

Important Information when you reach 30 Weeks Gestation

1. Packing for the Hospital
2. True Labor vs. False Labor
3. Tdap Vaccine – What you need to know
4. Breastfeeding Education – 30-32 week gestation
5. Cesarean Section Benefits
6. Choosing a Pediatrician

South County Hospital
Women and Newborn Care Unit (WNCU)

Triage: **(401) 788-1225**

PACKING FOR THE HOSPITAL

Get your bag ready at least two (2) weeks before your due date.
Here's what you put in it:

FOR MOM:

1. Robe and sleepwear
2. Nursing bra/nursing pads
3. Extra underwear
4. Roomy, comfortable outfits to wear home
5. Sanitary pads
6. Toiletries such as shampoo, conditioner, deodorant, moisturizer, lip balm, makeup
7. Hair clips, elastics, brush and comb
8. Toothbrush and toothpaste

FOR YOUR PARTNER:

1. Change of clothes
2. Books and magazines
3. Toothbrush and toothpaste, toiletries
4. Money for food
5. A watch with second hand for timing contractions
6. Button up shirt for skin-to-skin

FOR BABY:

1. Car seat (properly installed in the car)
2. Newborn hat
3. Receiving blankets (2)
4. Going home outfit, including sweater and/or bunting if it is cold

DOCUMENTS

1. Insurance cards
2. Important phone numbers

EXTRAS

1. Cell phone (and charger)
2. Massage oil
3. Personal stereo and headphones
4. Books and magazines
5. Camera
6. Hard candies
7. Snacks for partner
8. Birth announcements/pen
9. Baby book
10. Cord blood retrieval kit (if you decide)

TRUE LABOR VS FALSE LABOR

True Labor

Contractions

- May be irregular at first
- Usually become regular, longer, closer together and stronger
- Walking makes them stronger
- Lying down does not make them go away
- Usually felt in lower back and radiate to the front

False Labor

- Usually irregular and short
- Do not get close together
- Do not get stronger
- Walking does not make them stronger
- Lying down makes them go away
- Usually felt in the fundus and groin

Changes in the cervix

- Cervix softens, thins and opens
- May soften but no significant changes in dilation and thinning

Fetus

- Begins descent into pelvis
- No significant change in position

Tdap (Tetanus, Diphtheria, Pertussis) Vaccine: What You Need to Know

Many vaccine information statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1. Why get vaccinated?

Tdap vaccine can prevent **tetanus, diphtheria, and pertussis**.

Diphtheria and pertussis spread from person to person. Tetanus enters the body through cuts or wounds.

- **TETANUS (T)** causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death.
- **DIPHTHERIA (D)** can lead to difficulty breathing, heart failure, paralysis, or death.
- **PERTUSSIS (aP)**, also known as “whooping cough,” can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. Pertussis can be extremely serious especially in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing.

2. Tdap vaccine

Tdap is only for children 7 years and older, adolescents, and adults.

Adolescents should receive a single dose of Tdap, preferably at age 11 or 12 years.

Pregnant women should get a dose of Tdap during every pregnancy, preferably during the early part of the third trimester, to help protect the newborn from pertussis. Infants are most at risk for severe, life-threatening complications from pertussis.

Adults who have never received Tdap should get a dose of Tdap.

Also, **adults should receive a booster dose of either Tdap or Td** (a different vaccine that protects against tetanus and diphtheria but not pertussis) **every 10 years**, or after 5 years in the case of a severe or dirty wound or burn.

Tdap may be given at the same time as other vaccines.

3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of any vaccine that protects against tetanus, diphtheria, or pertussis**, or has any **severe, life-threatening allergies**
- Has had a **coma, decreased level of consciousness, or prolonged seizures within 7 days after a previous dose of any pertussis vaccine (DTP, DTaP, or Tdap)**
- Has **seizures or another nervous system problem**
- Has ever had **Guillain-Barré Syndrome** (also called “GBS”)
- Has had **severe pain or swelling after a previous dose of any vaccine that protects against tetanus or diphtheria**

In some cases, your health care provider may decide to postpone Tdap vaccination until a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting Tdap vaccine.

Your health care provider can give you more information.



U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION

4. Risks of a vaccine reaction

- Pain, redness, or swelling where the shot was given, mild fever, headache, feeling tired, and nausea, vomiting, diarrhea, or stomachache sometimes happen after Tdap vaccination.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. VAERS is only for reporting reactions, and VAERS staff members do not give medical advice.

6. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Claims regarding alleged injury or death due to vaccination have a time limit for filing, which may be as short as two years. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call **1-800-338-2382** to learn about the program and about filing a claim.

