



Safe Medications During Pregnancy & While Breastfeeding

Remedies for Morning Sickness

Prevention

- Eat small pieces of bread/crackers before getting up
- Get up slowly, avoiding sudden movements
- Eat yogurt, cottage cheese, juice and/or milk before bed or in the middle of the night.
- Eat high-protein foods i.e. eggs, cheese, nuts, meat
- Drink liquids or soup between meals instead of with food
- Drink fruit and fruit juices
- Avoid greasy, fried, spicy and heavily seasoned foods

Remedy

- Sip soda water (7up, Sprite, Ginger Ale) when beginning to feel nauseated
- Get fresh air.
- Drink spearmint, raspberry leaf, ginger, or peppermint teas.
- Take slow, deep breaths

Medications for Cold Symptoms

(Symptoms including: sneezing, coughing, headache, runny nose, watery eyes, slight fever*, yellow-green productive cough)

- Tylenol, Tylenol Cold, Tylenol PM
- Robitussin cough syrup, CF with congestion, DM for cough
- Cepacol, Sucrets, Halls (throat lozenges)
- Tavist D, Claritin, Zyrtec, Zycam, Actifed
- Increase fluids and/or vitamin C
- Saline nasal spray
- Sudafed or Chlor Trimeton
- Flu vaccines (preservative free) via injection

*Fever over 100.4 needs to be addressed. Please call the office to speak to a nurse.

Other Medications

Symptoms

Medication

- **Heartburn** - to prevent: Eat a bland diet, avoiding spicy, greasy foods. No caffeinated or carbonated beverages.
 - **Headache/Body Aches**
 - **Diarrhea** - clear liquids for 12 hours. BRAT* diet
 - **Constipation** - Increase fluid and fiber intake
 - **Hemorrhoids**
- Tums, Mylanta 11 (sodium free), Gaviscon (sodium free), Zantac, Pepcid, Nexium
 - Tylenol
 - Kaopectate, Imodium
 - Metamucil, Colase 50mg 1-2 tablets per day as needed, Papayas with seeds, Milk of magnesia, Miralax
 - Preparation H, Tucks, Anusol suppositories (plain)

2024 Schedule for Childbirth and Infant Classes

Choose your classes so you finish at least three to four weeks before your due date. Register as soon as possible at kish-calendar.nm.org.

Understanding Birth

6-8pm | \$90 for 2 People | Registration Required
 January 10, 17 and 24 July 10, 17 and 24
 February 5, 12 and 19 August 5, 12 and 19
 March 6, 13 and 20 September 4, 11 and 18
 April 1, 8 and 15 October 7, 14 and 21
 May 8, 15 and 22 November 6, 13 and 20
 June 3, 10 and 17 December 2, 9 and 16

Understanding Birth

8am-3pm | \$90 for 2 People | Registration Required
 January 27 June 1 October 5
 March 9 July 13 November 16
 April 20 August 24 December 28

Understanding Your Newborn

6-8pm | \$35 for 2 People | Registration Required
 January 15 May 13 September 16
 February 14 June 12 November 11
 March 11 July 15 December 11
 April 10 August 14

Infant Safety

6-8pm | \$35 for 2 People | Registration Required
 January 22 May 20 September 23
 February 21 June 19 October 23
 March 18 July 22 November 18
 April 17 August 21 December 18

Understanding Breastfeeding

6-8pm | \$35 for 2 People | Registration Required
 January 8 May 6 September 9
 February 7 June 5 October 9
 March 4 July 8 November 4
 April 3 August 7 December 4

All About Breast Pumps

6-8pm | \$35 for 2 People | Registration Required
 January 31 May 29 September 25
 March 27 July 31

Breastfeeding Beyond Newborn

6-8pm | \$35 for 2 People | Registration Required
 February 28 June 26 October 30
 April 24 August 28

Breastfeeding Support Group

First Tuesday of every month
 10-11am | No Cost to Attend | No Registration Required

Maternity Suites Tours

6-7pm | No Cost to Attend | No Registration Required
 January 23 May 28 September 30
 February 26 June 24 October 28
 March 19 July 29 November 25
 April 22 August 26 December 30

Understanding Birth

Learn what physical and emotional changes you can expect during late pregnancy, labor and delivery. The class will cover labor support techniques, including relaxation and breathing exercises, as well as medications, variations of labor and cesarean (C-section) births. Lunch is provided at the hospital cafeteria for the Saturday class.

