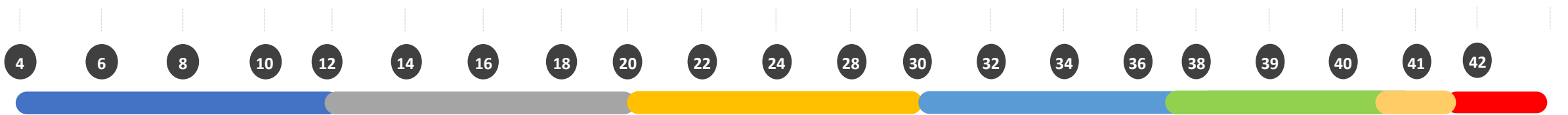


# Davie ObGyn Rahil Malik MD

1200 N University Drive, Plantation, Florida

[www.Davieobgyn.com](http://www.Davieobgyn.com)



Rahil Malik MD

6 weeks

# HYPER-EMESIS



3/4 of pregnant women experience NVP



85% of those experience it 2 times a day



1/2 of those with NVP find that eating reduces it

### What can cause NVP?



hormones



sense of smell



genetics



low blood sugar

### When does it happen (on average)?



### What can help?



Eat small but frequent nutritious meals & chew food thoroughly



Always keep a snack (crackers, banana) on hand & stay hydrated



Use fragrance free toiletries & cleaning products



Keep your home well ventilated & go for walks to get fresh air



Pregnancy friendly candles, oils & teas (ginger, lemon, etc.)



## How To Avoid Hyperemesis Gravidarum?



Eat small meal frequently



Drink enough water



Eat dry toast or cracker



Avoid Food with strong odor



Prenatal Vitamins

6

8

24

28

30

32

34

36

38

39

40

41

6 weeks



0.25 inches



FATIGUE



HEADACHE



SLIGHT BLEEDING

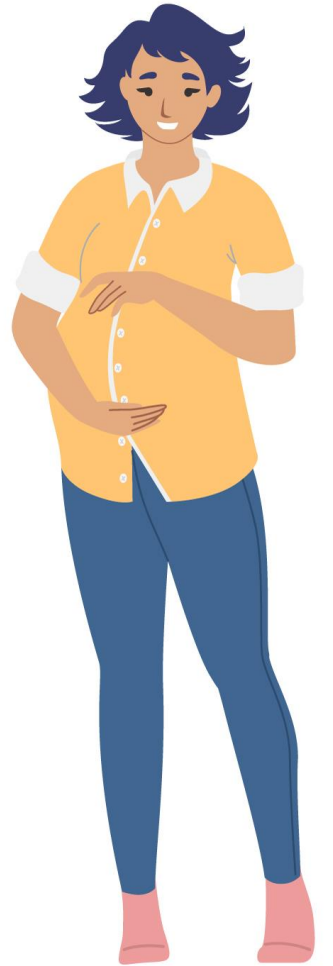


WEIGHT GAIN



MISSED PERIOD

# Early symptoms of pregnancy



TEMPERATURE CHANGES



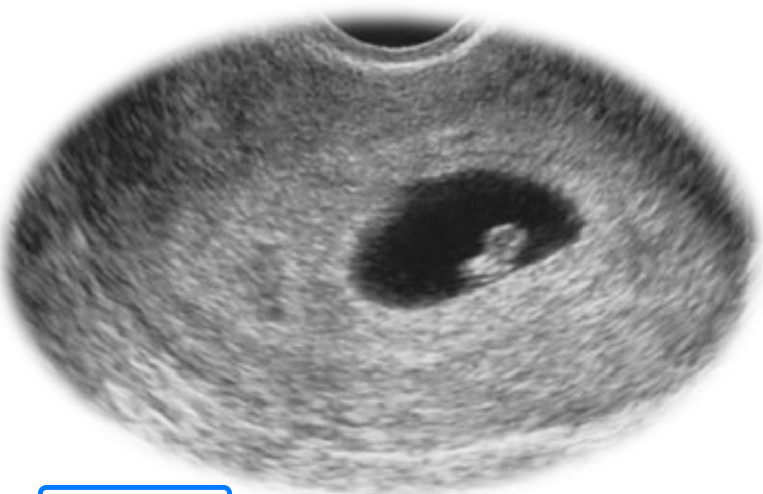
TENDER BREASTS



FREQUENT URINATION



NAUSEA



6

8

10

12

14

16

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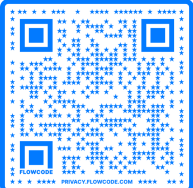
36

38

39

40

41





# Changes During Pregnancy

## Month 1 to 2 Weeks 1 to 8



- The egg is fertilized by sperm and a growing ball of cells called the blastocyst implants in the uterus.
- Week 5 begins the embryo stage of development.
- The brain and spine begin to form, followed by the neural tube.
- Cardiac tissue starts to develop.
- Parts of the face take shape and the inner ear begins to develop.
- Arm and leg buds appear, and then webbed fingers and toes emerge.
- The long tube that will become the digestive tract takes shape.

By the end of week 8, the embryo is about half an inch long.

## Month 3 Weeks 9 to 12



- Cartilage for the limbs, hands, and feet is forming but won't harden into bones for a few weeks.
  - Eyelids form but remain closed.
  - The head develops a rounded shape.
  - Week 11 begins the fetus stage of development.
  - The fetus makes breathing-like movements and swallows amniotic fluid.
  - The kidneys are making urine, the pancreas is making insulin, and fingernails have formed.
- By the end of week 12, the fetus is about 2 inches long and weighs about half an ounce.

## Month 4 Weeks 13 to 16



- By week 13, all major organs have formed and will continue to develop.
  - Bones are hardening, especially the long bones.
  - The skin is thin and see-through but will start to thicken soon.
  - At week 14, the neck is defined, and the lower limbs are developed.
  - The fetus's hearing begins to develop.
  - The lungs begin to form tissue that will allow them to exchange oxygen and carbon dioxide after birth.
  - Limb movements become more coordinated.
- By the end of week 16, the fetus is more than 4 inches long and weighs more than 3 ounces.

## Month 5 Weeks 17 to 20



- The fetus is more active now, and cardiac activity may be seen on an ultrasound exam.
- At week 18, the fetus can hear sounds.
- The part of the brain that controls motor movements is fully formed.
- The digestive system is working.
- At week 19, the ears, nose, and lips may be recognizable on an ultrasound exam.
- Soft, downy hair called lanugo is starting to form all over the body.

By the end of week 20, the fetus is more than 6 inches long and weighs less than 11 ounces.

## Month 6 Weeks 21 to 24



- The fetus's kicks and turns are stronger now.
- If the hand floats to the mouth, the fetus may suck its thumb.
- Eyebrows are visible.
- At week 23, most of the fetus's sleep time is spent in rapid eye movement (REM) sleep.
- Ridges are forming in the hands and feet that later will be fingerprints and footprints.
- The lungs continue to develop.

By the end of week 24, the fetus is about 12 inches long and weighs about 1½ pounds.

## Month 7 Weeks 25 to 28



- The fetus can respond with movement to familiar sounds, such as your voice.
- The lungs are now fully formed but not yet ready to function outside the uterus.
- Loud sounds may make the fetus respond by pulling in arms and legs.
- The lungs begin making surfactant, a substance needed for breathing after birth.
- At 27 weeks, more fat is being added to keep the fetus warm.
- A greasy material called vernix has started to develop. Vernix acts as a waterproof barrier that protects the skin.

By the end of week 28, the fetus is nearly 15 inches long and weighs about 2½ pounds.

## Month 8 Weeks 29 to 32



- The fetus can stretch, kick, and make grasping motions.
- The eyes can open and close and sense changes in light.
- The bone marrow is forming red blood cells.
- At week 31, major development is finished, and the fetus is gaining weight very quickly.
- In boys, the testicles have begun to descend into the scrotum.
- At week 32, the fine hair that covered the fetus's body (lanugo) begins to disappear.

By the end of week 32, the fetus is almost 17 inches long and weighs a little more than 4 pounds.

## Month 9 Weeks 33 to 36



- The brain is growing and developing rapidly.
- The bones harden, but the skull remains soft and flexible.
- More fat is forming under the skin.
- The fingernails have grown to the ends of the fingers.
- During week 35 or 37, most fetuses turn to a head-down position for birth.

By the end of week 36, the fetus is about 18 inches long and weighs a little more than 6 pounds.

## Month 10 Weeks 37 to 40



- The lungs, brain, and nervous system continue to develop.
- The circulatory system is complete, and so is the musculoskeletal system.
- The fetus is taking up a lot of space in the amniotic sac and you should continue to feel movement.
- By now, the fetus's head may have dropped lower into position in your pelvis.

By the end of week 40, the fetus is 20 inches long and may weigh 7½ to 8 pounds.

## How the Uterus Grows During Pregnancy

The size of your uterus can help show how long you have been pregnant. The uterus fits inside the pelvis until week 12. By week 36, the top of the uterus is under your rib cage.

Weeks



## Changes In Your Body

### The First Trimester

- Your period stops.
- Your breasts may become larger and more tender.
- Your nipples may stick out more.
- You may need to urinate more often.
- You may feel very tired.
- You may feel nauseated and may vomit.
- You may crave certain foods or lose your appetite.
- You may have heartburn or indigestion.
- You may feel bloated and have excess gas.
- You may be constipated.
- You may gain or lose a few pounds.

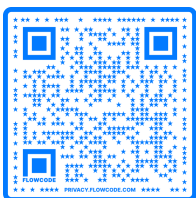
### The Second Trimester

- Your appetite increases and nausea and fatigue may ease.
- Your abdomen begins to expand. By the end of this trimester, the top of your uterus will be near your rib cage.
- You will begin to feel the fetus move.
- The skin on your abdomen stretches and may feel tight and itchy. You may see stretch marks.
- Your abdomen may ache on one side or the other as the ligaments that support your uterus are stretched.
- You may get brown patches, called the "mask of pregnancy," on your face.
- Your areolas, the darker skin around your nipples, may darken.
- Your feet and ankles may swell.

### The Third Trimester

- You can feel the fetus's movements strongly.
- You may be short of breath.
- You may need to urinate more often as the fetus drops and puts extra pressure on your bladder.
- Colostrum—a yellow, watery pre-milk—may leak from your nipples.
- Your navel may stick out.
- You may have contractions (abdominal tightening or pain). These can signal false or real labor.

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11 weeks

# GENETIC DISEASES CONCEPTS



DOWN SYNDROME



MUSCULAR DYSTROPHY



THALASSEMIA



PHENYLKETONURIA



MARFAN SYNDROME & DWARFISM



TAY-SACHS DISEASE



ALBINISM



HAEMOCHROMATOSIS



CYSTIC FIBROSIS

Chorionic villus Sampling

Amniocentesis

Noninvasive prenatal Screening

Carrier screening

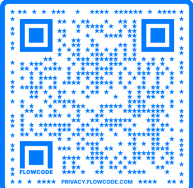
Ultrasound

Blood Type HIV Syphilis Urine culture Genetic Carrier Screen

CBC Hepatitis Thalassemia Sickle cell STDs etc.



<https://myquest.questdiagnostics.com/web/home>

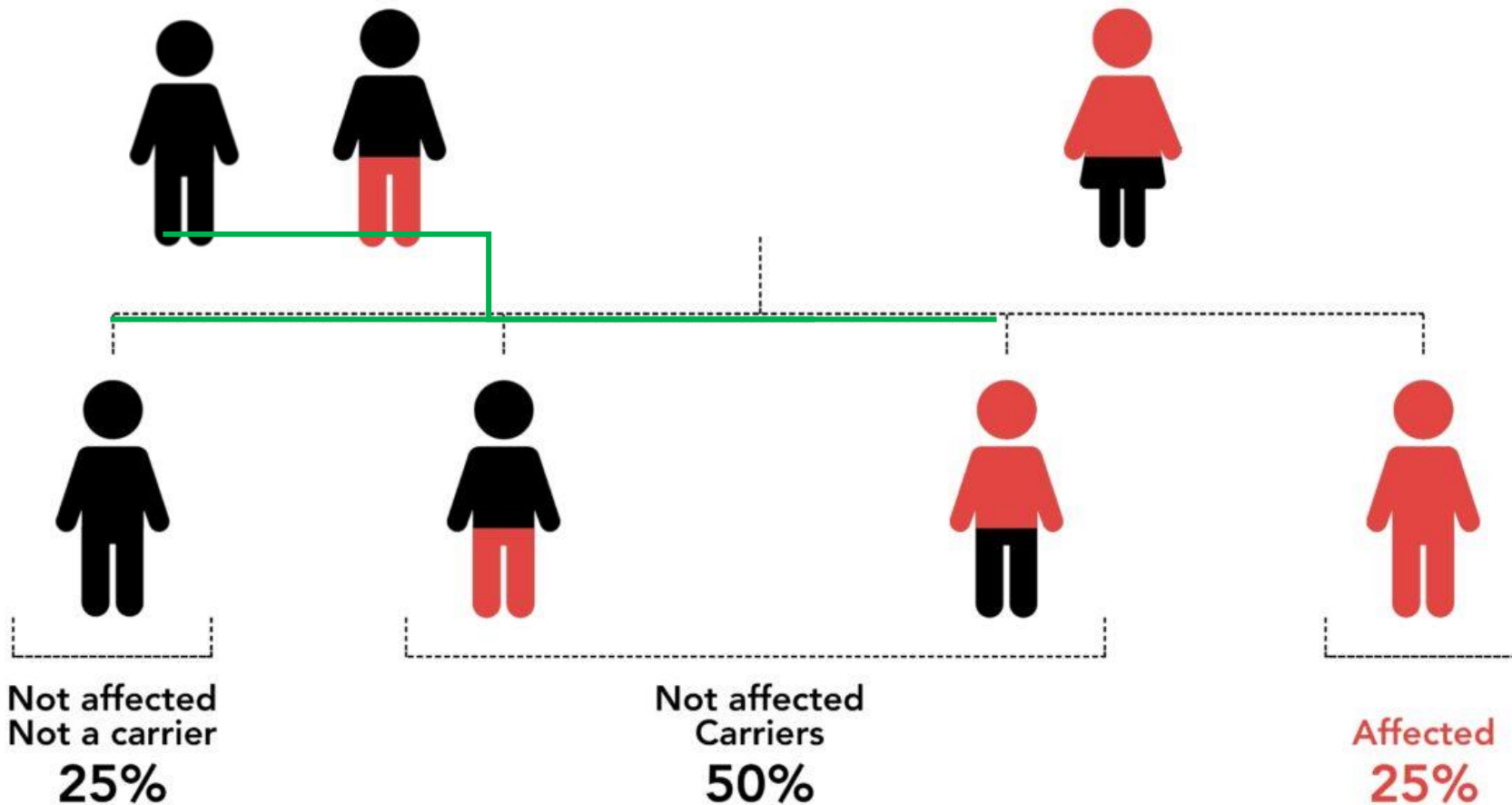


11 weeks

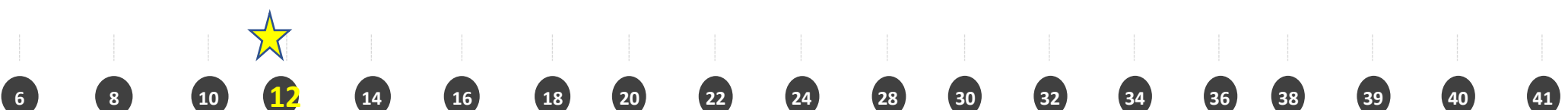
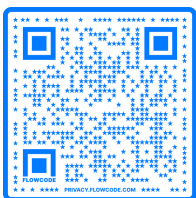


