The Breastfed Baby

Skin
There is less allergic eczema in breastfed infants.

Ears
Breastfed babies get fewer ear infections.

Respiratory System
Breastfed babies have fewer and less severe upper respiratory infections, less allergy, less pneumonia, and less asthma.

Mouth
There is less need for antibiotics in children breastfed more than a year. They also have improved muscle development in the face from sucking at the breast. Omega-3 changes in the fat of human milk prepare baby to accept a variety of solid foods.

Heart and Circulatory System
Breastfed children have lower cholesterol as adults. Heart rates are also lower in breastfed infants.

Kidneys
With less salt and less protein, human milk is easier on a baby's kidneys.

Appendix
Children with acute appendicitis are less likely to have been breastfed.

Digestive System
There is less diarrhea and fewer gastrointestinal infections in babies who are breastfed. Six months or more of exclusive breastfeeding reduces risk of food allergies. Also, there is less risk of Colic and infantile colic in adulthood.

Joints and Muscles
Juvenile rheumatoid arthritis is less common in children who are breastfed.

Urinary Tract
There are fewer infections in breastfed infants.

Heart and Circulatory System
Breastfed children have lower cholesterol as adults. Heart rates are also lower in breastfed infants.

Kidneys
With less salt and less protein, human milk is easier on a baby's kidneys.

Appendix
Children with acute appendicitis are less likely to have been breastfed.

Respiratory System
Breastfed babies have fewer and less severe upper respiratory infections, less allergy, less pneumonia, and less asthma.

"You've Got This Mom!"

Your OB/GYN of Indiana provider is excited to see you back at your postpartum check-up! By now, we're certain you've begun to settle into a routine with your new baby.
Welcome to the home stretch of your pregnancy! While this is an exciting time for you, we also understand it can be overwhelming. Rest assured, OB/GYN of Indiana is going to be with you for every step of your pregnancy journey and beyond. Our patient-centric, compassionate providers are here for you!

Hospital Checklist:

PREPARE FOR LABOR AND DELIVERY:
- Pre-Register at hospital where you plan to deliver
- Tour the hospital
- Attend educational classes offered on labor and delivery, breastfeeding, infant CPR, and baby care

DON'T FORGET TO PACK:
- Car seat
- Two sets of baby clothes (onesies, blanket, weather-appropriate outerwear)
- Toiletries (shampoo, conditioner, shower gel, etc.)
- Hair dryer
- Deodorant
- Contact lens supplies
- Glasses
- Sleepwear
- Bathrobe
- Slippers
- Warm socks
- Full-coverage bra/nursing bra
- Loose-fitting clothes to wear home
- Cell phone and charger
- Music to play
- Camera and extra batteries
- Supplies for Dad or anyone staying with you

OB/GYN of Indiana is dedicated to ensuring your pregnancy goes smoothly. Call us immediately if you:
- Feel less than 6 movements or kicks over the course of an hour
- Experience bleeding
- Have cramps that are persistent or severe abdominal pain
- Are leaking fluid, your water is breaking
- Have contractions stronger than Braxton-Hicks and are more than 6 an hour before 37 weeks
- Have a fever of 101ºF or higher
- Think you are in labor

Welcome to the home stretch of your pregnancy! While this is an exciting time for you, we also understand it can be overwhelming. Rest assured, OB/GYN of Indiana is going to be with you for every step of your pregnancy journey and beyond. Our patient-centric, compassionate providers are here for you!

OB/GYN of Indiana
Welcome to the home stretch of your pregnancy!
Monitoring your baby’s movements:

It’s like a fluttering in your belly or a rolling kick, depending on the day. Fetal movement or “kick counts” measure the baby’s activity level. Your baby should move many times every day and generally, you’ll feel it. Do kick counts when you cannot remember the last time your baby moved or if your baby is not moving as much as usual.