Understanding Breastfeeding

Learn the benefits of breastfeeding for you and your baby, as well as techniques for establishing breastfeeding. The class will cover infant feeding cues, frequency and length of infant feedings, and how to tell if babies are getting enough to eat. We strongly recommend that you attend with a support person, spouse or partner.

Breastfeeding Beyond Newborn

This class is for expectant and breastfeeding parents. It covers topics including preparing a return-to-work supply, breastfeeding with a working schedule, breastfeeding in public, nursing strikes, beginning solid foods, breastfeeding the teething infant, extended breastfeeding and weaning.

All About Breast Pumps

This class will cover how to express breast milk, including using a manual breast pump, an electric breast pump and the technique of hand expression. Breast pump features are discussed, along with flange fit, milk storage guidelines, working while pumping and paced bottle feeding technique.

Understanding Your Newborn

This class is for parents, grandparents and other caregivers to learn the basics of newborn care. We cover bathing, diapering, sleeping and how to soothe a crying baby. We strongly recommend that you attend with a support person, spouse or partner.

Infant Safety

A class for parents, grandparents and other caregivers to learn best practices for baby safety. Topics will include safe sleep practices, suffocation and choking prevention, car seat safety guidelines, childproofing, and pet and water safety.

Breastfeeding Support Group

You and your baby are welcome to join us to discuss the joys and challenges of breastfeeding. Drop in with your baby to meet other breastfeeding parents and receive support and encouragement.

You can also check out the Northwestern Medicine KishHealth System Breastfeeding Support Group on Facebook.

Maternity Suites Tours

Expectant parents can attend a facility tour. You will learn where to enter the hospital for a labor delivery, unit safety practices, routine labor and delivery care policies, and the amenities of a labor room.

Northwestern Medicine Breastfeeding Center at Kishwaukee Hospital

The center offers one-on-one breastfeeding consultations with a lactation consultant. The consultant can provide guidance and education to expectant and breastfeeding parents. Your visit may include discussion your breastfeeding history and observing a breastfeeding session, as well as education and a follow-up plan. This service is available by appointment only so that we may serve you better.

To schedule an appointment, call 815.766.9068.

Appointments are available Monday through Friday, 9 am to 3 pm.





Lehan's Baby

1407 S. Fourth St • DeKalb, Illinois 60115

811 S. Perryville Rd • Rockford, IL 61108

Phone: (815) 758-0911 x301 • Fax: (866) 509-3169

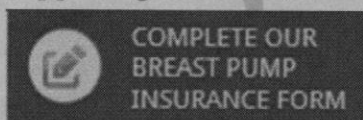
Contact Us

breastpumps@lehandrugs.com

Steps for Mom:



Go to Lehandrugs.com and click on the pink box (upper right corner)



Fill out all of the required information. You will be contacted by email in 2-3 business days with benefits details and pump options.



Browse our website to view the pump options, create a baby registry, and view the other items available in our online store.

About Lehan's Baby

Since 1946, Lehan's has been serving the community and surrounding areas and taking care of its customers like family. Lehan's is a 4th generation family-owned healthcare company specializing in pharmacy, medical equipment, and women's health.

Our Mommy & Baby support staff is proud to serve moms and moms-to-be with breastfeeding equipment as well as lactation support from our two full time Certified Lactation Counselors. We are dedicated to providing you with excellent care and service.

Frequently Asked Questions

Do I need my prescription before I fill out the form online?