FATHER CARRIER

MOTHER CARRIER



*This is NOT an all inclusive, screening test and cannot detect DeNovo Mutations and/or mosaic conditions.*



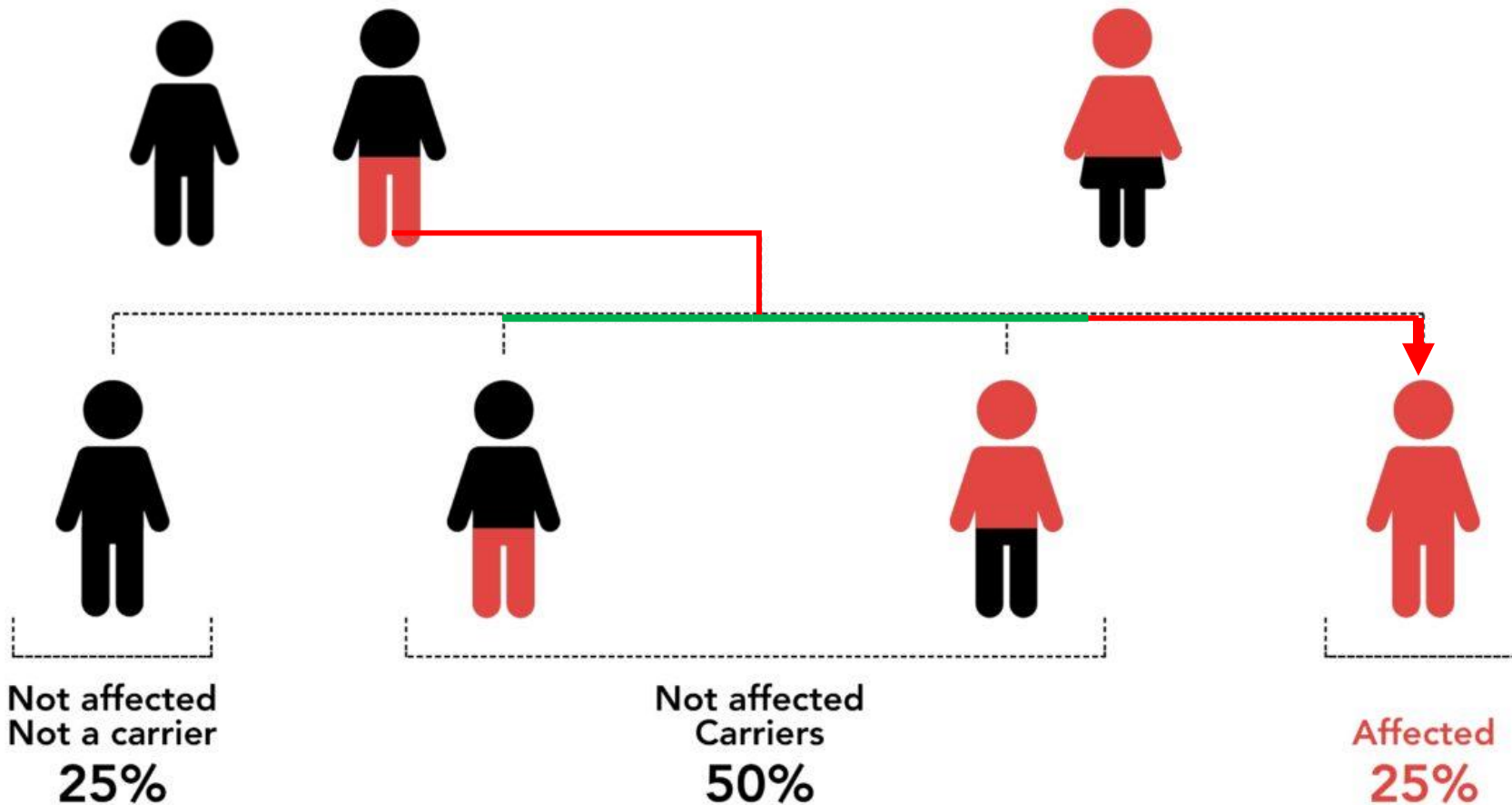


11 weeks

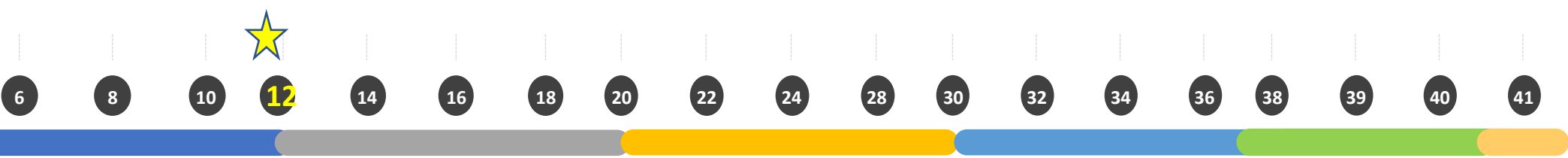
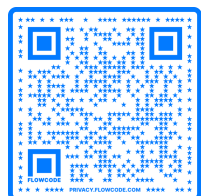


FATHER CARRIER

MOTHER CARRIER



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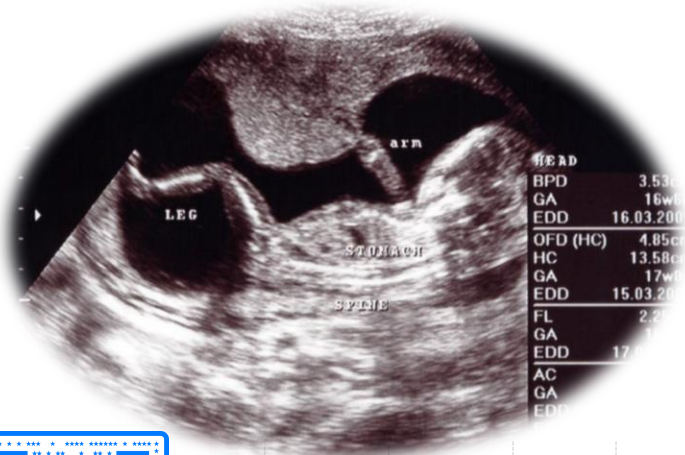


15-17 weeks

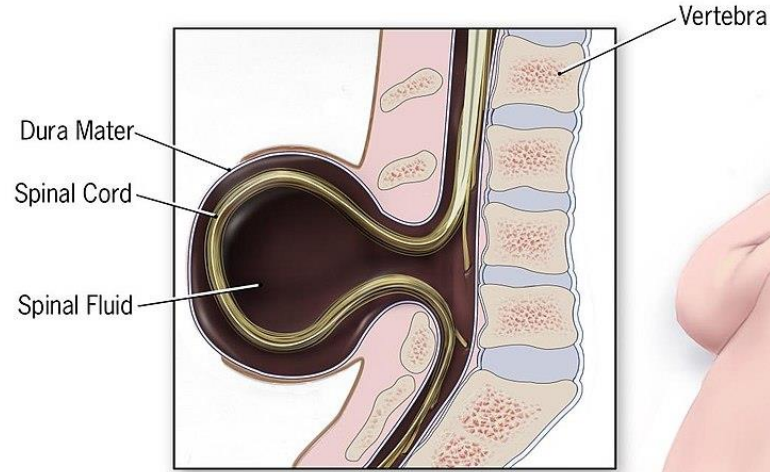


Improvement In Nausea/Vomiting

6-7 inches / 4 ounces



### Spina Bifida (Open Defect)

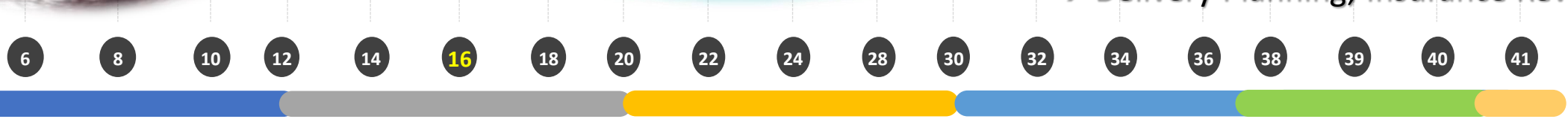
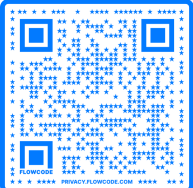


**AFP BLOOD TESTING**  
15-20 weeks



**Office Manager**

→ Delivery Planning; Insurance Review

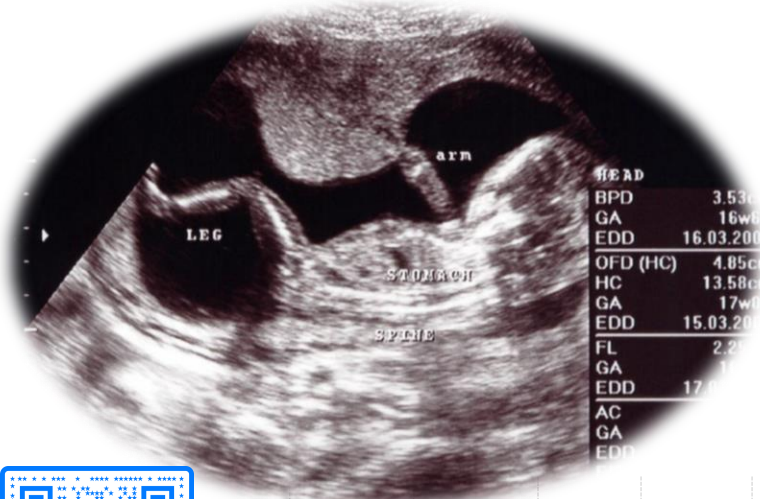




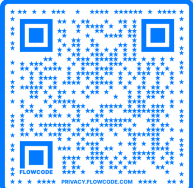
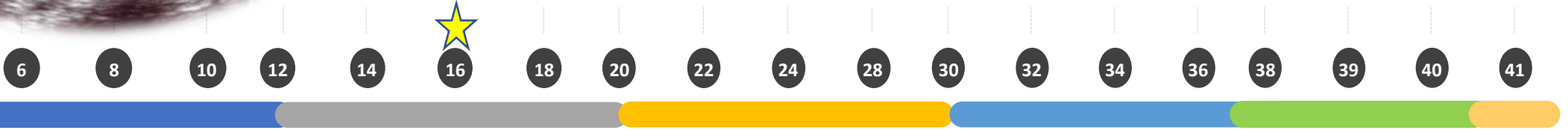
15-17 weeks



6-7 inches / 4 ounces



### Anatomy Ultrasound

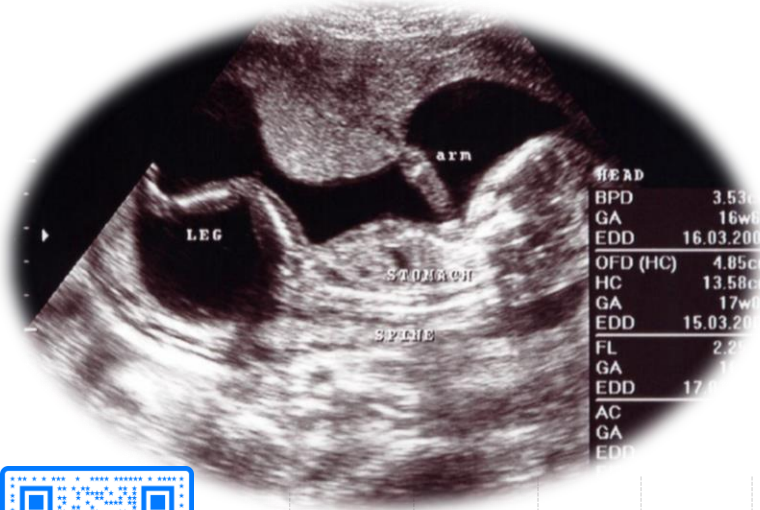


15-17 weeks

# FETAL MOVEMENTS



6-7 inches / 4 ounces



**Feeling butterflies**



**Soft as a ballerina**



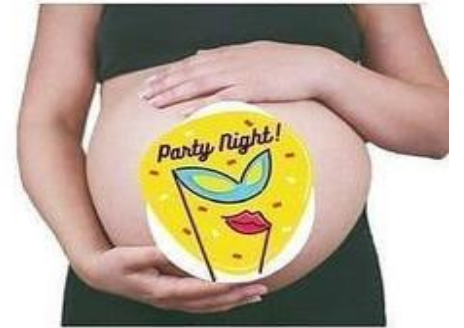
**Playing hide and seek**



**Spinning baby**



**The boxer**



**Party Night**





20 weeks

# Fetal Movement & Baby Kick Count

While feeling the baby moving is the highlight of pregnancy for many women, monitoring patterns can help them ensure their **baby's well-being** and detect **potential complications** early on.