**KICK COUNTS STEP-BY-STEP:**

1. Eat a healthy snack and drink a large glass of juice or water. Babies are more active after you’ve eaten.
2. Use the restroom.
3. Grab a piece of paper and pen.
4. Turn off all distractions.
5. Find a quiet spot to lay down with a clock nearby. You can lay on either side to do this.
6. Record the time you start counting.
7. Concentrate on your baby’s movements. Put one hand on your abdomen. If you don’t feel movement after 30 minutes, turn on the other side.
8. Count the number of times you feel your baby move. Write down the numbers as you go.
9. If you feel less than 6 movements over the course of an hour, please contact your OB/GYN of Indiana provider immediately.
# Table of Contents

- When to call your provider .......................................................... 2
- Monitoring your baby’s movements ........................................... 3
- Routine tests 28-40 weeks .......................................................... 5
- Exercises during pregnancy .......................................................... 6
- Exercises after pregnancy ............................................................ 8
- Pre-term labor ........................................................................... 10
- Preeclampsia symptoms .............................................................. 11
- Labor ......................................................................................... 11
- Pain management during labor ................................................... 12
- Cord blood banking ................................................................. 13
- Disability/FMLA information ...................................................... 13
- Breastfeeding .......................................................................... 14
- Contraception options .............................................................. 15
- Cesarean section recovery ......................................................... 15
- FAQs ......................................................................................... 16
- The Baby Blues ........................................................................ 17
- Postpartum Depression ............................................................... 18
- Hospital checklist ...................................................................... 19
Routine tests 28-40 weeks:

Around 28 weeks, your visits with us will increase to every two weeks. After 36 weeks, we’ll see you once a week. If you’re high-risk, that number could increase. During each visit, you will have your weight, blood pressure, urine, fetal heartbeat, and fetal growth checked.

Third trimester labs: These are performed between weeks 26-28. You will be given a sugar drink and instructions for how/when to drink it. You do not need to fast. One hour after you finish the drink, your blood will be drawn. A blood count and syphilis screening will also be done at this time. If your 1-hour glucose test is abnormal, additional testing will be recommended.

Vaginal culture for Group B strep: This swab of your vaginal area is performed at your 36 week appointment. Group B strep is a normal bacteria that can occur naturally in the vagina. It is not harmful to you or your baby during pregnancy. However, it can become harmful to your child if exposed at the time of delivery. If you test positive, you will receive antibiotics during labor and delivery.

Other specialized tests:

If found to be Rh-negative, you will receive an antibody test and Rhogam injection. If you’re considered “high-risk,” other specialized tests may be ordered.

Pertussis vaccine:

Also known as whooping cough, pertussis is a highly contagious disease caused by bacteria known as Bordatella pertussis. Although pertussis is often milder for older children and adults, an undiagnosed person can transmit the disease through coughing and sneezing for up to 3 weeks. It can also cause severe coughing that can interfere with breathing.

If not treated, pertussis can lead to pneumonia and seizures, and is potentially fatal, especially to newborns. Pertussis vaccination is recommended during every pregnancy for expectant mothers and is generally given at 28-30 weeks.

It is also extremely important for anyone who will have contact with the newborn to be vaccinated if they haven’t within the last decade. This includes dads, grandparents, siblings, relatives, and friends. Those people need to contact their own provider for vaccination.

For more information, visit https://www.cdc.gov/pertussis.
Exercises during pregnancy

Guidelines for Exercise

- Drink plenty of water
- After 4th month, limit exercising on your back to 5 minutes
- Wear athletic shoes with good cushioning and arch support that are not worn out
- If you have difficulty with your exercises, bowel, bladder, or have increased pain, please contact your physician
- If your current exercise routine consists of more strenuous exercises, please consult your physician if modifications are necessary

1. AEROBIC (CARDIOVASCULAR) EXERCISE
(target heart rate 110-140 beats per minute).

Purpose: Weight control, activation of immune system to ward off illness, strengthen the heart to pump increased fluid, and improve mood and energy level.

Walking, swimming, low impact aerobics, and stationary bike riding are generally safe for most pregnant women. Start with 5 minutes of gentle exercise and gradually increase to 30 minutes.

2. PELVIC FLOOR CONTRACTIONS ‘KEGEL’

The pelvic floor is a group of muscles that fill in the lowest part of the pelvis. Locating and properly exercising these muscles is an important task for women, especially during pregnancy.

