

Pregnancy

GUIDE

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OGDEN CLINIC
WOMEN'S CENTER

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MEET OUR PROVIDERS



Dr. Talon Anderson
OB/GYN

Jen Dunning
Certified Nurse
Midwife

Dr. Carrie Gordon
OB/GYN

Dr. Kirk Lammi
OB/GYN

Dr. Alex Larson
OB/GYN



Dr. Bryan Palmer
OB/GYN



Dr. Scott Rynearson
OB/GYN



Mari Stuart
Certified Nurse
Midwife



Dr. Amber Vegh
OB/GYN

HOSPITAL LABORISTS



Dr. Tania Bodnar
OB Laborist



Dr. Britney Bunot
OB Laborist



Dr. Jeremy Clark
OB Laborist



Dr. Stephanie Nainani
OB Laborist



Dr. Chris Murphy
OB Laborist



Dr. Megan Shutts-Karijola
OB Laborist

**McKay-Dee
Women's Center**
4403 Harrison Blvd
Ste 4650
Ogden, UT

**Ogden Regional
Women's Center**
5495 S 500 E
Ste 310
South Ogden, UT

**Layton Hospital
Women's Center**
201 W Layton Pkwy
Ste 4C
Layton, UT



Routine Visit Schedule

At Ogden Clinic, our Obstetrics team is committed to providing guidance and support every step of the way throughout your pregnancy. Partnering with local Northern Utah hospitals, we are well equipped with the training and resources to oversee your pregnancy around the clock. Along with your routine checkups, take comfort in having 24/7 access to our OB Physicians through the Laborist Program.

Important Appointments



Plan your first appointment before 12 weeks. Afterward, expect these routine visits to monitor your baby's health.

WEEKS	SCHEDULE
1-28	Every 4 weeks
28-36	Every 2-3 weeks
After 36	Weekly

*Mark your
calendars*

Ultrasounds, Lab Tests, & Screenings

Ultrasounds, lab tests, and screenings will become important companions on your path to ensuring your baby's health and well-being. These tests and screenings provide a glimpse into the miraculous journey of pregnancy, offering valuable information about your little one's development and ensuring their safe passage into the world.

Typically the first screening appointment is where your Women's Health provider will review your medical history, conduct a physical examination, and order baseline blood tests to establish your health status at the beginning of pregnancy.

● **6-10 Weeks EARLY ULTRASOUND**

You may have an ultrasound to confirm your pregnancy and determine the gestational age. This scan can also detect the presence of a fetal heartbeat.

● **15-22 Weeks QUAD BLOOD TEST**

This blood test is performed to assess the risk of neural tube defects and chromosomal abnormalities such as Down syndrome, Edwards syndrome (trisomy 18), and neural tube defects. The test measures the levels of four substances

- Alpha-fetoprotein
- Human chorionic gonadotropin
- Estriol
- Inhibin





- **19-20 Weeks
ANATOMY ULTRASOUND**

The purpose of this ultrasound is to examine the baby's spine, head, and placenta. Additionally, this ultrasound can reveal the baby's gender if you desire.

- **21-28 WEEKS
GLUCOSE SCREENING**

Screens for gestational diabetes by measuring blood sugar levels after consuming a glucose drink. If the GCT result is elevated, a follow-up blood glucose test may be performed to confirm gestational diabetes.

- **28-32 Weeks
3D LIVE ULTRASOUND**

This is an innovative technology that creates a three-dimensional image of the fetus using sound waves. It provides a more detailed and realistic view of the baby's features, allowing parents to see facial features and other anatomical details with depth and clarity. This ultrasound is available to Ogden Clinic OB patients.

- **35-37 Weeks
GROUP B STREP CULTURE**

Tests for the presence of bacteria in the mother's rectum and vagina that could potentially harm the baby during delivery.



Fetal Movement & Baby Kick Counts

By keeping track of movements, you monitor your baby's health and create a bond with him/her. Babies tend to be most active in the evening, so this is the best time to monitor their flutters and kicks.

FETAL MOVEMENT

WHEN CAN I FEEL IT

Typically between 16-24 weeks. Baby's movements should be felt right up until they are born, even during labor.

WHAT DOES IT FEEL LIKE

- Initially: subtle flutters or swishes
- Later: kicks, punches and rolls

HOW FREQUENT IS IT

Varies from baby to baby. There is no set of normal movements. Women should be encouraged to get to know their baby's movements and what is normal for them and their baby.