1-1.5 lbs  
12 inches

## FETAL MOVEMENT

### When Can I Feel It

- Any time between **13-25 weeks**, but most commonly between 16 - 22 weeks

### What Does It Feel Like

- Initially:** subtle flutters & wiggles
- Later:** kicks, punches & rolls

### How Frequent Is It

- Varies from baby to baby
- Vigorous kicks until 32nd week
- Afterwards, changes to rolls

## BABY KICK COUNT

### When to Start Counting

- After **28 weeks** of pregnancy

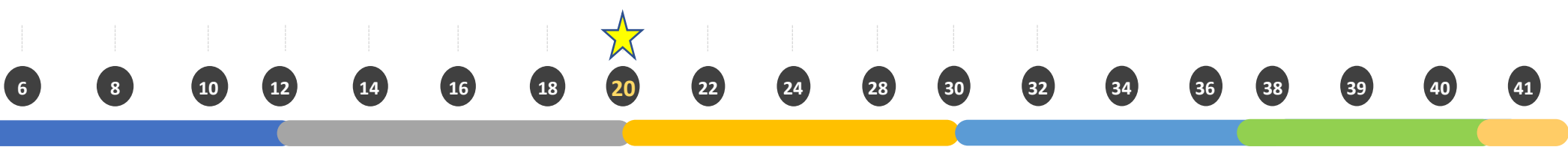
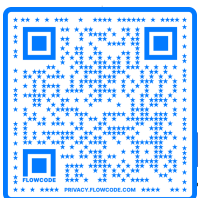
### How Often

- Twice daily or more
- At the **same time** each day

### How to Count Baby Kicks

- Sit comfortably or lie on a side
- Record time of 1<sup>st</sup> movement
- Count until 10 movements
- Record time of 10<sup>th</sup> movement
- Should feel 10 movements in 2 hours or sooner

**Seek help if you notice sudden changes in movement**



# My Pregnancy Plate



Choose 2 to 3 servings of nonfat or 1% milk or yogurt (cow, soy or almond). A serving is 8 oz. Choose yogurt with less than 15 g of sugar per serving.



Drink mainly water, decaf tea or decaf coffee and avoid sugary beverages.



Choose large portions of a variety of non-starchy vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage.

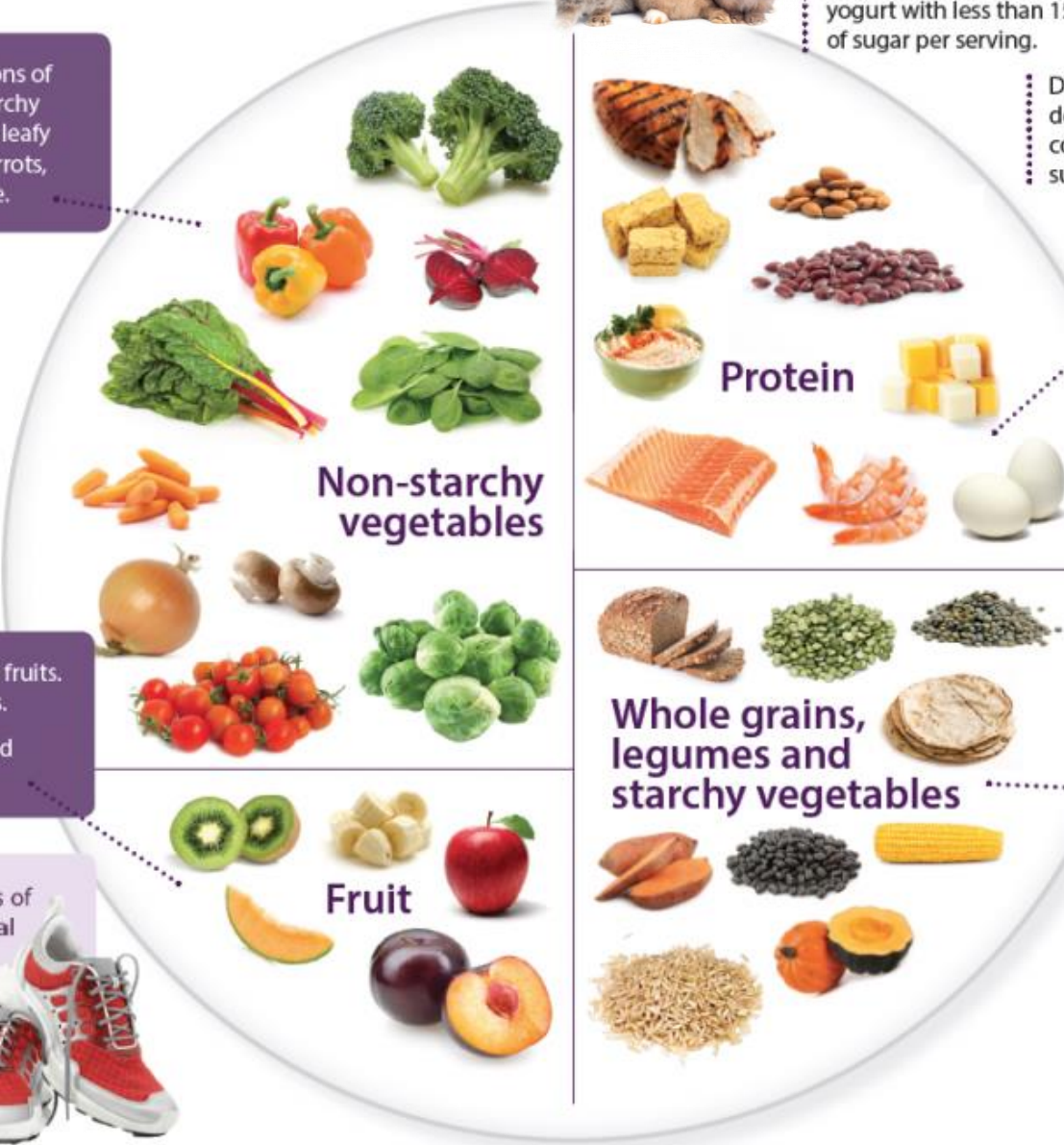
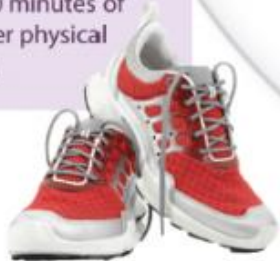
Choose small amounts of healthy oils (olive and canola) for cooking or to flavor foods. Nuts, seeds and avocados contain healthy fats.



Choose a variety of whole fruits. Limit juice and dried fruits.

Fruit is great for snacks and dessert, too.

Aim for at least 30 minutes of walking or another physical activity each day.



Choose protein sources such as poultry, beans, nuts, low-mercury seafood, eggs, tofu or low-fat cheese. Limit red meat and avoid cold cuts and other processed meats.

Choose whole grains, such as whole wheat bread or pasta, brown rice, quinoa or oats and other healthy starches like beans, lentils, sweet potatoes or acorn squash. Limit white bread, white rice and fried potatoes.

## BAD CARBS

**Refined grains**



**Sugary cereals**



**Soda & sugary drinks**



**Candies**

**Cookies**

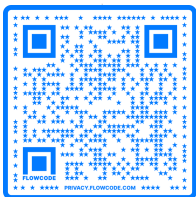




20 weeks



**WEIGHT  
LIMIT  
25**



6 8 10 12 14 16 18 20 22 24 28 30 32 34 36 38 39 40 41

24 weeks



1.5lbs  
12 -14inches

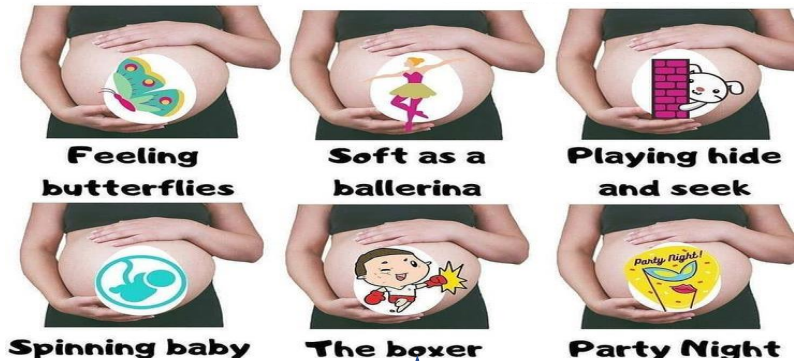


Glucose Drink

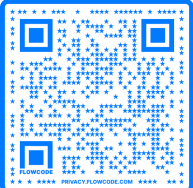


1 hour later, blood draw

### FETAL MOVEMENTS



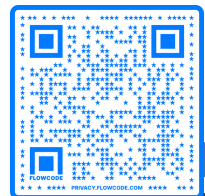
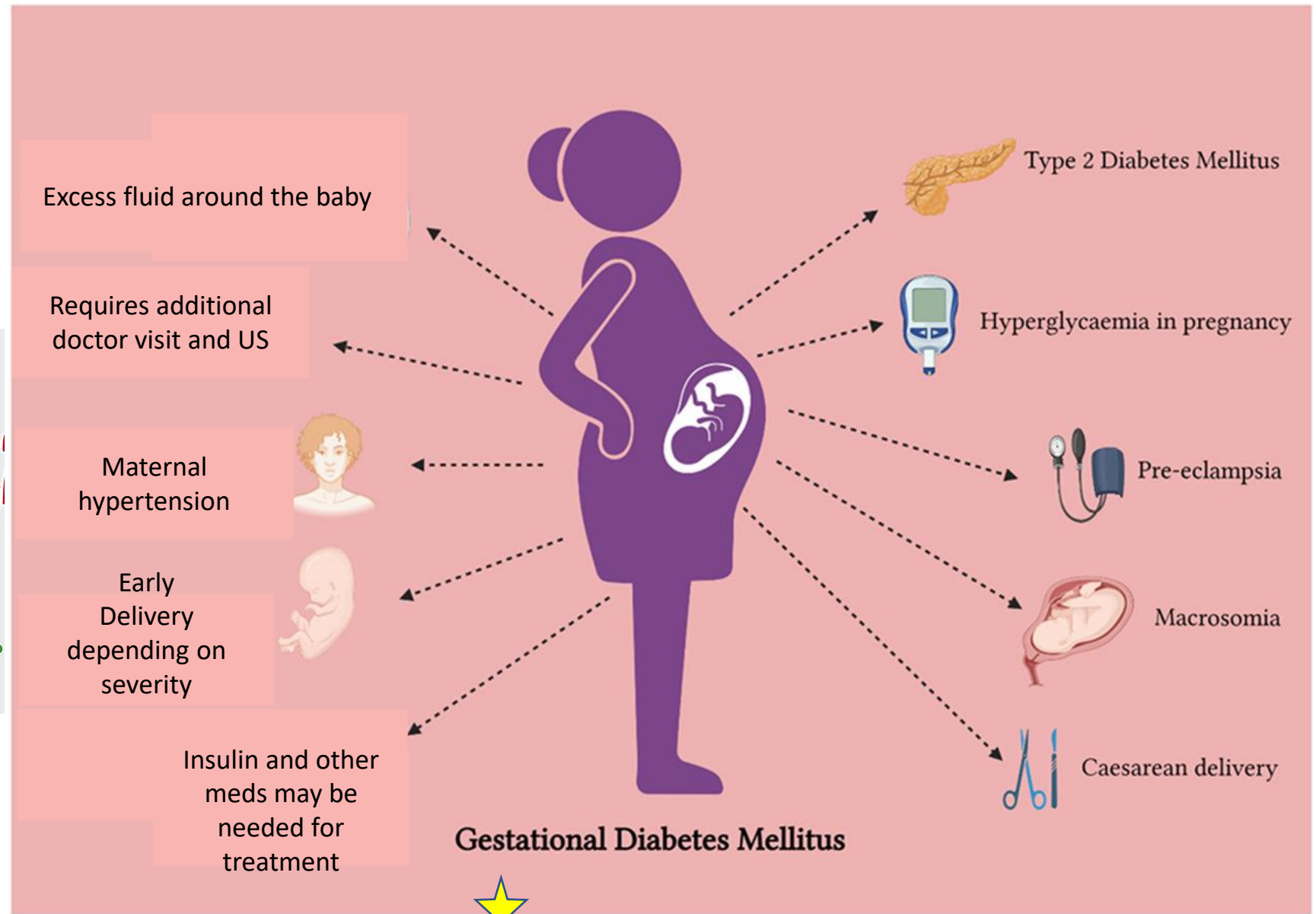
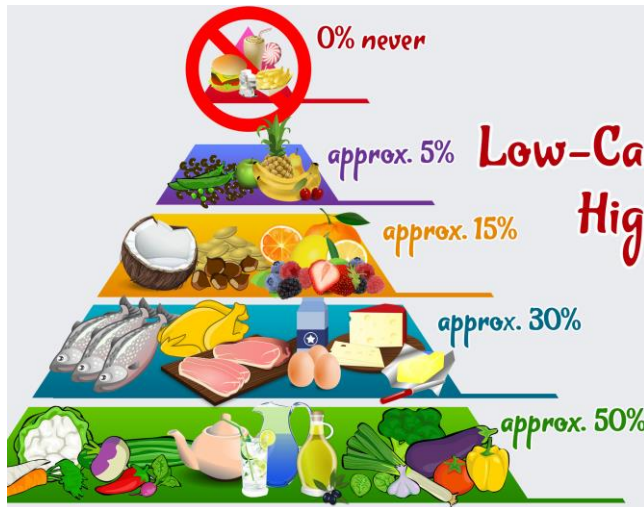
DO NOT come on a empty stomach  
DO NOT drink sugary beverage immediately before your appt.