Purpose: Improves bowel and bladder control, enhances sexual function, and keeps pelvic organs supported.

Positions: May be lying down, sitting, or standing.

Movement: Tighten your internal muscles as if trying to hold back or stop the flow of urine as you exhale. Then inhale and relax.

Reps: 10  Hold: 5 secs.  Sets: 2

3. PELVIC TILT

Purpose: Improve abdominal muscle strength.

Position: On hands and knees.

Movement: Pull in your abdominals and buttocks, raising your lower back toward the ceiling.

Reps: 10  Hold: 5 secs.  Sets: 2
4. SHOULDER BLADE SQUEEZES

Purpose: Stretch pectorals, decrease forward head posture.
Positions: Sitting or standing.
Movement: Gently squeeze your shoulder blades together, then relax and repeat.
Reps: 10-20  Hold: 3 secs.  Sets: 2

5. GASTROC STRETCH

Purpose: To stretch the calf muscle, increase circulation and decrease muscle cramps.
Position: Begin in a standing position with your feet in a staggered stance, holding onto a stable surface for support.
Movement: Keeping your back knee straight, push your hips forward. You will feel a stretch in the back of your lower leg.
Reps: 10-20  Hold: 30 secs.  Sets: 2

6. WALL ANGELS

Purpose: Stretch pectorals, promote upright posture.
Position: Standing against the wall or lying on your back with knees bent.
Movement: Bring arms out to sides at right angles. Slide hands up wall and back down.
Reps: 10-20  Hold: 3 secs.  Sets: 2
Exercises after pregnancy

**Guidelines for Exercise**

- Drink plenty of water
- Wear athletic shoes with good cushioning and arch support that are not worn out
- If you have difficulty with your exercises, bowel, bladder, or have increased pain, please contact your physician
- Please discuss with your physician when you are cleared for more strenuous exercise

1. **PELVIC FLOOR CONTRACTIONS ‘KEGEL’**

   The pelvic floor is a group of muscles that fill in the lowest part of the pelvis. Locating and properly exercising these muscles is an important task for women.

   **Purpose:** Improves bowel and bladder control, enhances sexual function, and keeps pelvic organs supported.

   **Positions:** May be lying down, sitting, or standing.

   **Movement:** Tighten your internal muscles as if trying to hold back or stop the flow of urine as you exhale. Then inhale and relax.

   **Reps:** 10
   **Hold:** 5 secs.
   **Sets:** 2

2. **LOWER ABDOMINAL EXERCISE**

   **Purpose:** Improve abdominal strength and reduce muscle wall separation associated with pregnancy.

   **Positions:** Begin lying on your back with your knees bent, feet resting on the floor, and your fingers resting on your stomach just above your hip bones.

   **Movement:** Tighten your abdominals, pulling your navel in toward your spine and up. You should feel your muscles contract under your fingers. Hold this position, then relax and repeat.

   Make sure to keep your back flat against the floor and do not hold your breath as you tighten your muscles.

   **Reps:** 10-20
   **Hold:** 3 secs.
   **Sets:** 2

3. **PELVIC TILT**

   **Purpose:** Improve abdominal muscle strength.

   **Position:** On hands and knees.

   **Movement:** Pull in your abdominals and buttocks, raising your lower back toward the ceiling.

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**Purpose:** Stretch pectorals, promote upright posture.
**Position:** Standing against the wall or lying on your back with knees bent.
**Movement:** Bring arms out to sides at right angles. Slide hands up wall and back down.
**Reps:** 10-20  **Hold:** 3 secs  **Sets:** 2

5. CHILD’S POSE STRETCH

**Purpose:** Increase flexibility in back and hips.
**Position:** Begin kneeling on the floor.
**Movement:** Bend your chest forward and rest your arms on the ground straight overhead. Try to keep your chest as close to the floor as possible.
**Reps:** 10-20  **Hold:** 30 secs  **Sets:** 2

6. INNER THIGH SQUEEZE

**Purpose:** Increase strength of inner thigh and pelvic floor muscles.
**Position:** Begin lying on your back with your legs bent, feet resting on the floor, and a soft ball or pillow positioned between your knees.
**Movement:** Squeeze your knees together into a soft ball or pillow, then release and repeat. Make sure to keep your back flat against the floor during the exercise.
**Reps:** 10-20  **Hold:** 5 secs  **Sets:** 2
Pre-term labor

Pre-term labor is categorized as labor occurring before 37 weeks. While pregnancy lasts approximately 40 weeks, sometimes conditions arise to cause your baby to arrive early.