7. How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at www.fda.gov/vaccines-blood-biologics/vaccines.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636** (1-800-CDC-INFO) or
 - Visit CDC's website at www.cdc.gov/vaccines.



30-32 WEEKS GESTATION

Discussed with patient: _____ DOB: _____

Provider: _____ Date: _____

Patient Signature: _____

SKIN TO SKIN

Immediately post birth skin to skin offers:

- Bonding
- Natural warming of baby
- Stabilized breathing and heart rate for mom and baby
- Decreased maternal pain and bleeding
- Early start to breastfeeding

*Practice skin to skin often even after leaving the hospital

ROOMING IN

- You and your baby remain together 24 hours a day. This is standard practice in many hospitals
- It helps mom and baby learn how to breastfeed
- Moms sleep better with baby in the same room

GOOD POSITION AND LATCH AT THE BREAST

Benefits of good positioning and latching are:

- Helps establish a good milk supply
- Ensures baby is getting enough milk
- Prevents nipple pain and damage

FEEDING CUES

- Your baby will show you when they are hungry with feeding cues
- Feed your baby whenever they show cues and until satisfied
- Follow baby's signs of hunger – not the clock
- Babies will need to eat 8 or more times in 24 hours
- Cue based feeding will help bring you a good milk supply
- Feeding on demand will settle baby

Cesarean Section

RISKS VS. BENEFITS

PROVIDED BY THE RHODE ISLAND AIM COLLABORATIVE





Congratulations!

CONGRATULATIONS ON YOUR PREGNANCY! THIS IS BOTH AN EXCITING AND OVERWHELMING TIME, THAT IS OK!

AS YOU NEAR YOUR DUE DATE, WE WANT TO MAKE SURE YOU ARE AWARE OF THE BENEFITS AND RISKS OF DIFFERENT DELIVERY METHODS.

THIS HAND OUT WILL PROVIDE AN OVERVIEW OF THE BENEFITS AND RISKS OF A CESAREAN SECTION DELIVERY.

Cesarean Section- Benefits



A CESAREAN DELIVERY IS NOT WHAT MOST BIRTHING PEOPLE HAVE AS THEIR VISION WHEN IT COMES TO THE BIRTH OF A CHILD. SOMETIMES, THERE ARE REASONS WHY A CESAREAN SECTION IS RECOMMENDED OVER A VAGINAL DELIVERY.



THE BABY IS IN A BREECH OR TRANSVERSE POSITION



THERE IS MORE THAN ONE BABY IN THE WOMB



PART OR ALL OF THE PLACENTA IS COVERING THE CERVIX.

THE PLACENTA IS ABNORMALLY ATTACHED TO, INTO, OR THROUGH THE UTERUS



THE UMBILICAL CORD SLIPS PAST THE BABY'S HEAD AND INTO THE BIRTH CANAL

Cesarean Section- Benefits

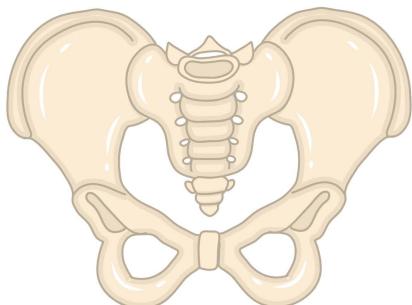
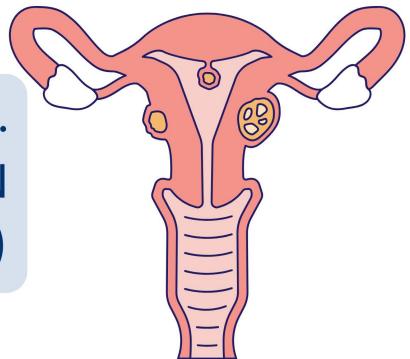


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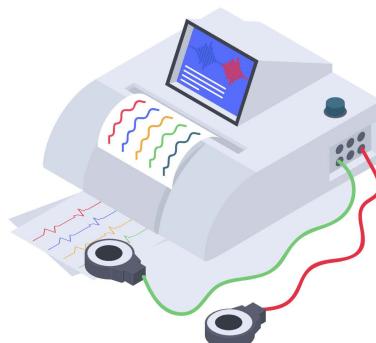
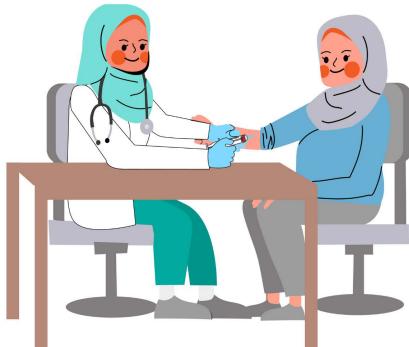
SIGNIFICANT FETAL ABNORMALITIES

PREVIOUS UTERINE SURGERY (EX. PREVIOUS VERTICAL C-SECTION INCISION OR FIBROID REMOVAL)



ABNORMAL FORMATION OF THE MATERNAL PELVIS OR UTERUS, MAKING A VAGINAL DELIVERY UNLIKELY OR RISKY

SIGNS THAT THE BABY IS STRESSED AND THE RISK OF A C-SECTION FAR OUTWEIGHS THE BENEFITS OF WAITING FOR A VAGINAL DELIVERY.