24 weeks

14 inches  
1.5-2 lbs



24 weeks

# Safe Exercise During Pregnancy

ALREADY EXERCISING

**30** MINUTES  
A DAY

NEW TO EXERCISE

**10** MINUTES  
A DAY



**LOW** IMPACT  
ACTIVITIES

AVOID THE RISK OF  
**FALLING**



**YOGA**  
& STRETCHING  
INCREASE FLEXIBILITY

**5 LB'S**  
BICEP CURLS  
STRONG ARMS



6

8

10

12

14

16

18

20

22

**24**

28

30

32

34

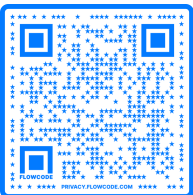
36

38

39

40

41





24 weeks



- 6
- 8
- 10
- 12
- 14
- 16
- 18
- 20
- 22
- 24
- 28
- 30
- 32
- 34
- 36
- 38
- 39
- 40
- 41



28 weeks



2-2.25 lbs



Kick Counts  
10x / 2 hours



Tdap Vaccine

Rhogam (If RH negative)





# DIFFERENCE BETWEEN BRAXTON HICKS AND REAL CONTRACTIONS

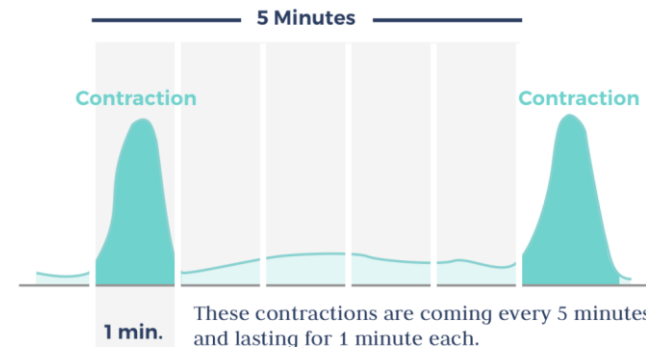
## Braxton Hicks

- Occur after week 20
- Painless
- Irregular
- Infrequent
- Don't get stronger or closer together
- Lessen with change of position



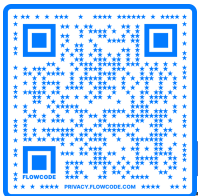
## Real Contractions

- Occur after weeks 37- 40
- Getting painful over time
- Regular & rhythmic
- Intensify and get closer together
- Don't subside with change of position



28 weeks

15 inches  
2.5-3.5 lbs



Rahil Malik MD



28 weeks

15 inches  
2.5-3.5 lbs



### Mother

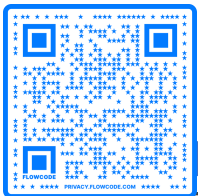
- ID Cards, Insurance Information
- Comfortable Underwear
- Slippers
- Pillow, Blanket optional
- Eye Cover
- Nursing Bras
- Pajamas, Sleep Attire
- Nipple soothing pads
- Robe +/-
- Compression Binder

### Baby

- Diapers,
- Breast Pump
- Newborn Clothes (2-3 sets)

### Camera

Aroma Therapy Appliance +/-



32 weeks

PAIN CONTROL IN LABOR



4-4.5 lbs



CBC (Anemia, platelet check  
HIV and Syphilis



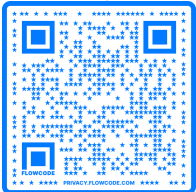
Warm Compresses,  
Massage, Breathing  
Techniques, Positional  
changes



Intravenous Pain  
Medications



Epidural





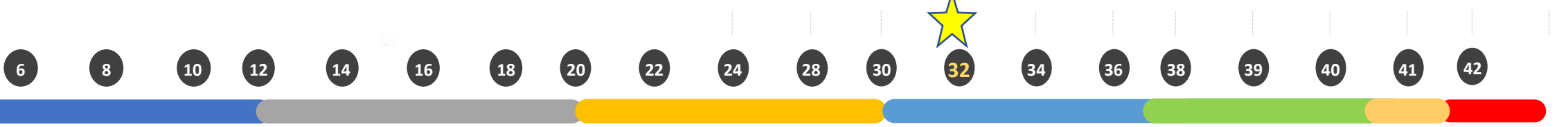
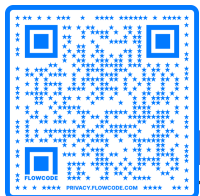
32 weeks



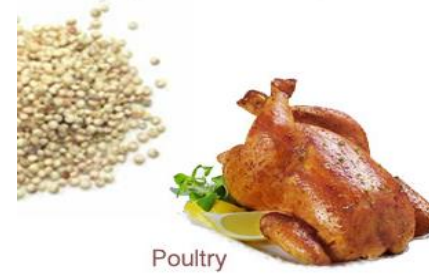
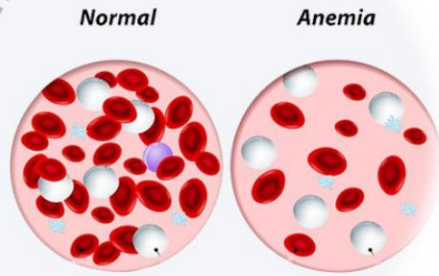
## BEST TIME FOR THE EPIDURAL

Wait as long as possible, or at least 5 cm cervical dilation.

Used IV pain medications for at least 1-2 times.

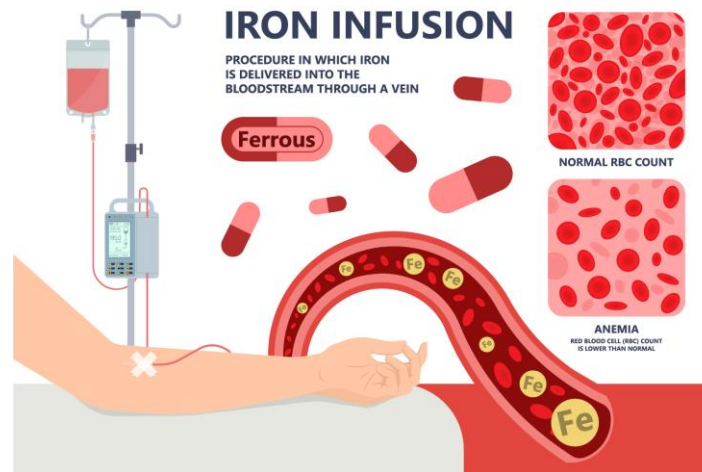
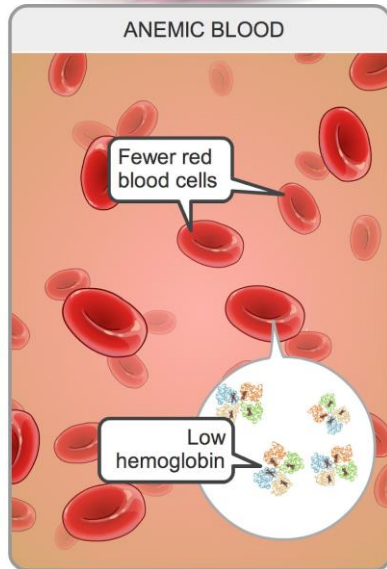
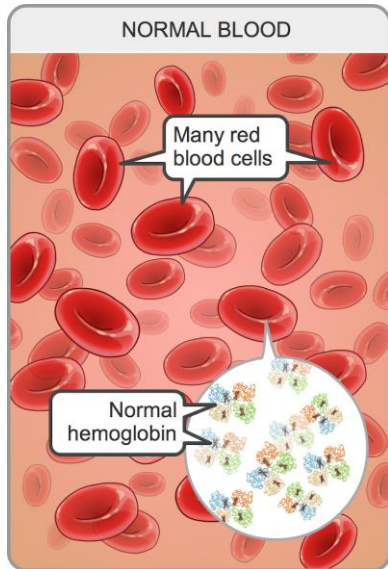


# ANEMIA OF PREGNANCY



## Vitamin C

Vitamin C helps the body absorb iron more efficiently



**Blood Transfusion**





32 weeks

16 inches  
3-4 lbs

# Baby Checklist

## Nursery

- Crib
- Crib Mattress
- Crib Sheets
- Bassinet
- Rocking Chair
- Dresser
- Hamper
- Storage bins
- Sound Machine
- Mattress protector

## Baby Gear

- Car seat/ stroller
- Car Mirror
- Baby Carrier
- Car seat Cover
- Swing
- Bouncer
- Play gym

## Clothing

- Baby Hangers
- Onesies
- Sleepers
- Swaddles
- Socks
- Hat & Mittens
- Blankets

## Bath

- Bath tub
- Bath towel
- Wash cloths
- Soap
- Lotion
- Hairbrush

## Health

- Hygiene Kit
- Humidifier
- Baby Monitor
- First Aid Kit
- Toothbrush
- Thermometer

## Diaper

- Diapers & Wipes
- Changing Table
- Changing Pad
- Diaper Pail & Refills
- Diaper Bag
- Diaper Cream

## Feeding

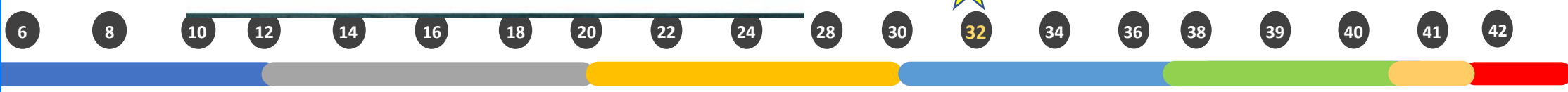
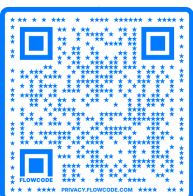
- Bottles
- Formula Container
- Bottle Rack
- Bibs
- Bottle Nipples
- Dishwasher Basket
- Bottle Warmer
- Burp Cloth
- Bottle Sterilizer
- Pacifier & Clip

## Nursing

- Breast Pump
- Milk Storage Bags
- Nipple Cream
- Nursing Bras
- Nursing Tanks
- Nursing Pads
- Nursing Cover
- Nursing Pillow
- Nipple Shield

## Extra

- .....
- .....
- .....
- .....



32 weeks

## RISKS AND REMEDIES

### WHAT IS CORD BLOOD?

It is the blood that remains in the baby's umbilical cord after it is cut. Considered a rich source of stem cells, this blood is used for treating critical diseases



### CURE

- 1 Cancer:** Acute and chronic leukemia
- 2 Blood disorders:** Aplastic anaemia, thalassemia
- 3 Immune disorders:** Histiocytic disorders
- 4 Inborn errors of metabolism:** Hurler syndrome, Krabbe syndrome

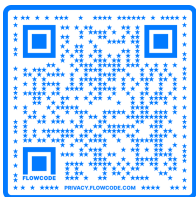
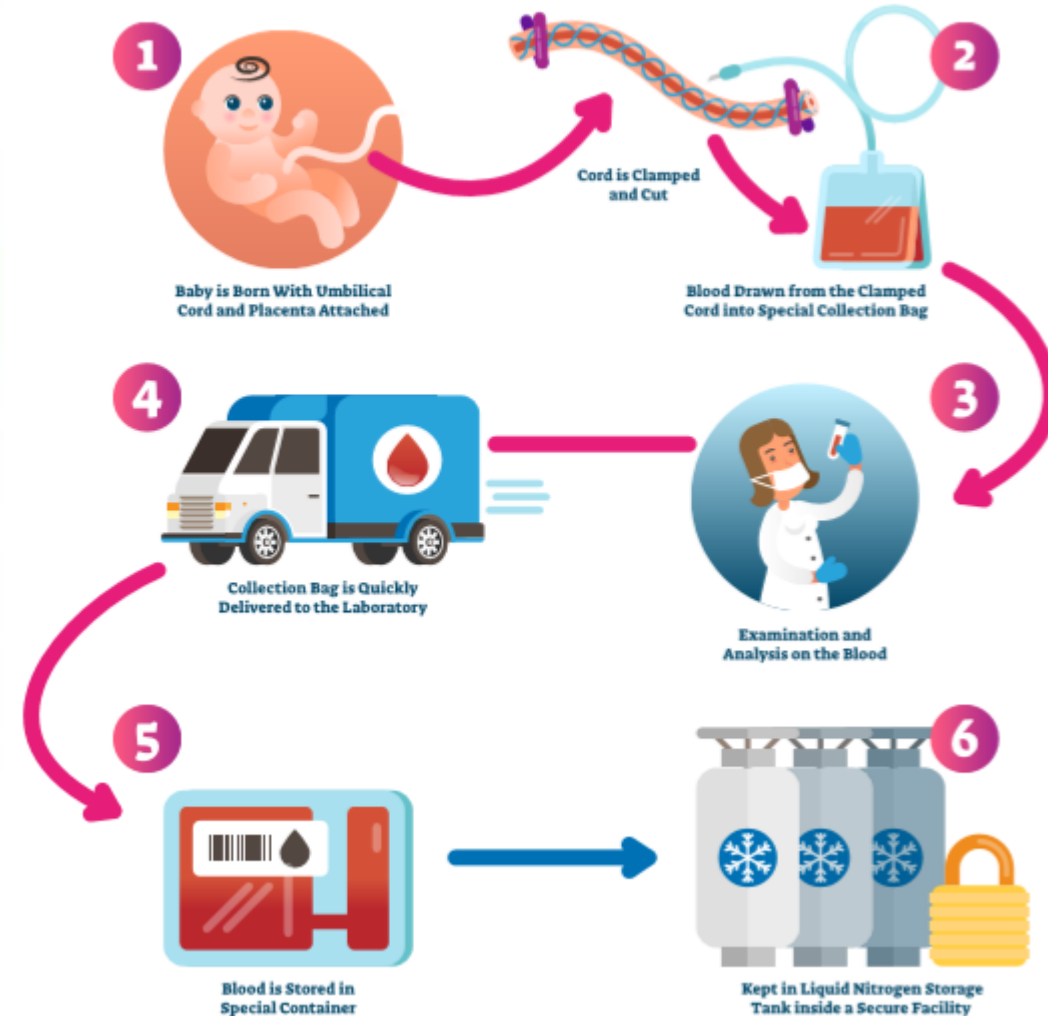


**CORD BLOOD BANK** | It is a place where umbilical cord can be stored for future use. While government blood banks accept donations from anyone, private ones allow families to preserve their blood for their own use for a fee

**KEY CONCERN** | Most diseases currently treatable by cord blood stem cell transplant are hereditary. The genetic defect for which a treatment is sought is likely to be present in the cord blood as well. So, it cannot be used

**WAY FORWARD** | Public banking should be promoted. It helps increase the donor pool for patients suffering from blood-related disorders. Those donating their children's cord blood may get preference

