

Prenatal Care Guidance

Welcome to Southwest Midwives! We are excited to care for you throughout your pregnancy, birth and postpartum period. Below are some general pregnancy guidelines and information about our office.

Contacting the midwives: Call 970-247-5543. If the office is closed and you have an emergency and need to speak with the midwife, press 1 and you will be connected. Please leave a message or call the Family Birth Center (970-764-3150) if you do not receive a call back within 15 minutes.

- Your weight and blood pressure will be checked at each visit. If you prefer not to know your weight, please let us know. At your first visit we will order bloodwork and check your urine for infections.
- Sometimes the midwife will need to attend a birth and your appointment may need to be rescheduled. We do our best to accommodate everyone and ask for your patience.
- Appointments will be every month for the first part of your pregnancy. Once you turn 28 weeks, we will plan to see you every other week, and then at 36 weeks we will plan to see you weekly until your baby is born.
- We recommend taking a prenatal vitamin during your pregnancy that includes 400-800mcg of folate (folic acid or methylated folate) and 200mg of DHA.
- In order to avoid toxoplasmosis and listeria, do not eat any raw meat or raw fish. Make sure to cook your deli meat. Eat only pasteurized cheeses.
- Sex and exercise are okay as long as it's comfortable. If spotting or cramping occur, it can be normal, but please call the office to discuss with a midwife.
- If you are prescribed a medication by a provider from another practice, please call our office to let us know. We also ask that you call us if you want to begin taking a new vitamin or supplement.
- We recommend that you do not drink more than 12oz (or 200mg) of caffeine per day
- The body is more sensitive to sugar in pregnancy. We recommend reducing sugars in your diet (especially sodas and fruit juices) and focusing on high protein foods.
- Wear your seatbelt under your belly, low across your hips.

Below is the current recommendations for women and weight gain during pregnancy. Most importantly we will focus on diet and exercise.

- BMI 18.5 (underweight) - weight gain of 28-40 pounds during pregnancy
- BMI 18.5-24.9 (normal)- weight gain of 25-35 pounds during pregnancy
- BMI 25-29.9 (overweight)- weight gain of 15-25 pounds during pregnancy
- BMI >30 (obese)- weight gain of 11-20 pounds during pregnancy

Please call the midwives if:

- You have a fever over 100.4 that does not resolve with tylenol
- You have vomiting or diarrhea lasting more than 24 hours
- Bleeding from the vagina
- Fluid leaking
- Vaginal discharge that causes itching, soreness, burning or a foul odor

Activities to Avoid

- Scuba Diving
- Douching
- Hot tubs (anything over 98 degrees)
- Drinking alcohol
- Smoking (tobacco or marijuana)
- Recreational drug use
- Flying after 36 weeks
- Traveling greater than 2 hours from the hospital after 36 weeks
- Water skiing
- Exposure to cat stool in cat litter