**RISK FACTORS**

- Previous pre-term labor or pre-term delivery
- Multiple gestations (twins, triplets, etc.)
- Infections
- Smoking/drug use
- An abnormally-shaped uterus
- Uterine fibroids
- Under the age of 18 or over the age of 35
- Placenta previa (placenta covers the cervix)
- Chronic illness
- Late or minimal prenatal care
- Surgery during pregnancy

**SYMPTOMS**

- Vaginal bleeding
- Dull backache
- Stomach cramps
- Persistent lower abdominal or vaginal pressure
- Contractions with or without pain (more than 6 per hour)
- Water breaking (could be a gush of fluid or a trickle)

Call your provider if you have any of the above symptoms.
Preeclampsia symptoms

Preeclampsia, also called toxemia or hypertension of pregnancy, is an unusual elevation in an expectant mother’s blood pressure before delivery. Preeclampsia can cause decreased blood flow and oxygen to the placenta and could result in seizures.

If you experience the following symptoms, contact your OB/GYN of Indiana provider immediately:

- Severe headache (not remedied with Tylenol)
- Dizziness
- Nausea/vomiting
- Blurred vision/seeing spots
- Upper abdominal pain especially on the right side
- Decreased urination
- Sudden swelling of your face and fingers

If you’ve been diagnosed with preeclampsia or hypertension of pregnancy, it is critical to keep your doctor’s appointments to ensure a healthy pregnancy and recovery.

Labor

True labor is diagnosed as contractions that cause a change in your cervix anytime after 37 weeks. Your contractions will get stronger, longer, and progressively closer together. During mild contractions, you can continue normal activity.

TIMING CONTRACTIONS:

- **Frequency:** How often are the contractions happening, from beginning of one contraction to the start of the next.
- **Duration:** How long each contraction lasts. In labor, contractions usually last one minute or longer.
- **Intensity:** How strong is each contraction?

Listen to your body. If something seems amiss or if there’s a decrease in your baby’s movements, contact your OB/GYN of Indiana provider.

*Contact your provider when you have contractions every five minutes that last at least 60 seconds for an hour.*
Pain management during labor

Your OB/GYN of Indiana provider will discuss pain management options with you prior to your delivery.

Natural birth is always an option. There are many ways to approach this in order to be successful. It is encouraged that you take classes or prepare in some way if that is the option you prefer.

Epidural: This is the most commonly used type of anesthesia during labor. A small catheter will be inserted in your back to deliver the local anesthetic and block the nerve impulses from the lower half of your body. Epidurals allow you to have consistent pain relief during labor.

Nitrous oxide (if available at your hospital): Also known as laughing gas, it is a clear, odorless, tasteless gas that can be inhaled during labor for pain relief as well as anxiety reduction. It can be used during all stages of labor. The effects of nitrous oxide are immediate and dissipate rapidly. Studies have shown that the medication is generally well tolerated and poses less risk to babies as it does not cross the placenta.

Pain medicine administered through an IV for early labor

Other options: Breathing/relaxation exercises, hydrotherapy, aromatherapy, and use of labor balls/tubs (available in select hospitals)

If you have questions about your options, ask your OB/GYN of Indiana provider.
Cord blood banking

Cord blood is the remaining blood in your child’s umbilical cord following birth. It is a rich source of stem cells that can be collected at the time of birth. Some families opt for this, as cord blood stem cells have been used successfully to treat more than 70 diseases. Your newborn’s stem cells could be used by your child, their siblings, and in some cases, parents. Stem cells can still be viable after 15 years of storage.

It is safe, easy, and painless for you and your child. It does not interfere with delivery, but it must be arranged in advance of delivery.