## CORD BLOOD BANKING





**Cbr** cord blood registry®

 HealthBanks

**VIACORD**®  
From PerkinElmer

**CryoCell**  
INTERNATIONAL

 **StemCyte**  
A Global Regenerative Therapeutics Company

 **Americord**  
BEYOND CORD BLOOD BANKING

**lifebank**

 **Alphacord**  
THE CORD BLOOD EXPERTS

# THE BEST CORD BLOOD BANK OF 2022

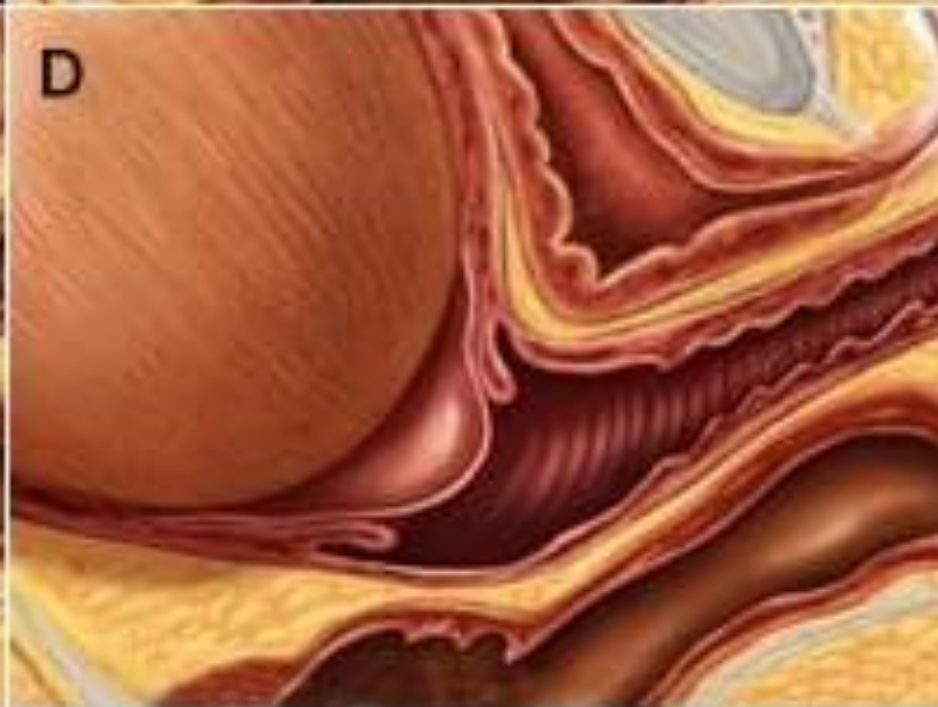
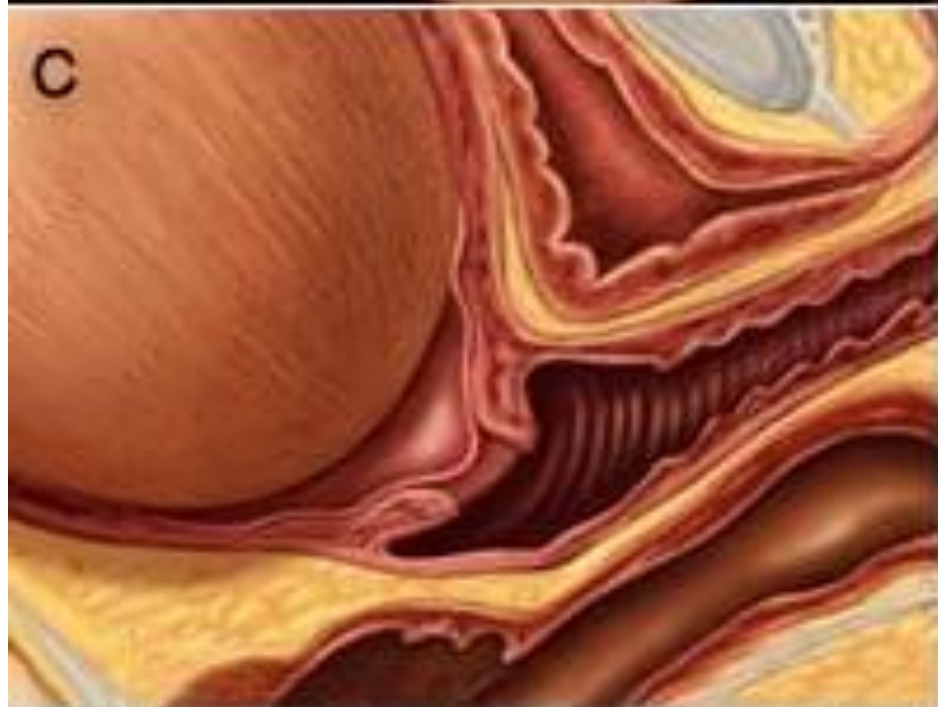
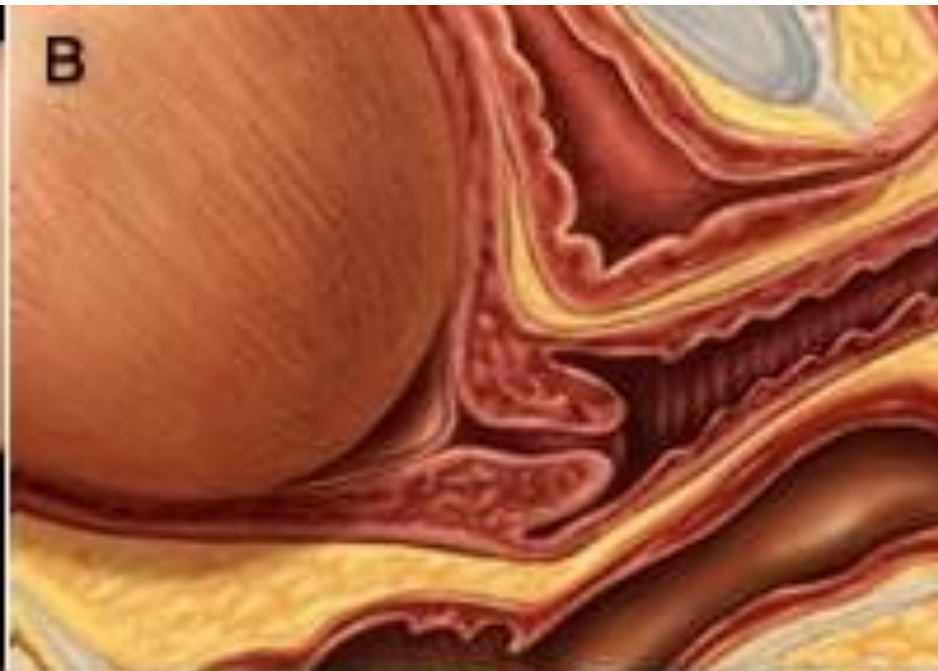
Which One Should You Choose?







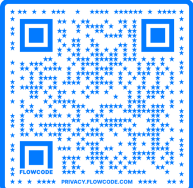
32 weeks



### MY BIRTH PLAN

If there are no medical contraindications, I/we prefer the following:

- Home birth
- Spontaneous birthing start
- VBAC
- YBAC
- Hypnosis birth
- Nat and water release
- Water birr
- Doula
- Dim lights
- Quiet/soft voices
- Food and fluids
- Resting birthing
- No
- No students
- No baby monitoring
- No tv
- No medications

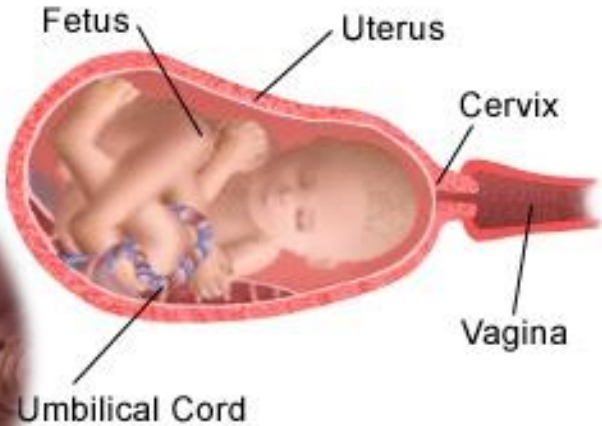


32 weeks

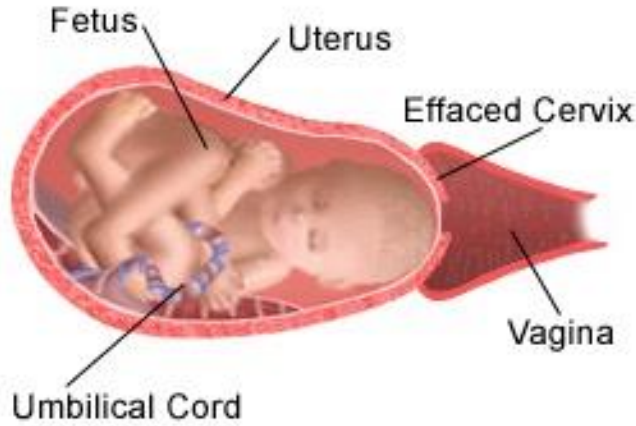


### Stage 1

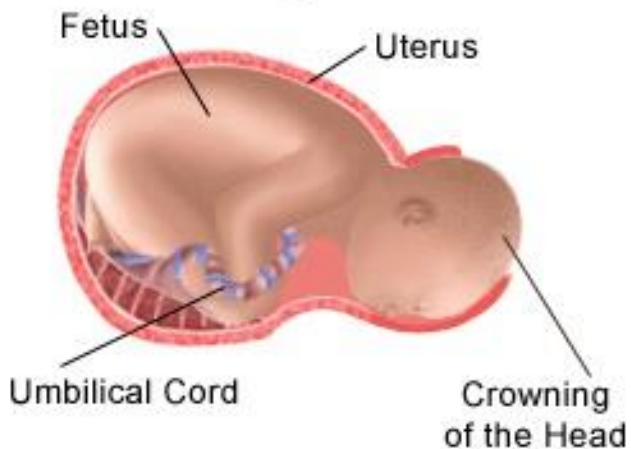
#### Initial (Latent) Phase



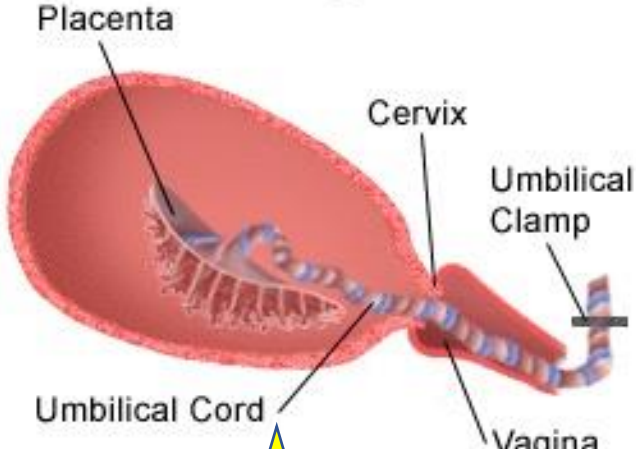
#### Active Phase



### Stage 2



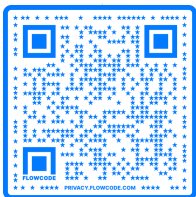
### Stage 3



**Cytotec** Tablets q 3 hours  
To soften cervix

**Oxytocin**  
Contractions every 3-5 minutes

**Oxytocin** Post Delivery

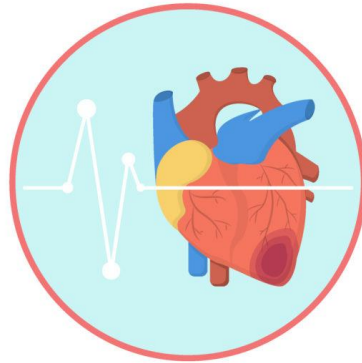




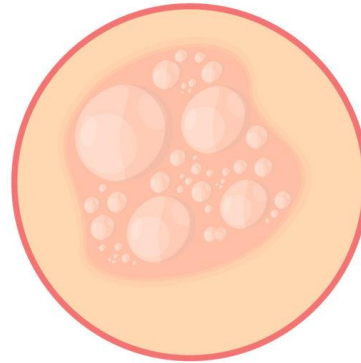
# MEDICAL REASONS FOR A C-SECTION



**Fetal Decelerations**



**HEALTH PROBLEMS SUCH AS  
HEART DISEASE**



**ACTIVE GENITAL  
HERPES**



**PROBLEMS WITH  
UMBILICAL CORD**



**BABY IN BREECH  
POSITION**



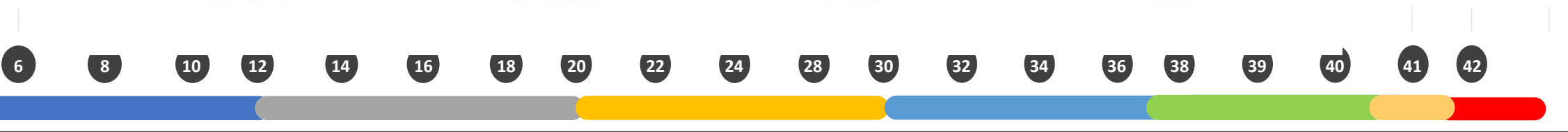
**PLACENTA  
PROBLEMS**



**STALLED  
LABOR**



**PREVIOUS CESAREAN  
DELIVERY**



35 weeks

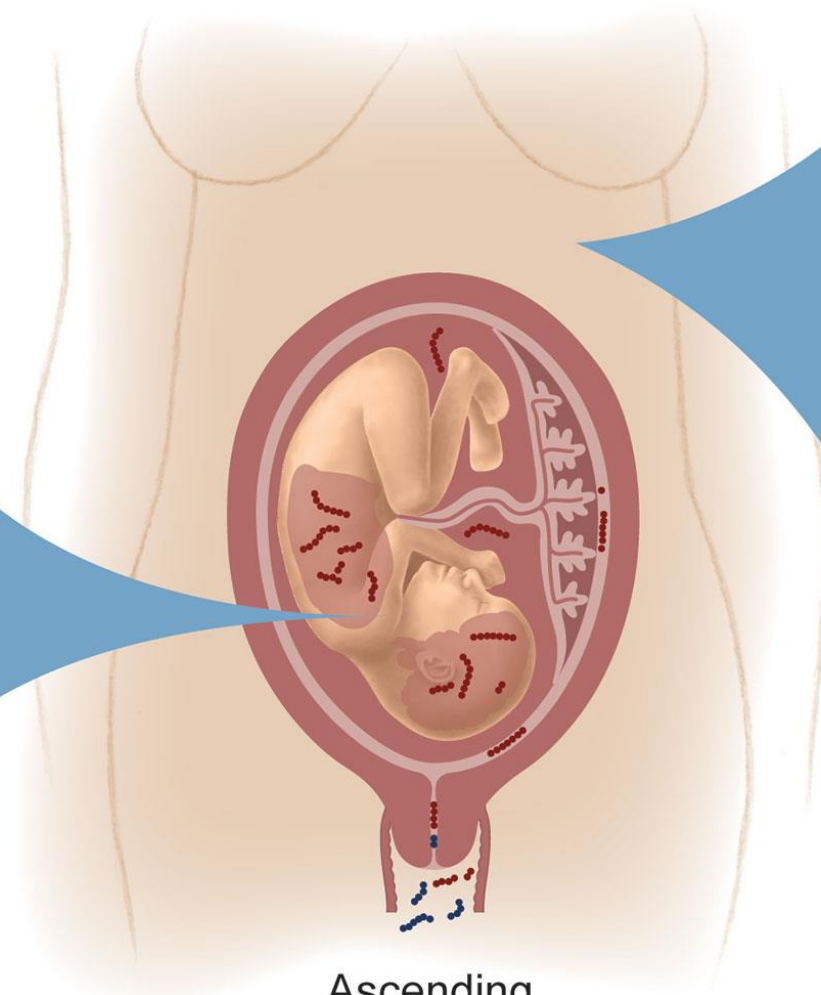
18 inches  
5 lbs

**FETAL**

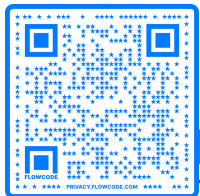
- Spontaneous abortion
- Preterm birth
- Stillbirth
- Pneumonia
- Sepsis
- Meningitis

