



Glucose Testing Instructions

One-hour Tolerance Test

- The test should be done at 27-28 weeks pregnant, unless otherwise directed by your physician.
- Normally you should be avoiding sugars during pregnancy. Eat normally prior to the test. You do not need fast. Once you have finished the glucola do NOT EAT or DRINK anything until your blood is drawn.
- The glucola will be given to you by the lab technician.
- You will be required to wait at the lab for one hour after drinking the glucola. After one hour, your blood will be drawn.
- If the test is normal, it will be reported to you at your next office visit. If it is abnormal, we will notify you.

Three-hour Tolerance Test

- An appointment is necessary for this test.
- No food may be consumed after 12 Midnight on the evening prior to the test.
- Continue to fast prior to arriving at the lab. You may drink water.
- The lab technician will give you glucola to drink, and your blood will be drawn every hour for three hours. This test will take 3 hours to complete and you will be required to stay at the lab the entire time. The lab technician will draw your blood a total of 4 times.
- You may have small sips of water during the test. We advise that you bring a protein snack or lunch to eat as soon as the test is completed.



Fetal Movement Charting

A simple test that you can perform to give us assurance of baby's well-being is counting your baby's movement. All pregnant women, from the 28th week of pregnancy on, should count their baby's movement each day.

Once a day, preferably after eating or at a time when you notice the most movements, count the number of times your baby moves in a one hour period. It is best done when lying on your side.

Write the number of movements you feel in an hour in the box under the right date.

Call your provider if:

- a) The baby has not moved in 12 hours.
- b) The baby's movements are half of what they have been.(For Example: Baby has been moving about 20 times an hour, and starts moving only 10 times an hour.)
- c) There are less than 5 movements in one hour. (If you have not felt 5 movements, drink 2 larges glasses of cold water or juice and repeat counting for another hour.)

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When to Call Your Provider

Call your provider if you have:

- Severe headache
- Bleeding or leaking from your vagina
- Seeing white spots or having visual changes
- Pressure/pain that comes and goes 6 times an hour
- Non-obstetrical complaints which are NOT urgent. In case of an emergency, please call 911.

When to Go To the Hospital

Our providers render services at Banner Desert Medical Center. When you arrive at Banner Desert Medical Center go to the Maternity Department. If your provider is unavailable, the on-call physician will take care of you. The call schedule can be found on our website at <http://www.swcwc.net/doctor-call-schedule/>.

Go to the hospital if you have:

- **Contractions** after 36 weeks gestation that are 5 to 6 minutes apart, lasting 45-60 seconds, and are difficult to walk or talk through.
- Prior to 36 weeks gestation, **contractions** or tightening closer than 10 minutes apart, or greater than 6 to 7 contractions in one hour. You should force fluids (32 oz in one hour), empty your bladder, and lie down on your left side for one hour. If the contractions persist, go to the maternity department at Banner Desert.
- If you suspect your **bag of water has broken**. It is very important that you not take a bath, not have sex, or not place anything into the vagina if you suspect your bag of water has broken.
- **Decreased or absent fetal movements**. If you have not felt at least four movements in the past hour, stop whatever you are doing, drink something cold and sweet, and lie down on your side for one hour. Within 20 minutes, your baby should start to move and be active. If you do not feel at least four movements in the next hour, go to the hospital immediately for monitoring.
- **Bright red blood** is never normal during pregnancy.

Pre-Registration @ Banner Desert Medical Center

It is important to pre-register at Banner Desert Medical Center. This will save you time on the actual day of delivery. Banner Desert offers this convenient service to make your baby's birth as smooth as possible. For more information see the Banner Health Maternity Packet or call Banner Desert Admitting @ **480-412-3188**.



FMLA/DISABILITY FORMS

What is the difference between FMLA and Short-term disability?

FMLA is a 12 wk unpaid time away from work, protecting your job while you are away. It is generally available at companies of 50 employees or more, mandated by the federal government. Please see your HR department for specific company policies.