BABY KICK COUNTS

WHEN TO START COUNTING

- After 20 weeks of pregnancy

HOW TO START COUNTING

Choose a time when you are least distracted or when you typically feel the fetus move.



- Get comfortable. Lie on your side or sit with your feet propped up.
- Place your hands on your belly.
- Start a timer or watch the clock.
- Count each kick. Keep counting until you get to 10 kicks. Once you reach 10 kicks, jot down how many minutes it took.

If you feel less than four fetal movements in an hour, drink a glass of cold water or orange juice, wait 20 minutes, then repeat an evaluation for another hour. If decreased fetal movement persists, please call us for next steps.

The American Congress of Obstetricians and Gynecologists (ACOG) recommends that you time how long it takes you to feel 10 kicks, flutters, swishes, or rolls. Ideally, you want to feel 10 movements within one hour.

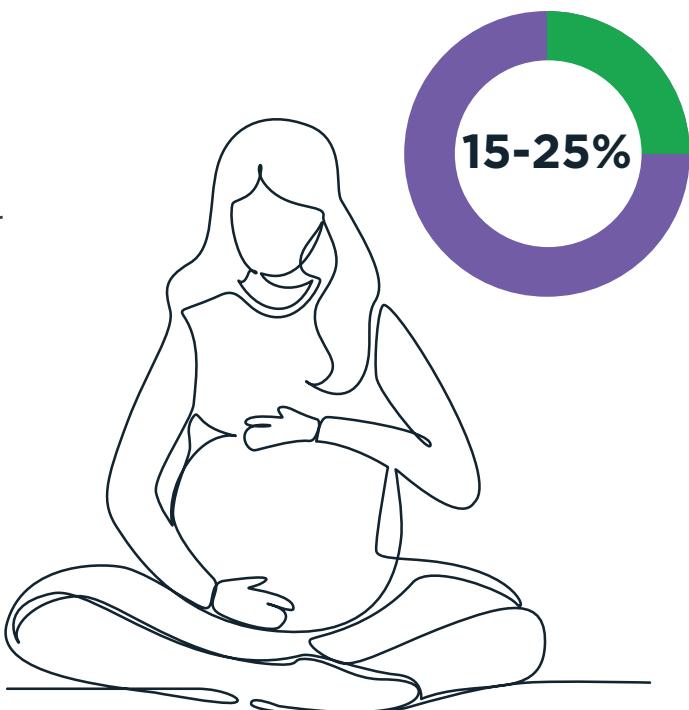
Bleeding During Pregnancy

Vaginal bleeding during pregnancy has many causes. Some are serious and others are not. Bleeding can occur early or later in pregnancy. Bleeding in early pregnancy is common. In many cases, it does not signal a major problem. Bleeding later in pregnancy can be more serious. If you experience bleeding at any time, please contact us.

How Common is Bleeding?

Bleeding in the first trimester happens in 15 -25% of pregnancies. Light bleeding or spotting can occur one to two weeks after fertilization. The cervix may bleed more easily during pregnancy because more blood vessels are developing in this area.

It is not uncommon to have spotting or light bleeding after sexual intercourse or after a pap smear. Problems that can cause bleeding in early pregnancy include infection, early pregnancy loss, and ectopic pregnancy.



Early Pregnancy Loss

Loss of a pregnancy during the first 13 weeks of pregnancy is called early pregnancy loss or miscarriage. It happens in about 10 in 100 known pregnancies. Bleeding and cramping are signs of early pregnancy loss. But about half of women who have a miscarriage do not have any bleeding beforehand.

If you have had an early pregnancy loss, some of the pregnancy tissue may be left in the uterus. This tissue needs to be removed. You can allow the tissue to pass naturally, or it can be removed with medication or surgery.

Bleeding Later in Pregnancy

Common problems that may cause light bleeding later in pregnancy include inflammation of or growths on the cervix.

Heavy bleeding is a more serious sign. Heavy bleeding may be caused by a problem with the placenta.

Any amount of bleeding also may signal preterm labor. If you have any bleeding late in pregnancy, contact your ob-gyn right away or go to the hospital.