**MATERNAL**

- Preterm labor
- Spontaneous abortion
- Bacteremia/sepsis
- Mastitis
- Hemorrhage
- UTI/pyelonephritis
- Puerperal infection
- Death



Ascending  
Group B Streptococcus  
from the lower  
genital tract





# Circumcision

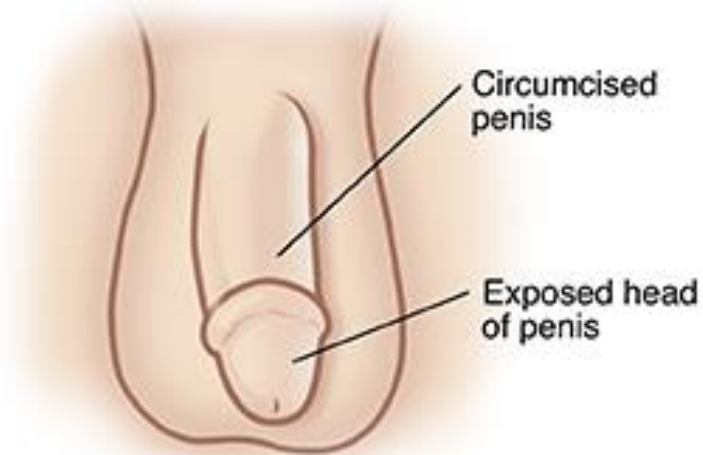
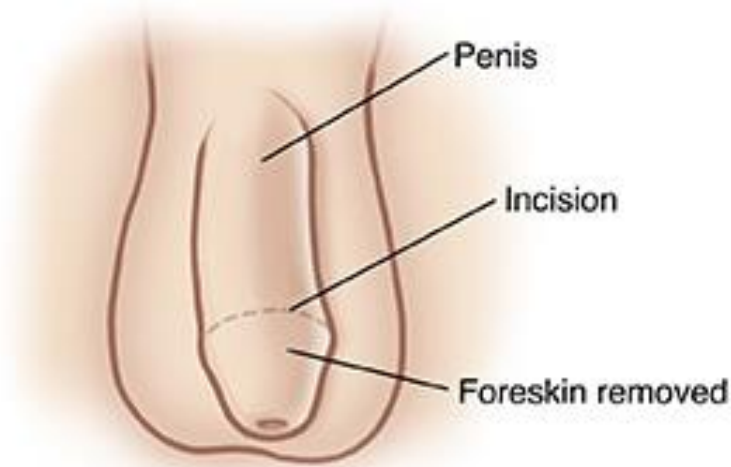
## ELECTIVE

BASED ON

- PERSONAL BELIEFS
- RELIGIOUS BELIEFS
- FATHER MATCHING

MEDICALLY

- SMALL DECREASE IN STD transmission
- SMALL DECREASED IN Penile Cancer



## WHEN

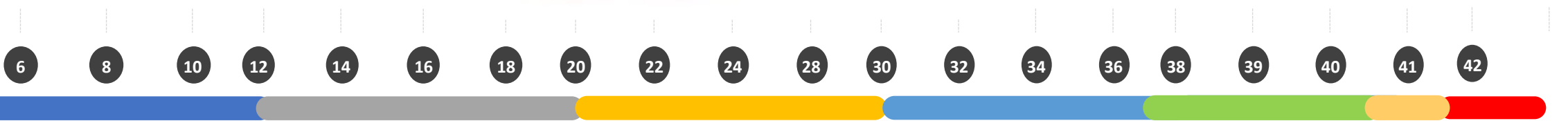
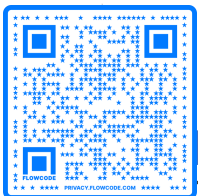
> 24 hours after Birth

## POST SURGICAL CARE

- **VASELINE** on the exposed head of  
The penis and adjacent area to prevent  
Scarring

## COMPLICATIONS

Bleeding  
Infection  
Poor cosmetic outcome  
Need for surgical revision



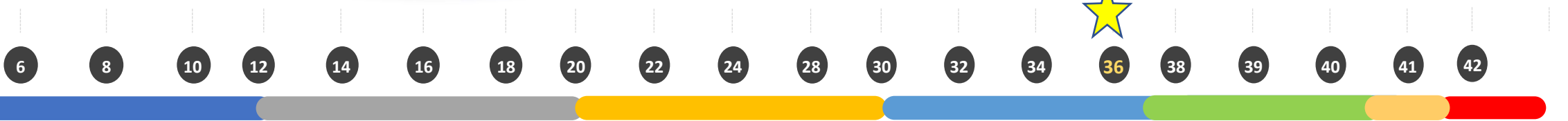
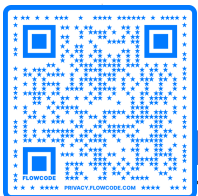


**Find A pediatrician**

**Ideally within 15 minutes**

**Accepts your insurance**

**Has hours of operation  
that works for your  
schedule**



**Rahil Malik MD**

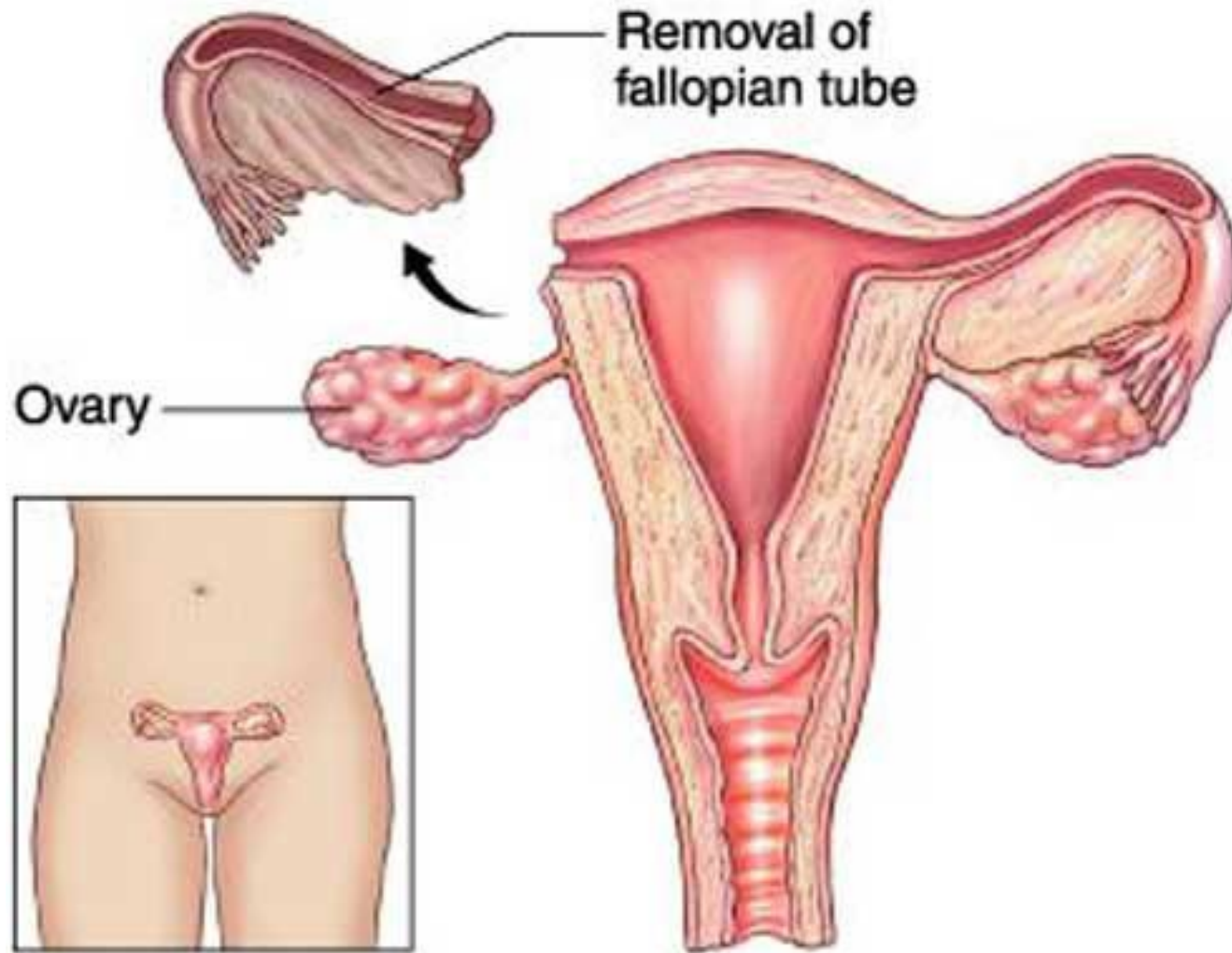


**PERMANENT STERILIZATION OR  
SALPINGECTOMY DURING C-  
SECTION**

**PERMANENT FORM OF  
CONTRACEPTION**

**IRREVERSIBLE**

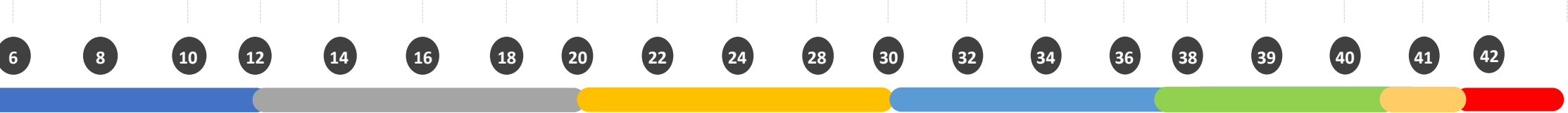
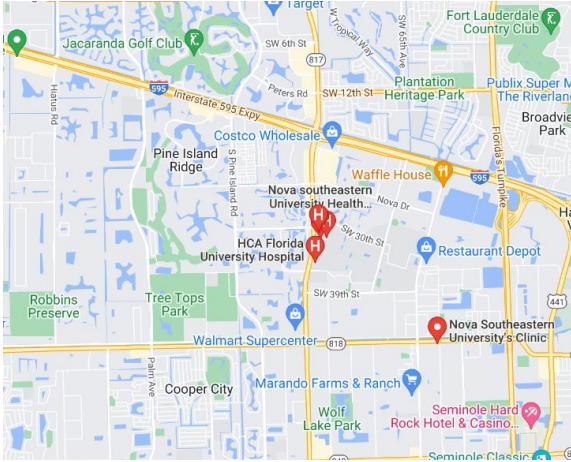
**SUITED FOR PATIENTS THAT DO NOT  
DESIRE FUTURE FERTILITY AND DO  
NOT WANT ALTERNATE REVERSIBLE  
FORMS OF BIRTH CONTROL**