Short-term disability refers to a medical necessity leave secondary to a physician's recommendation that you no longer work. It can be a paid leave depending on the company you work for and whether they offer this type of protection for the patient. Your employer determines the length and amount of payment allowed. Our office only determines the reason you need to be off work.

How much time out of work am I allowed following a delivery?

National standards allow 6 weeks for vaginal delivery and 8 weeks for a C/section delivery. Although rare, if you develop a complication following any delivery in which the physician feels you will need to be off work for a longer period of time, this is assessed on a case-by-case basis with the physician.

What do I need to do when I have forms that I need to fill out?

Our office will assist you with filling out the forms. All companies have their own forms, we do not provide them. We ask that you fill out your portion (name, address, etc). We will fill out the physician's statement portion of the form. Once you have given them to us **it takes 7-10 business days to complete the forms**. If you would like them faxed directly to your work place, you will need to provide us with that information.

Is there a charge for this paper work?

Yes, there is a \$15 fee for each FMLA and disability form completed. If your forms require medical records to be released with them there may be an additional \$10 fee. All fees must be paid prior to the release of the completed forms.



Pediatricians

Phoenix Children's Pediatrics

Samantha Fee, DO, Susan Sohn Chung, MD, Angela Tin Mee Wong, MD, Lyndy Jones, MD, Venkata Konanki, MD, Suvarna Ashish Mogal, MD, Amy Shoptaugh, MD, Jennifer Stevens, MD, Ethan Dodge, MD, Meghan Hunter, DO, Michael Perlstein, MD, Jessica Prescott, MD, Darcy Winterland, MD, Farah Rehman Lokey, MD, Todd Gardner, DO, Robin Laks, MD, Ashley Elizabeth Navarro, MD, Ivia Hess, MD, Chia-Hsiang Tung, MD, Priya Patel, MD, Andrea DeMets, MD, Aleta DaSilva, MD, Reyna Lynn Cuellar, MD, Mariah Scott, DO, Anam Ali, MD, Malica Mantrala, MD, Kristin Ann McClelland, MD, Joseph Piacentine, MD, Michelle Valenzuela, MD

6301 S McClintock Dr, #101
Tempe, AZ 85283
602-933-4550

2550 E Guadalupe Rd, #115
Gilbert, AZ 85234
602-933-4395

1501 N Gilbert Rd, #203
Gilbert, AZ 85234
602-933-5060

1790 E Boston St, #101
Gilbert, AZ 85295
602-933-3549

3592 S Atherton Blvd, #101
Gilbert, AZ 85297
602-933-3985

205 S Dobson Rd, #1
Chandler, AZ 85224
602-933-3480

60 S Kyrene Rd, #1
Chandler, AZ 85226
602-933-4423

www.phoenixchildrenspediatrics.org (more locations and providers online)

Banner Children's - Banner Health Clinic

Trupti Amin-Chapman, MD, Joseph Werther, MD, Michelle Allen, DO, Kelly England, MD, Mehdi Salek, MD, Marcela Cristea, MD, Manu Bhakoo, MD, Jamie Quintana, DO,

1075 S Idaho Rd
Suite 206
Apache Junction, AZ 85119
480-903-6608

3493 S Mercy Rd
Building 15
Gilbert, AZ 85297
480-827-5042

7400 S Power Rd
Suite 140
Gilbert, AZ 85297
480-827-5046

1450 S Dobson Rd
Suite B220
Mesa, AZ 85202
480-827-5044

1220 S Higley Rd
Suite 101
Mesa, AZ 85206
480-827-5045

www.bannerhealth.com (more locations and providers online)