No. We can contact your insurance company and verify your benefits prior to receiving your prescription. We will also send you an email outlining which pumps will be covered in full as well as your upgrade options and associated costs. We will, however, need the prescription before the breast pump can be picked up or shipped to you.

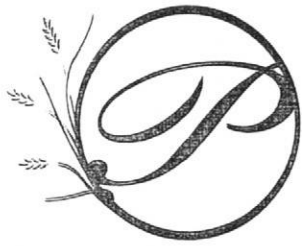
What should my prescription say?

The prescription needed from your doctor should be for an ***Electric Breast Pump and Replacement Accessories***, and it should also list a diagnosis relating to lactation. The most common lactation diagnosis is ***Z39.1-lactating mother***.

What pumps are available from Lehan's Baby? Lehan's Baby is constantly testing and researching new pump brands to carry in our store, and only the highest quality pumps pass our inspection. We currently offer Medela, Spectra, Ardo, Ameda, and Evenflo. If there is a specific brand of pump that you are looking for, please feel free to contact us.

How do I know which pump to choose?

We know the options are daunting, and we are here to help! Once we have checked your insurance benefits, one of our Certified Lactation Counselors would be happy to go over the different pump options that are available to you and help you decide what would work best for you and your pumping needs.



OBSTETRICS & GYNECOLOGY, LTD.

prairie point

...and if you have a son and want him to be circumcised?

The physicians at Prairie Point Ob/Gyn perform most circumcisions at our office. This is done with our trained staff that has done this for many years. All the boys have anesthesia and tolerate the procedure very well. This also gives you the opportunity to ask questions or discuss concerns with your provider. If you had a cesarean, we will do your post operative check at the same visit.

Occasionally, we will do your child's circumcision at the hospital at your or our request. Please let the staff at the hospital know that you would like Prairie Point physicians to do your son's circumcision and we can accommodate. As always, if you have any questions, please feel free to ask them at your prenatal visits.

CESAREAN RECOVERY

of **BEST CARE**

C-section, whether planned or not, has become a common method of birth in the United States, with one million new mothers (more than 25 percent) going through it every year. Whether you're about to have one or have already been through the procedure, it's important that you know the components of a quick recovery: That way you can spend less time recuperating and more time enjoying the newest addition to your family.

YOUR BODY

You've just had major surgery, so you'll be in the hospital for two to four days receiving the professional care that you need. Your health-care provider will probably prescribe pain medication to ease your lower abdomen soreness, and you'll need to take the full course of medicine before you transition to an over-the-counter pain remedy.

Your body is going to take a few weeks to heal. Mild cramping, pain at the site of the incision, vaginal bleeding or discharge and cramps are all normal. Call your health-care provider if your temperature increases or the incision oozes discolored fluid, emits a noticeable odor, bleeds uncontrollably, seems increasingly red and swollen or feels hot and hard when touched.

Your digestive system will be slowed by the surgery, so eat only bland and mild foods for a while. Go easy on solid foods at first to prevent gas and bloating. To avoid constipation, try prune juice as well as soft fruits and vegetables in small portions. Once

you are feeling a little better, ease back into a healthy diet, which will give you the energy you need to care for your newborn.

Take it easy on your body whenever possible—caring for your baby will keep you moving as much as you need right now. You won't be able to go back to your regular exercise routine for a while (most health-care providers give the okay at around six weeks' postpartum), but try some simple stretching and walking if you feel up to it. Don't worry, your body will bounce back; just give it the time it needs to heal properly. You'll be grateful you did.

YOUR EMOTIONS

After a cesarean birth, it's common to feel like you've been on an emotional rollercoaster. You may be disappointed if you had planned on a vaginal birth (what you may feel is the "traditional way") but had to have a c-section. Most people hold misconceptions about birth, with the actual event bearing little similarity to what they envisioned. So instead of concentrating on the *(continued on back)*



TIPS FOR A SPEEDY RECOVERY

DO...