MATERNAL HEALTH CONDITION

Cesarean Section- Short-term Risks



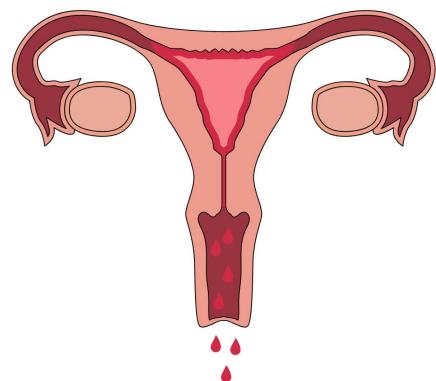
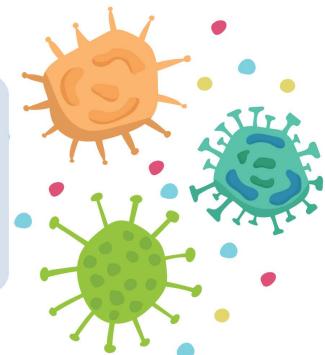
ALTHOUGH A CESAREAN SECTION DELIVERY MAY BE STRONGLY INDICATED, OR EVEN LIFESAVING, THERE ARE STILL SHORT-TERM AND LONG-TERM RISKS.



MEDICATION REACTION DURING OR AFTER SURGERY

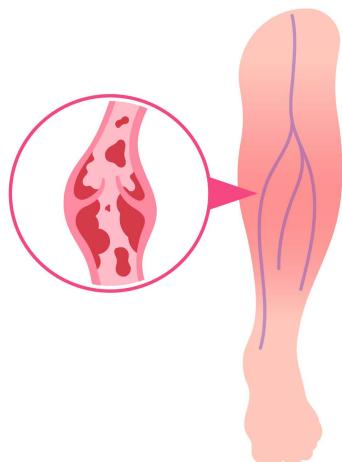


INFECTION AFTER SURGERY (EX.
INFECTION OF THE INCISION, THE UTERUS,
OR THE URINARY TRACT)



HEAVIER THAN NORMAL BLEEDING

DEVELOPING BLOOD CLOTS AFTER SURGERY



SURGICAL DAMAGE TO
SURROUNDING ORGANS SUCH AS
THE BLADDER OR INTESTINES

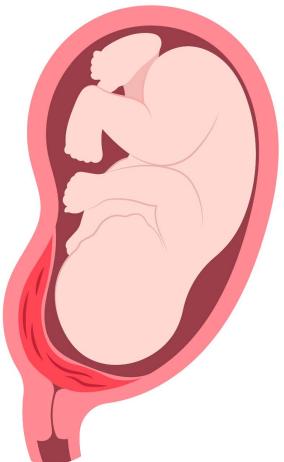
Cesarean Section- Long-term Risks



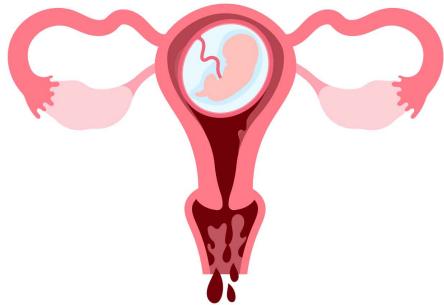
IN ADDITION TO THE SHORT-TERM RISKS REVIEWED ABOVE, CESAREAN SECTIONS MAY ALSO POSE A RISK IN FUTURE PREGNANCIES.