Address: 7600 SW 36th St, Davie, FL 33328

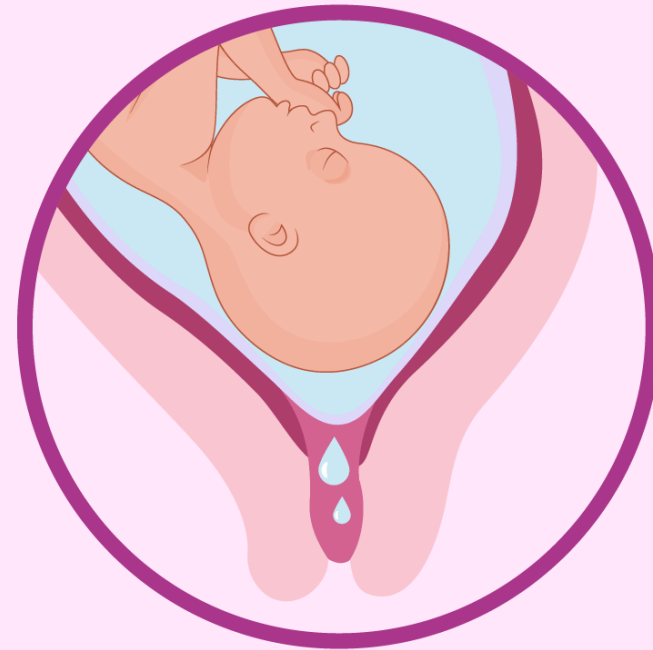
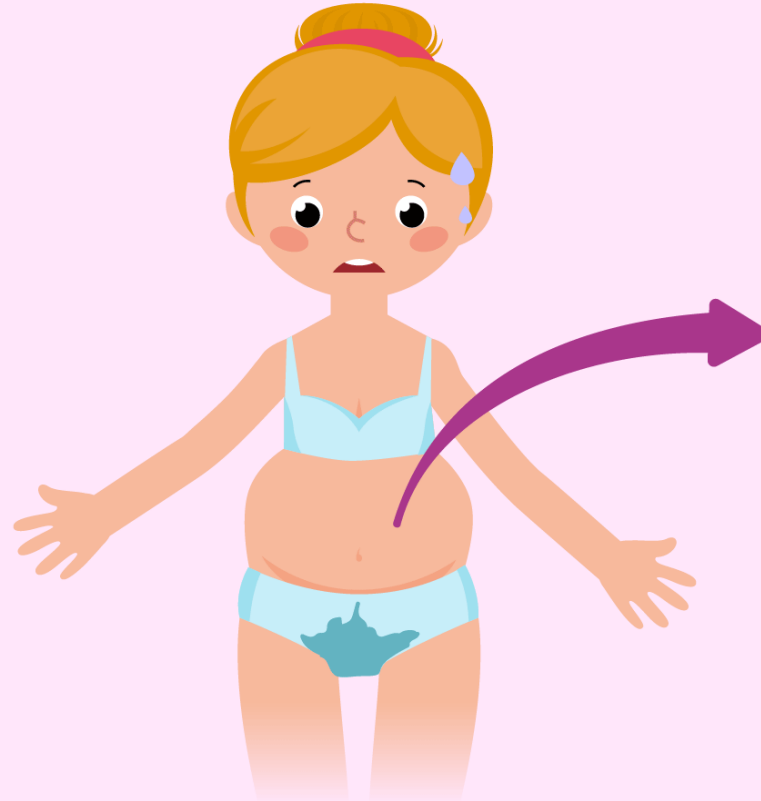
Labor and delivery  
3<sup>rd</sup> floor

Tel:954-475-5758

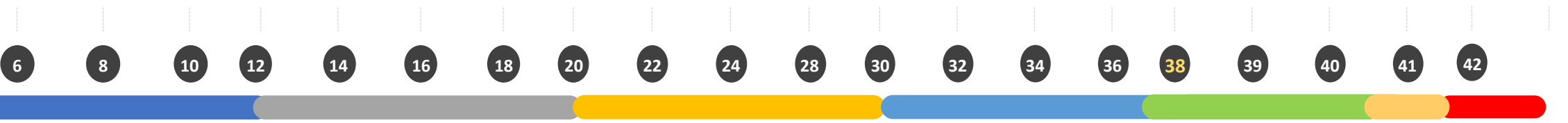




# When to go to the hospital



Amniotic fluid leakage



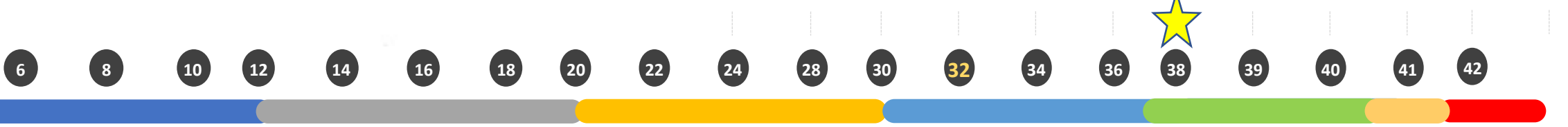
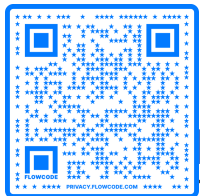
37 weeks



## BEST TIME FOR THE EPIDURAL

Wait as long as possible, or at least 5 cm cervical dilation.

Used IV pain medications for at least 1-2 times.



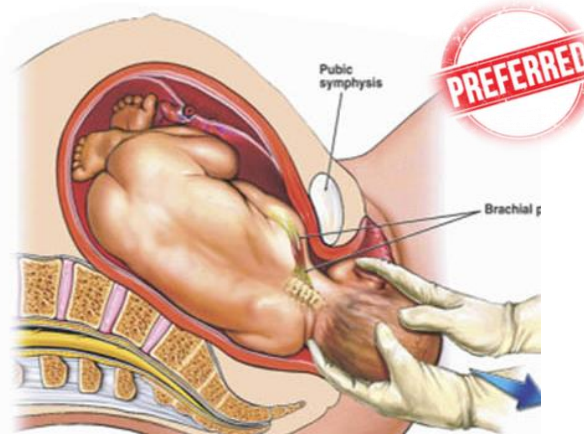
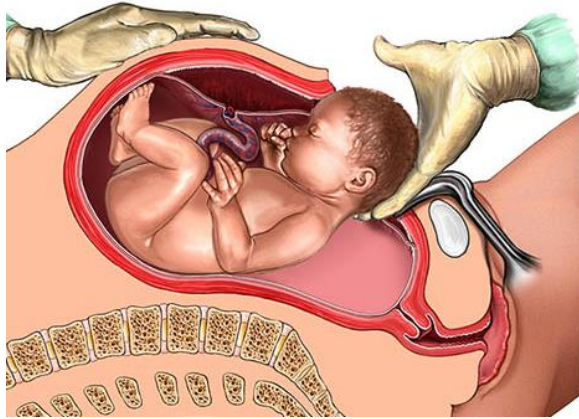


37 weeks

C Section

VS

Natural Delivery



Additional bleeding?

Longer Recovery? (maybe)

Impact on multiple future pregnancy?

Timing of Delivery?

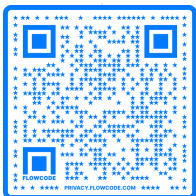
Induction after due date?  
Longer process – uncertain outcome

Failed Induction? Arrest of labor?

Heart rate abnormality?

Perineal Laceration?

Shoulder dystocia?  
(assoc fetal complications)



6

8

34

36



38

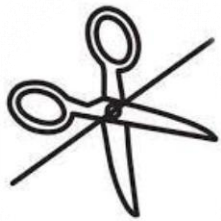
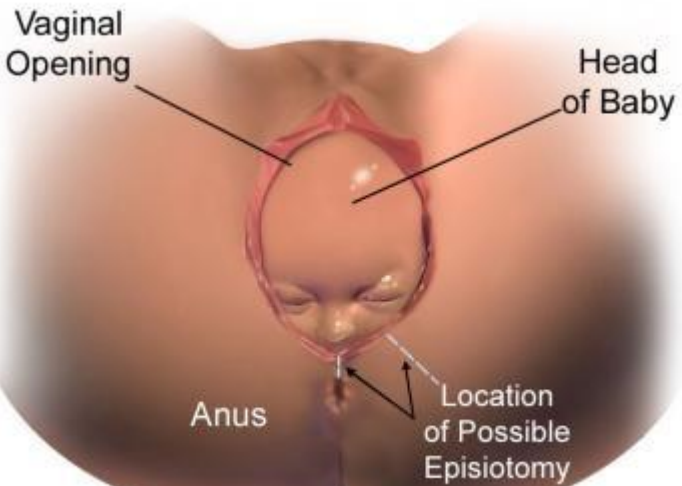
39

40

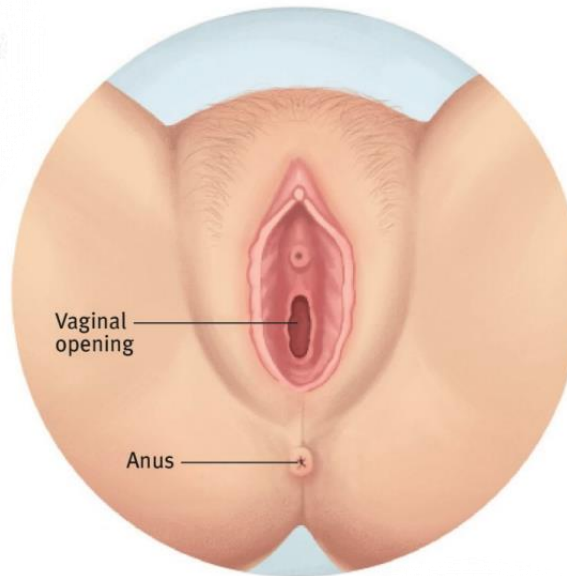
41

42

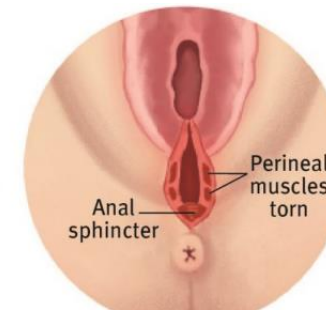
37 weeks



No episiotomy



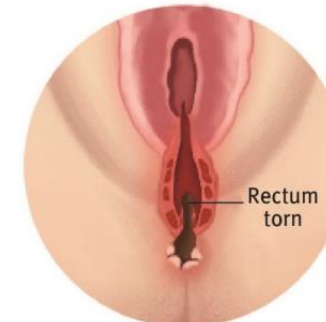
First Degree Tear



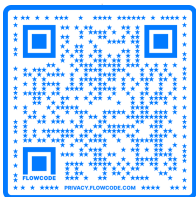
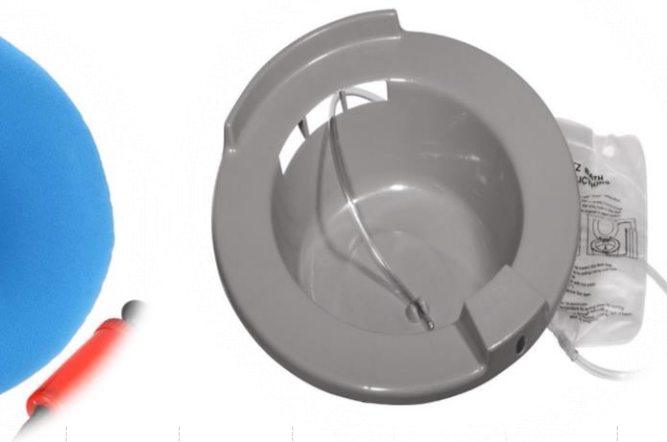
Second Degree Tear



Third Degree Tear



Fourth Degree Tear



Rahil Malik MD



37weeks

19 inches  
6 lbs

# BENEFITS OF BREASTFEEDING

## For Mom



Mothers who are breastfeeding burn extra calories each day, helping them return to their pre-pregnancy weight quicker.



Women who breastfeed have lower rates of developing breast and ovarian cancer.



Reduces the risk of postpartum depression and creates a unique bonding experience for mom and baby.

## For Baby

Breast milk is rich in nutrients and the perfect natural food for babies. Breastfed babies are also less likely to become obese.



Antibodies in breast milk help babies fight off viruses and bacteria, while protecting them from various infections.



Children who were breastfed as babies have lower risks of developing ear infections, respiratory infections, allergies, and diabetes.



Information courtesy of Dr. Kristen Newkum and The American Academy of Pediatrics.

4

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41

42

37weeks

19 inches  
6 lbs



# — SYMPTOMS OF — POSTPARTUM DEPRESSION



Intense sadness



Hopelessness



Emptiness



Depressive moods



Loss of interest in activities



Disrupted sleep



Reduced appetite



Fatigue



Restlessness



Guilt



Increased indecisiveness

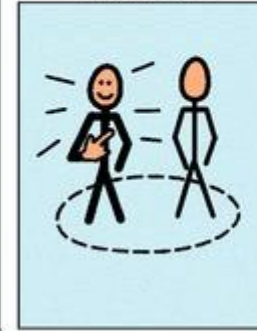


Suicidal tendencies



let's take turns

it is my turn



it is your turn



8 AM



12 PM



5 PM



4

6

8

10

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14

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32

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41

42



37weeks

19 inches  
6 lbs

# How to increase your breast milk supply?



## Supply and Demand:

Nurse more frequently, pump more often and for longer periods of time, and power pumping are the best methods for increasing your supply.

## Foods to increase your supply:

- Oatmeal
- Spinach
- Garlic
- Apricots
- Sweet Potato
- Beer (Preferably dark beer; not too much, alcohol can decrease your milk supply)
- Hydrate, Hydrate, Hydrate



## Get more rest

**Prioritize resting as often as possible.** You want to think of rest as therapy and not a luxury.

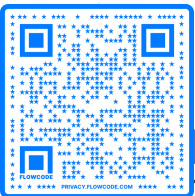
A **hot shower** improves circulation and can **stimulate the let down of your milk.**

**Relax:** Stress can cause a decrease in your milk supply. Take time for yourself.

Maternity Comfort Solutions



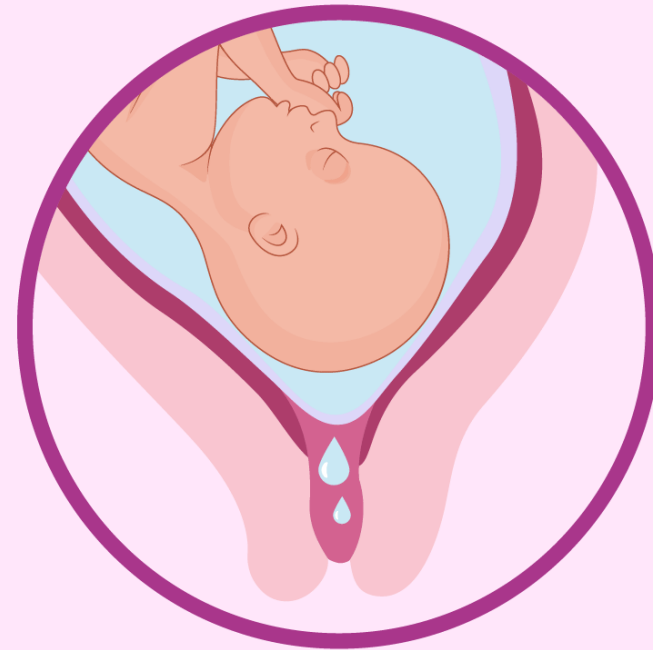
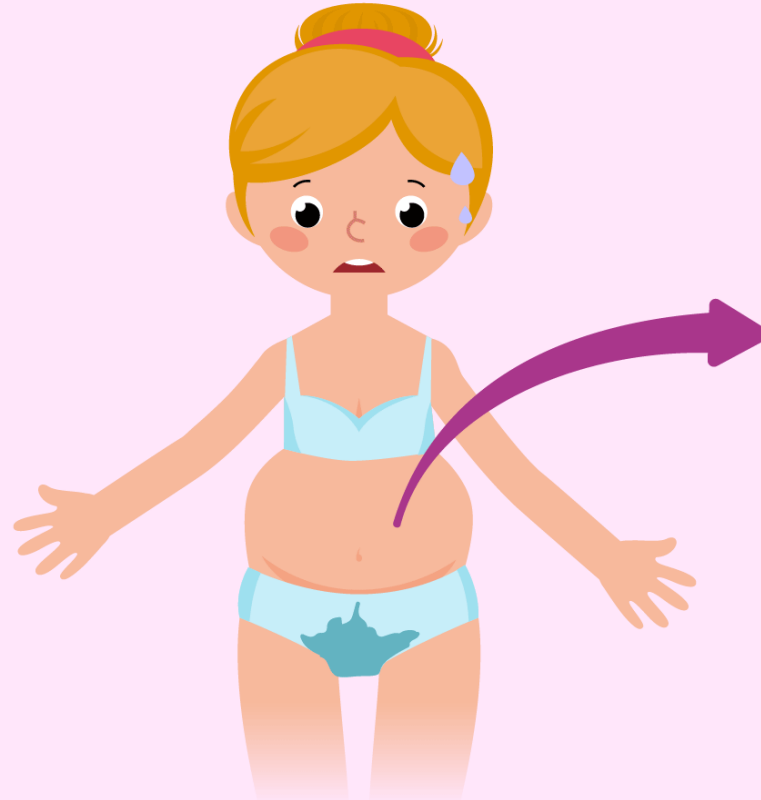
Get more rest