Healing Hearts Pediatrics

Elizabeth McKenna, MD, Nilam Khurana, MD, Sandra Romero, MD, Richard Heck, MD

595 N Dobson Rd, #A-18
Chandler, AZ 85224
480-821-1400

3370 S Mercy Rd, #308
Gilbert, AZ 85297

21805 S Ellsworth Rd, #111
Queen Creek, AZ 85142

www.healingheartspeds.com

Happy Kids Pediatrics

Jose Carrazco, MD, Carlos Baldit, MD, Ceclie Dumerve MD

1157 S Crismon Rd, #102
Mesa, AZ 85208
480-776-3790

1345 E Main St, #103
Mesa, AZ 85203
480-223-0290

2033 E Warner Rd, #109
Tempe, AZ 85284
480-820-5525

1033 N Arizona Ave
Chandler, AZ 85225
480-855-8829

www.hkpeds.com

Desert Shores Pediatrics

Sharon Allred, MD, Marie Baron, DO, David Ciminello, MD, Christine Holmes, MD, Tamara Johnson, DO, Jesse Kipp, DO, Jean Mullen, MD, Cheri Nason, MD, Natalie Teng, MD, Lora Van Tassel, MD

6285 S Higley Rd.
Gilbert, AZ 85298
480-460-4949

965 W Chandler Heights Rd
Chandler, AZ 85248

www.desertshorespediatrics.com

Pediatricians



Gilbert Pediatrics

**Dale Guthrie, MD, Randy Leavitt, MD, Lafe Carroll, DO,
Gary Auxier, MD, Tim Jacks, DO, Xin Tan, MD**
4365 E Pecos Rd, #123 4540 E Baseline Rd, #108
Gilbert, AZ 85297 Mesa, AZ 85206
480-892-3880
www.gilbert-pediatrics.com

TLC Pediatrics

**Diane Matsumoto, MD, Noelle Miller, MD,
Khristina Ramirez, MD, Nima Sekhadia, MD**
16611 S 40th St, #160 1783 E Queen Creek Rd, #4
Phoenix, AZ 85048 Chandler, AZ 85286
480-940-8527
www.tlcpedsaz.com

Step by Step Pediatrics

**Abigail Alviar, DO, Courtney Bishop, MD,
Aseema Pani Maher, MD, Sarah Nguyen, MD**
5680 W Chandler Blvd, #3
Chandler, AZ 85226
480-776-0440
www.stepbysteppediatrics.com

Pediatric Medical Associates

**Louis Iorio, MD, Norman Saba, MD,
William Seitter, MD**
4824 E Baseline Rd, Bldg 3, #125
Mesa, AZ 85206
480-839-4848
www.pediatricmedicalassociates.net

All-Star Pediatrics

**Steve Mousser, MD, Steven Milius, DO,
Ryan McClellan, MD**
4915 E Baseline Rd, #119
Gilbert, AZ 85234
480-832-0480
www.all-starpediatrics.com

East Valley Children's Center

Neil Aaron, MD, David Curran, MD
3200 S George Dr
Tempe, AZ 85282
480-839-9097
www.evckids.net

AZ Kids Doc

Dwayne St. Jacques, MD
15215 S 48th St, Bldg 1, #110
Phoenix, AZ 85044
480-783-8964
www.azkidsdoc.com

Bethesda Pediatrics

Eric Nyman, MD, Elaine Santos, MD
2175 N Alma School Rd, #C104
Chandler, AZ 85224
480-222-6770
www.pediatricianchandleraz.com

Gentile Pediatrics

Mark Gentile, MD
2680 S Val Vista Dr, #167
Gilbert, AZ 85295
480-857-0222

Acts of Kindness Pediatrics

**Sonja Stevenson, MD, Alison Wilcock, MD
Maggie Keane, MD**
861 N Higley Rd, #B101
Gilbert, AZ 85234
480-664-6400 (shared office space w/ Good Night Pediatrics)
www.aokpeds.com

updated October 2022



Prenatal Education

Banner Desert Medical Center offers a wide variety of classes to prepare families for the birth of a new baby and support after the baby is born. Registration for all classes can be made by calling 602.230.CARE (2273) or visiting our website at www.bannerhealth.com/desertobclasses. The more knowledge you have of the process of birth, the more likely you will approach your personal journey with confidence. www.bannerhealth.com/pregnancyguide

OB Childbirth Prep Class and Tour

We recommend this class to all expectant mothers. This class will help mothers and their support person feel more prepared, relaxed and informed about the upcoming birth of their baby. Topics include: preparing for labor and delivery, breathing and relaxation exercises, comfort measures, the role of a support person, medical options available, and what to expect after birth. Multiple class options are available on weekdays and weekends. A tour of the OB unit is included in this class.

