling
- ADHD Care

Appointment Lines

San Antonio (Bexar County) – to make an appointment at any campus in San Antonio, please call (210) 233-7000.

Boerne (Kendall County) - to make an appointment at our Boerne Campus, please call (830) 249-1717.

Kyle, Wimberley & San Marcos (Hays County) – to make an appointment at any campus in Hays County, please call (512) 268-8900.



Important information

Once your baby is born:

1. Schedule your baby's first visit for TWO (2) DAYS FOLLOWING DISCHARGE from the hospital by calling (210) 233-7000.
2. The following documents need to be taken to the appointment
 - Discharge Summary
 - Immunization Record
 - Hearing Screen Certificate

Schedule for well child checks for first year are:

2 weeks of age	6 months of age
2 months of age	9 months of age
4 months of age	12 months of age