

Important Notes

This document contains some items that are worthy of mentioning but aren't always addressed at prenatal visits. If you have any questions, please ask.

Scheduling & Cancelling Appointments

In office: Usually follow-up appointments are scheduled at the end of each visit

Online: I have made appointment scheduling as convenient as possible by posting it on my website. Please visit my website if you would like to schedule out your visits or if your appointment was not made at a recent visit.

Cancelling: You can always send me an email to reschedule or if you scheduled online then the confirmation email contains a link to cancel.

Contacting Me

There are a multitude of ways to contact me. I text, e-mail, and receive calls. If you have an urgent question, please call, leave a message if I don't answer.

If you have a non-urgent question, you may use the messaging system associated with my electronic health records.

Brief questions that you expect brief answers for can be texted to me. (i.e. What time is my appointment on Saturday?)

There is a separate document that outlines reasons to always contact me and exactly how to get reach me.

Chart Online

I use electronic medical records. They are extremely convenient, save paper, and allow you access to your health records at all times. I will use this system to send you documents and messages throughout your pregnancy.

Social Media

There are frequent updates on the Facebook page, which you can find here:

www.facebook.com/thefoothillsmidwife

Supplements

	Pregnancy - 6 Months Postpartum	28 Weeks *With Anemia	32 Weeks - Birth	35 Weeks - Birth
SUPPLEMENT	WHOLE Food Vitamin	Iron	Red Raspberry Leaf	An herbal supplement that encourages toning of the uterus, softening of the cervix, and reduces postpartum bleeding.
FORM	Pill	Tincture, loose herb, pill	Tincture, tea, loose herb, capsule	
RECOMMENDATIONS	New Chapter, Honest Company, Thorne	Floradix, yellow dock root (herb)	Traditional Medicinals, loose herb	Gentle Birth Tincture OR Polly-Jeans Antenatal Formula
SOURCE(S)	http://www.newchapter.com/vitamins	http://www.mountainmeadowherbs.com/Herbal_Iron_p/h2060.htm	Most grocery stores for the tea, inquire about Foothills red raspberry loose herb.	http://www.birthjunkie.com/5week_formula.html
	* http://honest.com/accept_invitation/310274	Floradix: Amazon.com		The Birthing Inn (Gentle Birth)
	http://www.thorne.com/Products/Womens-Health/prd~VMP.jsp	"Slow Fe" at most drug stores		http://www.mountainmeadowherbs.com/Gentle_Birth_p/g1030.htm

What to Avoid

Below is a list of items that you may see literature supporting avoidance during pregnancy. The most important advice is to ask me, your provider, before avoiding something that may not even cause harm.

Mercury/Fish: You should receive a card that identifies the low-high content of mercury in seafood and fish. When you consume fish with a low mercury content, the benefits (nutrients, oils, vitamins) outweigh the risks. Avoid fish that contains high mercury levels.

Sushi: There is a risk of food poisoning in sushi, since it is raw meat that is often left out for an unknown amount of time. A certain form of food poisoning, from listeriosis, can be harmful to an unborn child. You do not have to avoid sushi, but rather consume it from places that are always moving their sushi ensuring that it doesn't sit out for very long.

Deli Meat: Deli meat also sits out and is at risk for the growth of listeriosis. You can kill listeriosis by heating it at a high temperature for 20-30 seconds.

Plastics: Avoid heating your food in plastic and if possible, avoid storing food in plastic altogether. Plastic is an endocrine disruptor and can cause changes to yours and your baby's endocrine system.

Gasoline: Avoid inhaling gas fumes by pumping gas as infrequently as possible. You can ask a partner to do it or if you can't avoid it, fill your tank every time you go and get into your car while you're pumping.

Litter Box: Ask your partner to clean the litter box to avoid a condition caused by toxoplasmosis, which is a rare condition but could be harmful to your baby.

Hot Tubs: Pay attention to your body's signals when you are in hot water or hot tubs. If you feel sick or overheated, get out. It is not necessary to avoid hot water altogether.

Mattress Wrapping

There is a significant decrease in the incidence of SIDS when an infant's mattress (or anywhere they sleep) is wrapped so that the mattress is not "offgassing" the chemical that's used to prevent fires. Mattress wrapping is easy enough to do yourself with some plastic found at the hardware store or you can purchase a commercial "mattress wrap" online.