Baby Care Class

Prepare for the arrival of your new baby by attending the Baby Care Class. This class focuses on parenting skills, newborn care and safety. Topics include: feeding, diapering, bathing and comforting your baby. You will also learn about signs and symptoms of illness and when to call the Pediatrician.

Banner Women & Children's at Desert

1400 S. Dobson Road
Mesa, AZ 85202

Registration

Registration is required for all classes before start of class.

www.bannerhealth.com/desertobclasses

Call 602.230.CARE (2273)



OB Tours

This free 45-minute tour is for expectant mothers and their support person who plan to deliver at Banner Desert Medical Center. Your tour will include a sneak peek of our labor, delivery, recovery and postpartum rooms. The tours are led by OB nurses and will give you the opportunity to become familiar with our services and the exceptional care we provide. Tours are for expectant mothers and one support person. No children are allowed.

Breastfeeding Class

Our class provides you the information you need to be successful with your breastfeeding goals. Topics include positioning and proper latch, how to know if your baby is getting enough, breastmilk production, pumping and returning to work.

At Banner Desert Medical Center, we support breastfeeding exclusivity. The American Academy of Pediatrics states "No supplements – water, glucose (sugar) water, formula, and so forth – should be given to breastfeeding newborns unless a medical indication exists."

Just for Dads

This "dads only" class provides fathers-to-be with the information and confidence they need to be a great dad. Topics include: caring for your new baby, safety tips, comforting techniques and facing the challenges of becoming a new dad. You will have ample time for questions, hands on practice and interaction with other new dads.



Support Group

Breastfeeding Support Group

New mothers are invited to bring their newborns and join other breastfeeding mothers and support one another. Meet new friends while learning about breastfeeding success, pumping and returning to work. This is a great opportunity to ask questions, share helpful hints and have your concerns addressed. The group facilitator is an Internationally Certified Lactation Consultant.

This group is free and meets every Thursday from 1-2:30pm in the Desert Bloom Classroom on the 3rd floor (enter through Women and Children's Entrance). Babies are welcome and no registration is required. For more information, call 480.412.3035.

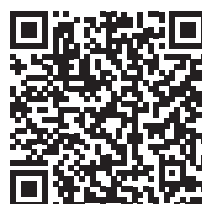
More Information

www.BannerHealth.com/Desertmaternity

Questions

Jenny Pearson, Program Coordinator
480.412.9451
jennifer.pearson@bannerhealth.com

Your Childbirth Experience Ebook:



You can start protecting your baby from whooping cough before birth



Information for pregnant woman



When you get Tdap vaccine during your 3rd trimester, your baby will be born with protection against whooping cough.

Why do I need to get Tdap vaccine while I am pregnant?

CDC recommends Tdap vaccine during your third trimester so that your body can create antibodies and pass them to your baby before birth. These antibodies will help protect your newborn right after birth and until your baby gets his own first whooping cough vaccine at 2 months of age. During the first few months of life, your baby is most vulnerable to serious complications from this disease.

Is this vaccine safe for me and my baby?

Yes, Tdap vaccine is very safe for you and your baby. The most common side effects are mild, like redness, swelling or pain where the shot is given in the arm. This should go away within a few days. You cannot get whooping cough from the vaccine. The vaccine does not contain any live bacteria.

Doctors and midwives who specialize in caring for pregnant women agree that Tdap vaccine is safe and important to get during the third trimester of each pregnancy. Getting the vaccine during pregnancy does not put you at increased risk for pregnancy complications like low birth weight or preterm delivery.

If I recently got this vaccine, why do I need to get it again?

