

Welcome

Our philosophy

- *It is your baby; Our role is to help you*
Our goal is to help you have a healthy, happy pregnancy and get your expanding family started on the right foot.
- *We will provide you with safe, up-to-date obstetrical care, while also maintaining the emphasis on you and your family.*
- *We will take the time to answer any of your questions*
You should not hesitate to mention anything that is on your mind to us.
- *We support family-centered care*
Fathers-to-be or other partners are welcomed, and encouraged to participate in the entire childbirth experience – from prenatal visits and classes, to providing support and sharing their child’s birth with their wife/partner.
- *We support prepared childbirth*
We encourage you to learn as much as you can. We feel that the more you understand about the natural processes of pregnancy and about your changing body, the better you will be prepared to cope with any discomforts along the way. This is why we use nurse practitioners as educators in our office.



In addition to the education and information you will receive during office visits, we strongly recommend that you attend classes. These include pregnancy exercise classes, the Breastfeeding Seminar, and Childbirth Education Basics, which are offered by Southern New Hampshire Medical Center (formerly known as Nashua Memorial Hospital). Childbirth Education Basics is designed to prepare you for labor, and includes techniques traditionally taught in Lamaze classes. You can call the Medical Center’s Healthmatch line at 603-577-2255 for more information, or to register for classes.

We also offer Birth Class/Meet the MDs sessions four times a year. We discuss the medical side of managing labor; and you will have an opportunity to meet the other physicians who provide labor and delivery coverage for our patients. The class schedule is posted in our office, and you do not need to register for it. Altogether, these classes will help you in your decision-making about your pregnancy and parenting, as well as preparing you for labor and delivery.

How best to reach us

Routine calls for prescription refills, appointment scheduling, questions, etc., should be made when the office is open, 8:30 AM to 5:00 PM, Monday through Friday.

After office hours, calls are taken by our answering service. Please be aware that we are also on answering service from 12:00 to 1:15 PM to enable our staff to eat lunch, and facilitate mid-day staff meetings.

A physician is available 24 hours a day to deal with emergencies or problems. After office hours, the answering service will contact the doctor on call, who will phone you back.

Try to keep the phone free when awaiting a return call, and whenever possible, arrange to talk with us yourself rather than having a friend or other family member answer the call.

If you have call blocking on your phone line, disable it or we may not be able to reach you.

In the unlikely event that you have a problem described as urgent in this book and you cannot wait for a return call (or if the phones are down), proceed to Southern New Hampshire Medical Center.

The purpose of this book

We created this book for you to use as a reference throughout your pregnancy. We hope to provide some guidelines for you to follow as you adjust to the changes and possible discomforts of pregnancy. These instructions should help you feel better, and give you a sense of comfort and control during your pregnancy.

We also provide specific information about potential hazards and warning signs during pregnancy. These chapters should help you avoid undue alarm, and recognize the situations that can be managed by you without medical intervention.

We recommend that you refer to this book whenever possible before calling in with a problem. For your convenience, we are also providing a computer version in PDF format at www.EverGreenObGyn.com. For practical reasons, much of the information offered is brief and explanations are limited. For more detailed reading on any topic, our Recommended Reading section at the back lists books which we have found superior.

The Women's Health Care nurse practitioner and your prenatal care

Usually, four of your prenatal visits will be longer appointments, scheduled with a nurse practitioner. Our nurse practitioners have Master's degrees in nursing, and are certified to participate in the care and education of pregnant women.

At your first prenatal visit, a nurse practitioner will take a careful history, and will examine you and confirm your pregnancy. She will review the important aspects of prenatal nutrition and self-care, and will spend time answering many of your questions and concerns about normal pregnancy. During later visits, she will examine your growing uterus and spend extra time discussing your concerns about the changes of pregnancy, preparing for labor, and decisions you will need to make.

Our nurse practitioners are an invaluable part of our team and contribute to high quality, personalized obstetric care. The extra time the nurse practitioner spends with you helps us to attain our goal of providing you with the confidence and knowledge to enable you to take the best care of yourself and your baby.

The triage nurse

Our triage nurse, Barbara Soto, is a registered nurse whose job is to answer questions and deal with concerns over the phone during office hours. The term *triage* means to prioritize, and Barbara is responsible for recognizing and arranging proper treatment for urgent and non-urgent problems. She also calls our patients back to answer questions, give lab results, or pass on information from the doctor.

When calling with a question, leave your phone number and time you will be there, so the triage nurse can easily reach you. If you are having an emergency, or suspect labor, please let the receptionist know and keep the phone free until the triage nurse calls you back. If you use call-blocking to reduce telemarketing interruptions, it can make it difficult for us to reach you as well. Please disable call-blocking when you have placed a call to the office or answering service and are waiting for a response.

EverGreen

Women's Health Care

Alan J. Green, MD, FACOG
Rebecca S. Green, MD, FACOG

Donna C. Caron, ARNP, IBCLC
Janet M. Ashley, ARNP, IBCLC
Rebekah Turner Reddel, ARNP, IBCLC
Beverly M. Kennedy, ARNP

280 Main Street, Suite 131
Nashua, NH 03060
(603) 882-0555
(603) 882-0360 fax

Office@EverGreenObGyn.com

Chapter 1: Welcome

Our philosophy | Purpose of this book | The women's health care nurse practitioner | The triage nurse

Chapter 2: General self-care and activity during pregnancy

Exercise and sports | Nutrition and weight gain | Hazardous foods | Dietary supplements | Calcium
Getting the iron you need | Breast changes and care | Travel during pregnancy | Baths, showers and jacuzzis
Douching | Dental care | Eye care | Sexual intercourse | Working | Disability leave | Transfusions

Chapter 3: Protecting yourself and your baby

Regular checkups | Avoid & treat illnesses | Avoid x-rays, medications | Alcohol, smoking, marijuana
Avoid exposure to chemicals and toxins | Sunscreens | Sculptured nails | Hair color and permanents

Chapter 4: Warning signs

Menstrual-like bleeding | Bag of water breaks | Severe abdominal pain | Menstrual-like cramps
Spotting | Severe prolonged nausea/vomiting/diarrhea | Chills & high fever | Severe headaches
Blurred/problem vision | Decreased urine | Swelling | Painful urination
Constant ache in back or side | Baby stops moving

Chapter 5: Alleviating common discomforts of pregnancy

Fatigue | Insomnia | Frequent urination | Emotional changes | Headaches | Nausea and vomiting
Constipation | Indigestion | Hemorrhoids | Varicose veins | Leg cramps | Groin pain, pelvic pressure
Faintness or dizziness | Fluid retention | Skin changes | Carpal tunnel syndrome
Increased vaginal secretions | Backache | Diaphragm pressure, shortness of breath
Sensitive or bleeding gums | Nosebleeds, nasal congestion | Increased salivation | Braxton-Hicks contractions

Chapter 6: Common illnesses and suggested remedies

Colds | Allergies | Cough | Fever | Sore throat | Aches and pains | Vomiting/diarrhea | Prescription medicines

Chapter 7: Preparing for your baby's arrival

Breast or bottle? | Breastfeeding while working | Breastfeeding success checklist | Breast pumps
Pediatric Care | Preparing for parenthood | Preparing siblings | Prenatal classes | Newborn circumcision
Things you will need | What to take to the hospital

Chapter 8: A pregnancy ends, a family begins

Labor | Hospital admission | Bonding | Private-room maternity care

Appendices

Recommended reading | Index | Index