

*A positive pregnancy test is just the beginning!*

Get your pregnancy off to a healthy start.



Gloria Castañón Photography

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“Midwife” means “With Woman.” The Certified Nurse-Midwives at OLE Health want to work with you and your family to ensure a joyful pregnancy and a healthy baby.

To get started, call OLE Health at (707) 254-1770 to make your two appointments.

### 1. Connect with Perinatal Services (Healthy Moms and Babies)

Appointments available at North Napa Campus (1141 Pear Tree Lane), South Napa Campus (300 Hartle Court) or by phone. If you don't yet have insurance, this appointment should be as soon as possible.

- Schedule your first visit with our amazing Perinatal Services Team. We will assess your family's unique strengths and resources and connect you with OLE and community resources such as insurance if needed, dental care, WIC, nutrition, behavioral health, and classes such as prenatal yoga, swimming, childbirth preparation, breastfeeding and newborn care.
- These visits are covered by Medi-Cal and Partnership. Private insurance coverage varies.

### 2. Start prenatal care early in pregnancy with your OLE Certified Nurse-Midwife

Make your first prenatal appointment at South Napa Campus (300 Hartle Court).

- You will meet your midwife who will do an ultrasound if appropriate, review your history, order labs and discuss any initial concerns, discomforts or questions you may have.
- We will discuss ways to promote health and wellness during pregnancy, review optional genetic screening tests and address any high-risk concerns.
- During Covid-19, your partner/support person is welcome in exam room for the ultrasound (first visit).





## Tips for a Healthy Pregnancy



### Start taking prenatal vitamins (if you haven't already)

Prenatal vitamins are available over-the-counter or by prescription. They all have an important vitamin (folic acid) that helps to prevent birth defects.

### Get a flu shot to protect you & your baby

### Dental care is very important in pregnancy

### Healthy lifestyle

Tobacco, alcohol and drugs can cause many problems during pregnancy and can affect the baby in the future. There is no known “safe” amount. Quit now!

**OLE Health has a Drug Treatment Advocacy Program: (707) 254-1774 extension 1124**

**The California Quit Line helps people quit smoking: 1 (800) 662-8887**

**The Queen of the Valley Hospital has smoking cessation groups: (707) 253-6100 extension 132**

### Medicines

If you are taking medicine (including over the counter or herbal) tell the provider who prescribed the medicine that you are pregnant.

If you have a headache or need pain relief, you can take Tylenol/acetaminophen.

**Do not take Motrin/Advil/ibuprofen.**

Some medicines should not be stopped abruptly. Call us if you have questions.

[MothersToBaby.org](http://MothersToBaby.org) is a good resource to check on risks of medicines and drugs in pregnancy.

### Exercise

You may continue most of the exercises you did before pregnancy.

Stop any exercise where there is a chance you could be hit or fall.

If you are not used to exercising, begin with walking every day. Swimming is excellent too.

Synergy gym in Napa has a water fitness class for pregnancy. Call (707) 251-1395.

It is \$4 per class, or free if you have Medi-Cal or Partnership. Ask us for information.

### Sleep

It is normal for most pregnant women to be very tired in the first three months (first trimester).

You will likely feel more energetic later in pregnancy. Make time for plenty of rest.

### Nutrition

Both you and your baby need healthy food.

Babies need protein (lean meats, dairy, eggs, beans) for brain development, calcium (dairy products) for building bones, and vitamins and minerals (fruit and vegetables).

Eat less empty calories like soda and fast food (lots of fat, salt, sugar, calories).

For nausea, eat small frequent meals, avoid spicy and greasy foods. Drink lots of water.

### Fish

Eat no more than 1 or 2 meals of fish per week - due to concern for exposure to mercury.

Choose light tuna instead of white tuna. Don't eat swordfish, mackerel, shark.

### Things to stay away from

Avoid changing cat litter. Avoid eating raw or unpasteurized cheeses and dairy products.

Hot dogs and deli meat should be heated to steaming. Avoid caffeine (coffee, tea, soda).