The amount of antibodies in your body is highest about 2 weeks after getting the vaccine, but then starts to decrease over time. That is why the vaccine is recommended during every pregnancy—so that each of your babies gets the greatest number of protective antibodies from you and the best protection possible against this disease.

Are babies even getting whooping cough anymore in the United States?

Yes. In fact, babies are at greatest risk for getting whooping cough. We used to think of this as a disease of the past, but it's still common in the United States. Recently, we saw the most cases we had seen in 60 years. Cases, which include people of all ages, are reported in every state. Typically more than 1,000 babies younger than 2 months old are diagnosed with whooping cough each year in the United States.

Whooping cough (sometimes called pertussis) is a serious disease that can cause babies to stop breathing. Unfortunately, babies must be 2 months old before they can start getting their whooping cough vaccine. The good news is you can avoid this gap in protection by getting a whooping cough vaccine called Tdap during your pregnancy. The recommended time to get the shot is your 27th through 36th week of pregnancy, preferably during the earlier part of this time period. By getting vaccinated, you will pass antibodies to your baby so she is born with protection against whooping cough.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/whoopingcough



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



Mom, only you can provide your newborn baby with the best protection possible against whooping cough.

You may have heard that your baby's father, grandparents, and others who will be in contact with your baby will need to get their whooping cough vaccine as well. This strategy of surrounding babies with protection against whooping cough is called "cocooning." However, cocooning might not be enough to prevent whooping cough illness and death. This is because cocooning does not provide any direct protection (antibodies) to your baby, and it can be difficult to make sure everyone who is around your baby has gotten their whooping cough vaccine. Since cocooning does not completely protect babies from whooping cough, it is even more important that you get the vaccine while you are pregnant.

How dangerous is whooping cough for babies?

Whooping cough is very serious for babies. Many babies with whooping cough don't cough at all. Instead it can cause them to stop breathing. In the United States, about half of babies younger than 1 year old who get whooping cough are hospitalized. About 7 in 10 deaths from whooping cough are among babies younger than 2 months old. These babies are too young to be protected by their own vaccination.

How could my baby be exposed to whooping cough?

Whooping cough spreads from person to person when coughing or sneezing. It also spreads when people spend a lot of time together or share breathing space, like when you hold your newborn on your chest. Some people with whooping cough may just have a mild cough or what seems like a common cold. Since symptoms can vary, children and adults may not know they have whooping cough and can end up spreading it to babies they are in close contact with.

Why is the vaccine recommended during pregnancy instead of in the hospital after my baby is born?

When you get Tdap vaccine during pregnancy, you will pass protective antibodies to your baby before birth, so both you and your baby have protection. Tdap vaccine used to be recommended for women to get in the hospital after giving birth. This helped protect moms from getting whooping cough, but did not directly protect babies.

Is it safe to breastfeed after getting Tdap vaccine?

Yes, in fact you can pass some whooping cough protection to your baby by breastfeeding. When you get Tdap vaccine during pregnancy, you will have protective antibodies in your breast milk that you can share with your baby as soon as your milk comes in. However, your baby will not get protective antibodies immediately if you wait to get Tdap until after you give birth. This is because it takes about 2 weeks after getting vaccinated before your body develops antibodies.

Where can I go for more information?

Pregnancy and Whooping Cough website:
www.cdc.gov/pertussis/pregnant

Immunization for Women website:
www.immunizationforwomen.org/patients/diseases-vaccines/tetanus-diphtheria-pertussis/faqs.php

Vaccines and Pregnancy Quiz:
www.cdc.gov/vaccines/pregnancy/vaccine-quiz.html

American Academy of Family Physicians website:
www.aafp.org/patient-care/immunizations/disease-population.html

Tdap Vaccine Information Statement (VIS):
www.cdc.gov/vaccines/hcp/vis/vis-statements/tdap.html

Ask your doctor or midwife about getting Tdap vaccine during your 3rd trimester.

To learn more about vaccines recommended during pregnancy, visit www.cdc.gov/vaccines/pregnancy