Cord blood banking is an optional service provided by outside public and private cord blood banks. If you are interested, OB/GYN of Indiana can provide you with the information to contact them. There is a fee that needs to be paid to the cord blood bank and the kit is shipped to you prior to delivery. There is also a storage fee. If you elect to do this, it is your responsibility to bring your personal kit to the hospital when you are in labor. Your OB/GYN of Indiana physician will collect the sample for you at delivery. It is then your responsibility to forward the sample to the cord blood bank.

Some hospitals have programs in place for patients to donate the cord blood, which is a good option to potentially help others. Please check with your hospital if you wish to donate cord blood.

WHAT WILL HAPPEN AT LABOR IF I ELECT TO DO THIS?

After birth, but before the placenta is delivered, your provider will collect the blood from the umbilical cord and put it in a bag. It is your responsibility to have the bag at the time of delivery and have it shipped to the cord blood bank.

Disability/FMLA information

Motherhood means big life changes and could have an impact on your work. Speak to your employer and find out what your options are and if you qualify for short-term disability or FMLA. More information on your options is available through the U.S. Department of Labor website, www.dol.gov.

Do not ask your physician for disability unless your provider has restricted you from all work.
Breastfeeding

Choosing to breastfeed your baby is a personal decision.

Breastfeeding provides natural antibodies and proteins to your newborn. Not only that, it has numerous benefits to you, including reducing your risk of ovarian and breast cancer and more rapid weight loss.

However, OB/GYN of Indiana understands some women do not want to breastfeed or are not able, depending on their age, lifestyle, medical concerns, etc. Your provider will talk you through your options, as well as provide counseling for women struggling with the process.

Breast feeding can be a challenging process at times, but resources are available to help. Lactation specialists are available for individual and group sessions at your hospital. You can even schedule a consultation prior to delivery.

MASTITIS:

Mastitis is an infection of the breast tissue that can occur in breastfeeding women. Please call your provider if you start to experience symptoms of mastitis.

Symptoms/When to call your provider:

- Breast tenderness
- Flu-like symptoms
- Skin redness and warmth
- Fever over 101°F

PREVENTION:

- Wash your hands before handling your breasts
- Use lanolin cream to treat nipples
- Breast feed or pump on a regular basis
- Drink more fluids

TREATMENT:

- Apply moist heat to speed up milk letdown and ease soreness
- Your OB/GYN of Indiana provider may prescribe antibiotics
- Take Tylenol or ibuprofen to reduce fever and discomfort
- If your symptoms do not respond within 48 hours, contact your provider immediately
Contraception options after delivery:

It is important to understand what your conception options after delivery are, and what method is right for you. You may have heard that breastfeeding prevents pregnancy. Some studies suggest that it can be an effective form of birth control in the first 6 months after delivery but you may want to have a backup option. Your OB/GYN of Indiana provider can discuss your options at your 4-6-week postpartum visit, depending on your future plans.

Cesarean section recovery:

If you have a C-section for delivery, your doctor will have either closed the incision with staples or sutures. Once you are discharged from the hospital, it is important to dress and clean the wound regularly as instructed when released. An abdominal binder may be provided to you and worn optionally for your comfort.

Call your OB/GYN of Indiana provider if you experience the following symptoms:

- Redness/swelling at the incision site
- Discharge from the incision site
- Unusual pain at the incision site
- Heavy menstrual bleeding that soaks a pad within an hour
- A fever higher than 100.4 °F
- Severe abdominal pain
- Painful urination
Frequently asked questions:

**WHAT IS A VAGINAL LACERATION OR EPISIOTOMY?**

OB/GYN of Indiana’s goal is to deliver your baby with as little stress to your body as possible. Sometimes, vaginal lacerations may occur naturally as you deliver. At the same time, your provider may need to make a small incision, called an episiotomy, to aid delivery. Any stitches used will dissolve over time and do not need to be removed.

**WILL VACUUMS OR FORCEPS BE USED?**

OB/GYN of Indiana’s Board Certified Practitioners are highly skilled in the use of vacuums and forceps for delivery. We will only recommend using these methods if it is medically necessary. OB/GYN of Indiana’s goal is to deliver your baby safely.