Have help at home, either hired or from your partner, family or friends. You will need help with household chores so that you can rest and conserve energy.

Expect a vaginal discharge. It will turn gradually from bright red to pink to yellow-white. If heavy menstrual bleeding continues long after birth or it reappears later on, or if you are soaking a sanitary pad, contact your doctor. If you are hemorrhaging, go to the emergency room immediately.

Use pillows to support your stomach

since your abdomen will be tender. Rest your baby on a pillow on your stomach instead of holding him directly on your tummy.

Expect to have difficulty lifting your baby and getting up from sitting for a short while.

Give yourself plenty of time in the bathroom. It is normal to feel discomfort and pressure when urinating. It will disappear as you heal.

Speak with a lactation consultant if you are breastfeeding. A c-section can delay milk production.

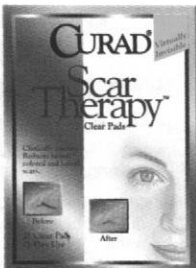
Seek out support groups for cesarean birth families.

Be patient with yourself. The healing process takes time.

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CURAD

See reverse for special offer!

WHAT ABOUT THE SCAR?

You'll wear a badge of honor from your c-section—a scar—for your whole life. But don't worry, it will gradually become less visible. When a c-section occurs, the pubic area is shaved and the incision is made big enough to fit a baby's head, about 10 cm (or 4 inches). After surgery, the scar will be red and swollen, according to Bruce Flamm, M.D., an obstetrician and gynecologist in Riverside, California. Staples are typically removed three days after the operation.

Over the next few weeks, the swelling will go down. The scar tissue will be slightly raised, puffy and darker than your natural skin tone. This scar may be obvious for three to six months, but after that it will become pencil thin and blend more closely with your natural skin tone. Keloid scars, which are about a ½" thick, are common in African-American women. To reduce the appearance of your scar, some health-care providers suggest using over-the-counter remedies. Unfortunately, the scar will worsen with repetitive c-sections since the operation stretches the skin.

Because nerves are cut, it is common to feel numbness at the site. When you touch it, you may not feel anything, which actually helps with post-operative recovery. It can take 6 months to a year to regain sensation in the area, says Flamm.

Signs of scar infection include redness that extends an inch or two above the incision: blood, pus or watery fluid leaking from the incision or a fever higher than 100.4° F. Such infection is uncommon but certain risk factors like obesity (where there are thick layers of skin) increase the risk for it. Call your doctor if you have any of these symptoms.



details of the birth, focus instead on the outcome—a healthy baby and the title of Mom.

Baby blues is a very common part of postpartum recovery (whether you've had a c-section or not). Hormonal changes can cause mood swings for up to three months past your birth. If you find that these feelings are preventing you from caring for your baby or yourself, however, contact your health-care provider. He can prescribe medication or help you find a local support group.

C-SECTION AND FUTURE PREGNANCY

Just because you have a c-section with one pregnancy doesn't mean you'll have it with another. Horizontal incisions have allowed many women to have a vaginal

birth after cesarean (VBAC.) However, if you already had a c-section, your doctor will probably recommend one for your subsequent birth(s) to prevent tearing the uterine scar.

If you strongly wish to have a VBAC, find a midwife or doctor with VBAC experience. Talk to him or her about the risks associated with a VBAC. (Note that each case is unique since the baby's estimated weight and the location of your cesarean incision impact your risk for uterine damage.)

So if you end up having a c-section, remember that it's nothing to fear—you will recover, both physically and emotionally. The surgery's end result—your newborn—makes it all worth it.

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New!

Postpartum

CLASS FOR NEW MOMS

Scan for more information and to register



1

8 week class led by physical therapist and postpartum personal trainer

2

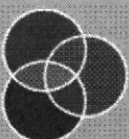
Combination of valuable education and exercise for new moms

3

Individualized screening with a postpartum physical therapist

4

Diastasis Recti education and healing



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