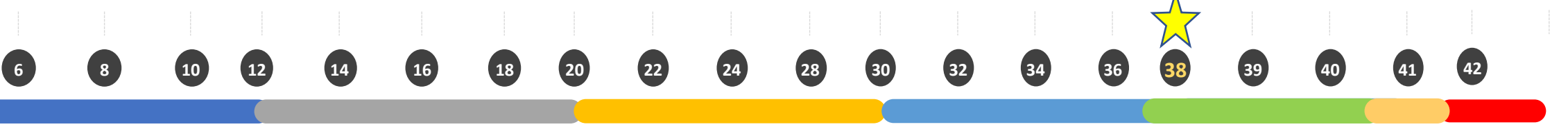
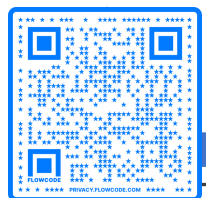
38 weeks

19 inches  
6-8 lb

# When to go to the hospital



Amniotic  
fluid leakage

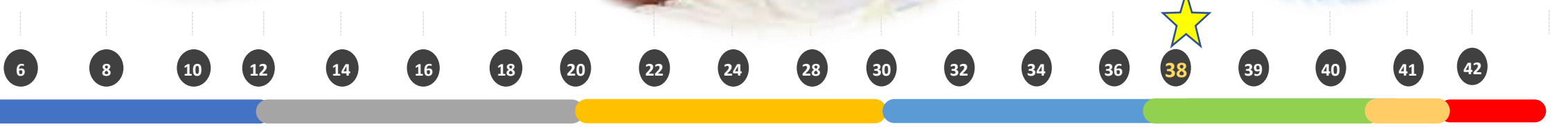
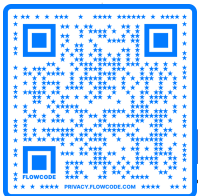




38 weeks

At the hospital

19 inches  
6-8 lb



Rahil Malik MD

39 weeks

20 inches  
7 lbs



### Birth control methods



Condom



Female  
condom



Pill



Hormonal  
ring



UID



Injection



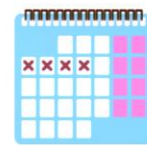
Surgical  
sterilization



Implant



Coitus  
interruptus



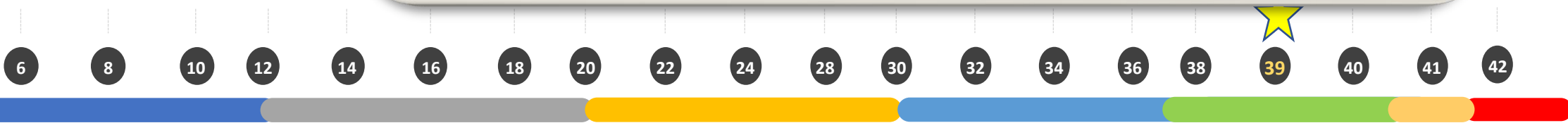
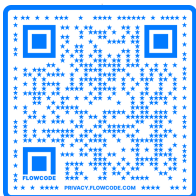
Calendar rhythm  
method



Patch



Diaphragm





**Instructions:**

### Helping Baby Teethe

**DO**  **DON'T** 

**Instructions:**

### Fun Games for Baby

**GOOD**  **BAD** 

**Instructions:**

### Nursing Baby

**YES**  **NO** 

**Instructions:**

### Calming Baby

**GOOD**  **BAD** 

**Instructions:**

### Making Baby Smile

**DO**  **DON'T** 

**Instructions:**

### Bonding with Baby

**YES**  **NO** 

**Instructions:**

### Putting Baby to Bed

**RIGHT**  **WRONG** 

**Instructions:**

### Clearing Baby's Nose

**YES**  **NO** 



- 6
- 8
- 10
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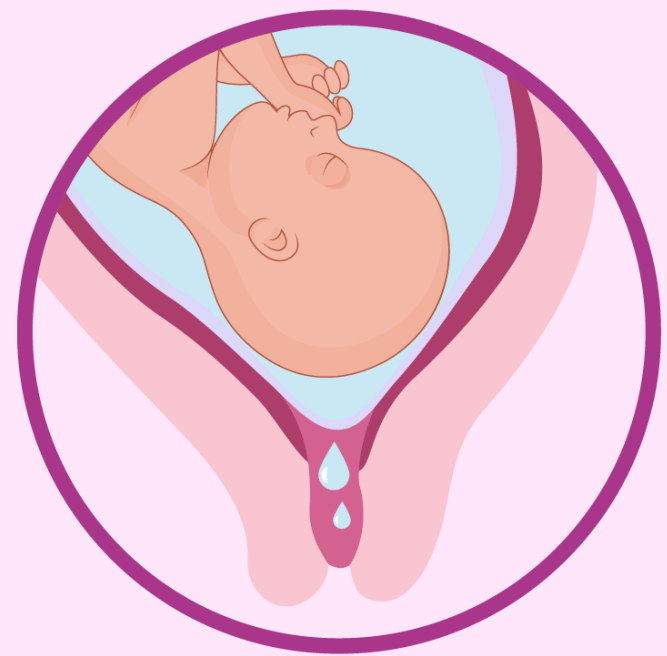
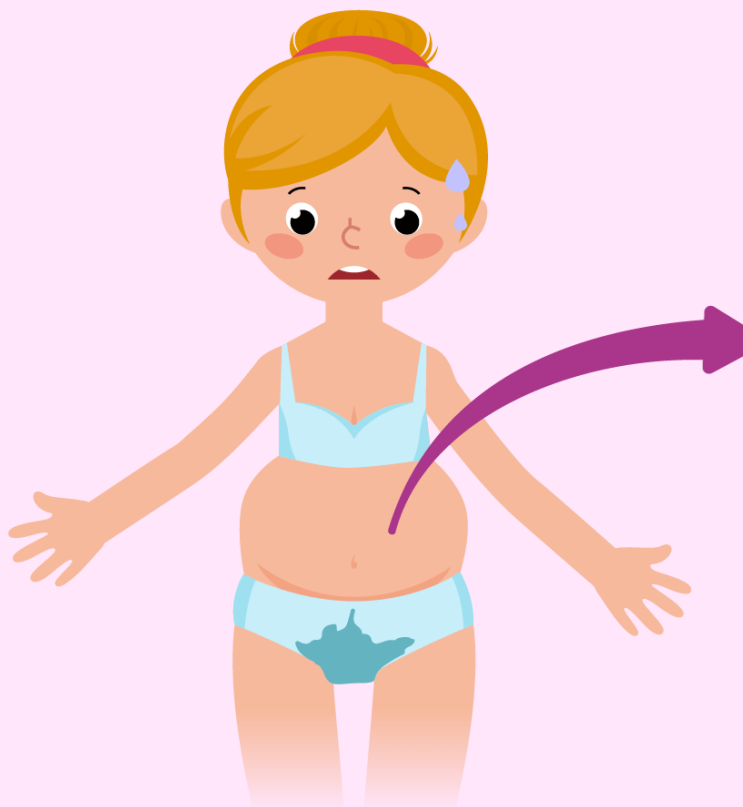
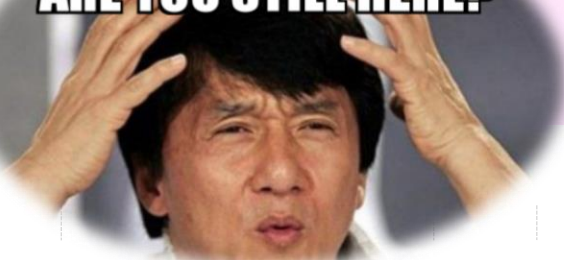
40 weeks

6-7 inches  
/ 4 ounces

### 5-1-2 RULE



ARE YOU STILL HERE?



Amniotic  
fluid leakage

- 4
- 6
- 8
- 10
- 12
- 14
- 16
- 18
- 20
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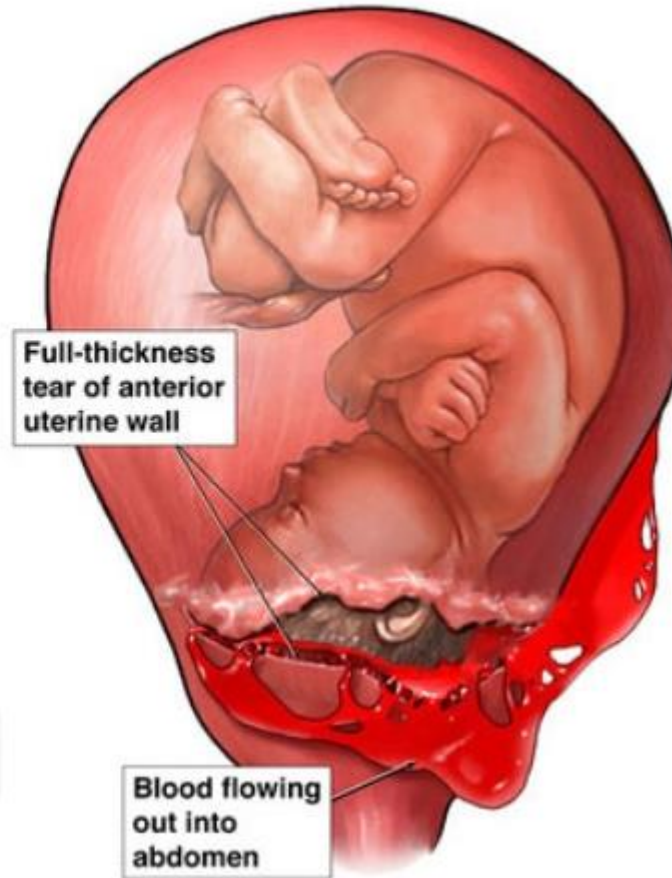
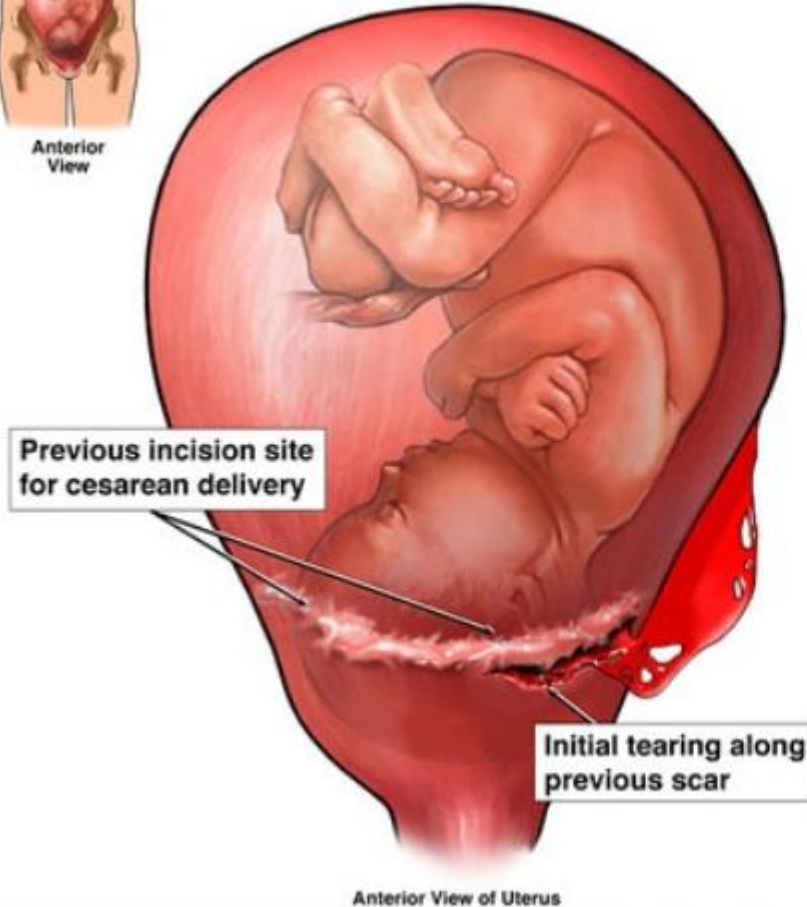


# VBAC considerations and risks



Early Presentation

Late Presentation



## Important Factors to Consider

Success rate is **Lower** in patients that have a CS due to arrest of labor

1% risk of **Uterine Rupture**

**Epidural** is a MUST

Must be in active labor to be admitted

Induction is **NOT** an option with patients with history of prior CS

Lower weight gain, normal size fetus and pelvis improves chances of a successful VBAC

Our Ultimate Goal:  
**Safe Delivery for MOM and Baby**