**WHAT IS CIRCUMCISION?**

At birth, a male infant has foreskin that covers the end of his penis. The foreskin can be removed with a procedure called circumcision. This is an optional procedure that is performed by a physician within the first few days of life. It is a short procedure and local anesthesia is provided. Ask your OB/GYN of Indiana provider for more information or discuss it with your pediatrician.

*For information concerning Zika virus, visit www.cdc.gov/Zika/pregnancy*

*For additional questions and answers please consult the ACOG website at www.acog.org/patients*
The Baby Blues

A glowing disposition, a growing belly, and the birth of a new child would seem to spark happiness, however for many women it can be a confusing, stressful and even depressing time.

According to The American Congress of Obstetricians and Gynecologists (ACOG), between 14-23% of women will struggle with depression during pregnancy and 40-80% of new mothers will feel very emotional after the birth of their child, often called the baby blues.

Symptoms of the baby blues can last up to two weeks and include:

<table>
<thead>
<tr>
<th>Moodiness</th>
<th>Irritability</th>
<th>Restlessness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headaches</td>
<td>Panic</td>
<td>No energy/exhaustion</td>
</tr>
<tr>
<td>New fears</td>
<td>Feeling overwhelmed</td>
<td>Sadness</td>
</tr>
<tr>
<td>Confusion</td>
<td>Anxiety</td>
<td>Not eating</td>
</tr>
<tr>
<td>Over sensitive</td>
<td>Tearfulness or continuous crying</td>
<td></td>
</tr>
</tbody>
</table>

Baby blues symptoms will lessen as your hormones and body return to normal. With support, household help, loving care and time the blues will go away.

If symptoms continue longer than 2-3 weeks, please talk to your provider.
Postpartum Depression

If your symptoms continue, or you feel you may be struggling with depression, the most important step is to talk with your healthcare provider about your symptoms and struggles, especially if they continue to get worse or continue after two weeks, as this may be a sign of postpartum depression.

Postpartum depression affects 20-30% of new mothers. Symptoms can occur during pregnancy and continue in the first year following the birth of the baby. Symptoms can include the same ones as the baby blues, as well as:

<table>
<thead>
<tr>
<th>Totally avoiding family and friends</th>
<th>Not being able to take care of yourself or your baby</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fears that you’re not a good mother</td>
<td>Severe mood swings, anxiety, or panic attacks</td>
</tr>
<tr>
<td>Lack of interest in daily tasks</td>
<td>Thoughts of harming your baby</td>
</tr>
<tr>
<td>Trouble feeling close to your baby, or bonding</td>
<td>Too much or too little sleep</td>
</tr>
<tr>
<td>Thoughts of suicide or suicide attempts</td>
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</tbody>
</table>

If you feel you may be struggling with depression, the most important step is to talk with your healthcare provider about your symptoms and struggles. It is also very important to keep your follow-up postpartum appointment with your physician.

Talk to your healthcare provider about your symptoms.
OB/GYN of Indiana is dedicated to ensuring your pregnancy goes smoothly. Call us immediately if you:
- Feel less than 6 movements or kicks over the course of an hour
- Experience bleeding
- Have cramps that are persistent or severe abdominal pain
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Welcome to the home stretch of your pregnancy! While this is an exciting time for you, we also understand it can be overwhelming. Rest assured, OB/GYN of Indiana is going to be with you for every step of your pregnancy journey and beyond. Our patient-centric, compassionate providers are here for you!

When to call your provider

Breast Pump Prescription Form

4 EASY WAYS TO SUBMIT YOUR PRESCRIPTION
- TEXT: Text a picture of your prescription to 833.452.3993
- E-MAIL: Email your prescription to info@mommyxpress.com
- FAX: Fax your prescription to 888.889.2395
- UPLOAD: Upload your prescription to mommyxpress.com on the Confirm Your Eligibility page

WE CARRY ALL THE LATEST Breast Pump Models

Your Breast Pump Provider

GET YOUR FREE BREAST PUMP NOW!
www.mommyxpress.com
844.641.2255

Preparation for Labor and Delivery

- Pre-Register at hospital where you plan to deliver
- Tour the hospital
- Attend educational classes offered on labor and delivery, breastfeeding, infant CPR, and baby care