PLACENTA ABRUPTION, WHEN THE PLACENTA SEPARATES FROM THE UTERUS PRIOR TO CHILDBIRTH

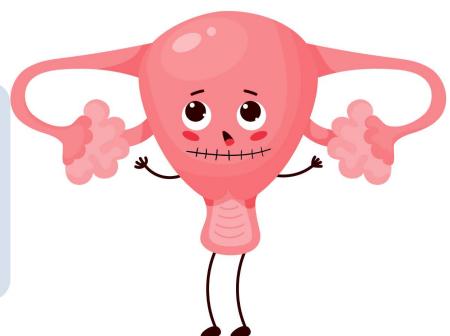


PLACENTA PREVIA, WHEN THE PLACENTA COVERS SOME OR ALL OF THE CERVIX. OR ABNORMAL ATTACHMENT OF THE PLACENTA TO, INTO, OR THROUGH THE UTERUS



BLEEDING DURING THE PREGNANCY

THE PREVIOUS SCAR ON YOUR UTERUS MAY OPEN BEFORE DELIVERY (UTERINE RUPTURE)



ALTHOUGH THESE RISKS DO NOT HAPPEN OFTEN, THEY CAN BE LIFETHREATENING TO THE MOM AND/OR THE BABY. YOUR DOCTOR WILL TALK WITH YOU ABOUT HOW LONG TO WAIT BEFORE GETTING PREGNANT AGAIN, AND OTHER MEASURES TO MAKE SURE YOU HAVE A SAFE PREGNANCY AND DELIVERY AFTER A CESAREAN SECTION.

CHOOSING A PEDIATRICIAN

After your new baby arrives, one of the most important relationships you will develop is the one you will have with your baby's pediatrician. That is why it is so important to find someone you trust and like. Here are a few suggestions that may assist you in choosing a pediatrician:

1. Begin by talking to family members, friends, and medical professionals, such as your own provider. Ask them whom they recommend and why. Also do some research online. The American Academy of Pediatrics (aap.org), The American Medical Association (ama-assn.org), and the American Board of Pediatrics (abp.org) all offer online tools that can help you locate a pediatrician in your area.
2. During your infant's first visit, find out if you and the pediatrician agree on important issues such as breastfeeding, preventative care, use of antibiotics, etc. Also, ask the office staff about practical issues such as office hours, who covers for the pediatrician when he/she are not available, and what insurances the doctor takes (Some pediatricians will schedule brief "interview" appointments to discuss these items ahead of time before your baby arrives).
3. Do not wait until the end of your pregnancy to complete your search for a pediatrician. If your baby arrives ahead of schedule, you need to be prepared.

LOCAL PEDIATRICIANS

Aquidneck Pediatrics

1272 West Main Rd – The Green Bldg III
Middletown, RI 02842
p. 401-847-2290 f. 401-849-8446

Children's Choice Pediatrics

37 Washington St
West Warwick RI 02893
p. 401-381-0066 f. 401-381-0068

Coastal Medical – Bald Hill Pediatrics

300 Centerville Rd, #110
Warwick RI 02886
p. 401-615-2299 f. 401-615-7529

Coastal Medical - Narragansett Bay Pediatrics

65 Village Square Drive, Suite 101
Wakefield, RI 02879
p. 401-789-5924 f. 401-782-1770

East Greenwich Pediatrics

1377 South County Trail, Suite 2B
East Greenwich RI 02818
p. 401-884-8900 f. 401-884-9199

Gold Star Pediatrics

495 Gold Star Highway Suite 120
Groton, CT 06340
p. 860-449-8882 f. 860-449-9195

Gales Ferry Pediatrics

1527 Route 12
Gales Ferry, CT 06335
p. 860-464-7248 f. 401-734-9365

Hartford Health Pediatrics

350 Liberty Street, Suite 102
Pawcatuck, CT 06379
p. 860-599-9961 f. 401-599-9967

Kent County Pediatrics

430 Tollgate Road
Warwick, RI 02886
p. 401-737-4343 f. 401-734-9365

Kingstown Pediatrics

426 Scrabbleton Road Suit F
North Kingstown, RI 02852
p. 401-295-7400 f. 401-295-7825

L&M Medical Group

46 Wells St
Westerly RI 02891
p. 401-596-0174 f. 401-596-2266

Ocean State Pediatrics

1672 South County Trail Suite 201
East Greenwich, RI 02818
p. 401-886-7881 f. 401-886-7883

Susan Stuart, MD

46 Wells St
Westerly RI 02891
p. 401-596-0174 f. 401-596-2266

Thundermist Health Center

1 River Street
Wakefield, RI 02879
p. 401-783-0523 f. 401-789-9448

Thundermist South County Pediatrics

360 Kingstown Road, Suite 101
Narragansett, RI 02882
p. 401-783-0523 f. 401-784-9448

Tollgate Pediatrics

176 Tollgate Road, Suite 101
Warwick, RI 02886
p. 401-737-9240 f. 401-739-6413

Wakefield Pediatrics, LLC

46 Holley Street #2
Wakefield, RI 02879
p. 401-783-8008 f. 401-783-8156

Wood River Health Services

823 Main St.
Hope Valley, RI 02832
p. 401-539-2461