Don't Forget to Pack:
- Car seat
- Two sets of baby clothes (onesies, blanket, weather-appropriate outerwear)
- Toiletries (shampoo, conditioner, shower gel, etc.)
- Hair dryer
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- Cell phone and charger
- Music to play
- Camera and extra batteries
- Supplies for Dad or anyone staying with you

Hospital Checklist:

Breast Pump, Double Electric (E0603)

Date:

Info@mommyxpress.com • www.mommyxpress.com
Phone: 844.641.2255 • Fax: 888.889.2394

Other:

Your Breast Pump Provider

Obstetrics & Gynecology of Indiana

Aimee Anderson, WHNP-BC
Kristine Bolin, MD
Scott Bowers, MD
Jamie Boyce, DO
John Cleary, MD
Maret Cline, MD
Beth Cottongim, MD
Tara Debikey, MD
Deborah DelRosario, MD
James Dupler, MD
Richard Gates, MD
Brandy Hughes, MD
James Jarrett, MD
Christopher Mernitz, MD
Michelle Neff, MD
Elizabeth Nowacki, DO
Jeffrey Pauloski, MD
Deborah Ronco, MD
Cynthia Seffernick, MD
Vicky Sherman, MD
Angela Stevens, MD
Jennifer Tinder, MD
Shirley Thomas, MD
Brittany Ward, MD
Thomas Wisler, MD
Stephanie Young, NP-C

Obstetrics & Gynecology of Indiana

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- Full-coverage bra/changing bra
- Loose-fitting clothes to wear home
- Cell phone and charger
- Music to play
- Camera and extra batteries
- Supplies for Dad or anyone staying with you

OB/GYN of Indiana

Address:

Name:

DOB:

Address:

Cell: (          )

Insurance Carrier:

Insurance ID#:

Due Date:

Carmel
13420 North Meridian Street
Suite 400
Carmel, Indiana 46032

Cityway
426 S. Alabama Street
Suite 200
Indianapolis, Indiana 46225

Fishers
13914 Southeastern Parkway
Suite 314
Fishers, Indiana 46037

North
8091 Township Line Road
Suite 206
Indianapolis, Indiana 46260

Westfield
380 South Junction Crossing
Suite B
Westfield, Indiana 46074

Zionsville
6866 West Stonegate Drive
Suite 102
Zionsville, Indiana 46077
YOUR GUIDE TO THE Third TRIMESTER

Your OB/GYN of Indiana provider is excited to see you back at your postpartum check-up!

By now, we’re certain you’ve begun to settle into a routine with your new baby.

"You’ve Got This Mom!"

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FAX
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Mommy Xpress will verify your coverage and contact you to review your options!

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Call Toll Free 1.844.641.2255

www.mommypress.com

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Questions about breastfeeding? Visit our website for our breastfeeding webinar!

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THE Breastfed Baby

Higher IQ
Cholesterol and other types of fat in human milk help support the growth of nerve tissue in infants.

Eyes
Visual acuity in higher in babies fed human milk.

Respiratory System
Breastfed babies tend to have fewer upper respiratory infections, less congestion, less pneumonia and less wheezing.

Mouth
There is less risk of childhood indemnities in children breastfed more than a year. They also have improved muscle development in the face from suckling at the breast. Changes in the taste of human milk prepare babies to accept a variety of solid foods.

Heart and Circulatory System
Breastfed children have lower cholesterol as adults. Heart rate are also lower in breastfed infants.

Kidneys
With less salt and less protein, human milk is easier on a baby’s kidneys.

Skin
There is less allergic eczema in breastfed infants.

Appendix
Children with acute appendicitis are less likely to have been breastfed.

Digestive System
There is less diarrhea and fewer gastrointestinal infections in babies who are breast-feeding. Six months or more of exclusive breastfeeding reduces risk of food allergies. Also, there is less risk of childhood diabetes and later-onset diabetes in adulthood.

Ears
Breastfed babies get fewer ear infections.

Skin
There is less allergic eczema in breastfed infants.

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