32
Weeks

OTC Medication Guide During Pregnancy

DO NOT TAKE	DO NOT CONSUME
<ul style="list-style-type: none"> Aspirin products (unless otherwise instructed) Ibuprofen (Advil) Naproxen (Aleve) 	<ul style="list-style-type: none"> Alcohol, beer, and wine Marijuana Illicit drugs Cigarettes including e-cigs

Health Problem	OTC Medications	Call your doctor...
Allergies	Flonase Benadryl Claritin (not D) Zyrtec (not D)	If no relief, discuss at next appt
Mild Headaches/Aches & Pains	Tylenol (Acetaminophen) 325 mg Extra Strength Tylenol (Acetaminophen) 500 mg DO NOT exceed 4,000mg/day	Severe or persistent headaches
Nasal Congestion/Cough Due to a Cold, Sinusitis	Afrin Nasal Spray (3 days only) Humidifier Mucinex (guaifenesin) Neti Pot Saline Nasal Spray Plain Robitussin (after 14 weeks) Vicks Vapor Rub DO NOT TAKE AIRBORNE	If no relief is provided
Heartburn	Tums Mylanta Maalox Rolaids DO NOT TAKE PEPTO BISMOL	If no relief, discuss at next appt



Health Problem	OTC Medications	Call your doctor if...
Nausea	Ginger tablets 250-500 mg (2-3 per day) Vitamin B6 25mg tablet (3-4/day) Doxylamine 25 mg tablet (1/day)	Unable to keep any liquids or foods down for 24+ hours
Constipation	MiraLAX Milk of Magnesia Metamucil	If straining is severe, discuss at next appt
Diarrhea	Imodium, Lomotil	If no relief, discuss at next appt
Gas	Gas-X (Simethicone)	If no relief, discuss at next appt
Hemorrhoids	Anusol HC Cream/Ointment Chilled Witch Hazel Packs Sitz Bath Tucks Pads Preparation H	Bleeding or severe pain
Insomnia	Warm Bath Vitamin B6 (50 mg) Benadryl (25 mg) Tylenol PM Unisom, 1 Tablet (25 mg) at bed	If no relief, discuss at next appt
Muscle Pain or Soreness	Icy Hot Tylenol Heat pad on low (do not place directly over your abdomen)	If no relief, discuss at next appt
Vaginal Yeast (or suspected)	7-day Monistat treatment	No relief, call for an evaluation

Normal Symptoms You May Experience

As your body changes, you'll experience many new symptoms. The symptoms below are normal, but if they are excessively painful, please bring them to our attention.



- **Nausea, fatigue, and occasional vomiting**

(see pg 10 for solutions)

- **Breast enlargement and/or tenderness**

- **Low backache**

- **Round ligament pain**

(pain in the lower abdomen into the groin area)

- **Frequent urinations**

(normal unless accompanied by a burning sensation)

- **Constipation**

(see pg 10 for solutions)

Safe & Unsafe

During Pregnancy



Safe

SEX:

Permissible anytime during pregnancy as long as you do not have vaginal bleeding, ruptured membranes, or a tendency toward pre-term labor. Be aware that spotting may occur.

TRAVEL:

In most cases, traveling up to 36 weeks of pregnancy is generally considered safe. Travel may not be recommended if you have pregnancy complications. If you are planning a trip, talk with your OB/GYN.

EXERCISE

Exercise is safe for healthy women and beneficial for fetal and maternal health.



Unsafe

EXCESSIVE HEAT:

Do not use saunas, tanning booths, or hot tubs due to the risk of excessive heat.

X-RAYS/IMAGING

Do not have an X-ray or imaging unless absolutely necessary while pregnant.

CAT LITTER:

Cat litter poses a risk of toxoplasmosis, harmful toxins for a fetus. Do not change a cat litter box during pregnancy.



Morning Sickness



Nausea and vomiting are common, especially early in pregnancy. They can occur any time during the day, even though it's often called "morning sickness." Nausea and vomiting during pregnancy usually don't harm the fetus, but it can affect your life, including your ability to work or go about your normal everyday activities.

Many women find this symptom subsides after 14 weeks, but for some, it may last throughout pregnancy. There are safe treatment options that can make you feel better and keep your symptoms from getting worse.

Try these lifestyle adjustments:

- Eat dry toast or crackers in the morning before you get out of bed to avoid moving around on an empty stomach.
- Eat five or six "mini meals" a day to ensure that your stomach is never empty.
- Eat frequent bites of foods like nuts, fruits, or crackers.
- Try ingesting ginger, such as ginger candies, freshly grated ginger inside tea, or ginger ale.
- Try a bland diet such as BRATT (bananas, rice, applesauce, toast, and tea). This diet is low in fat and easy to digest.
- Stay well hydrated. You need more water during pregnancy, especially if vomiting occurs.



Over-the-Counter supplements:



- Ginger tablets
- Vitamin B6
- Doxylamine: a medication found in OTC sleep aids. This can be added if vitamin B6 alone does not relieve symptoms.

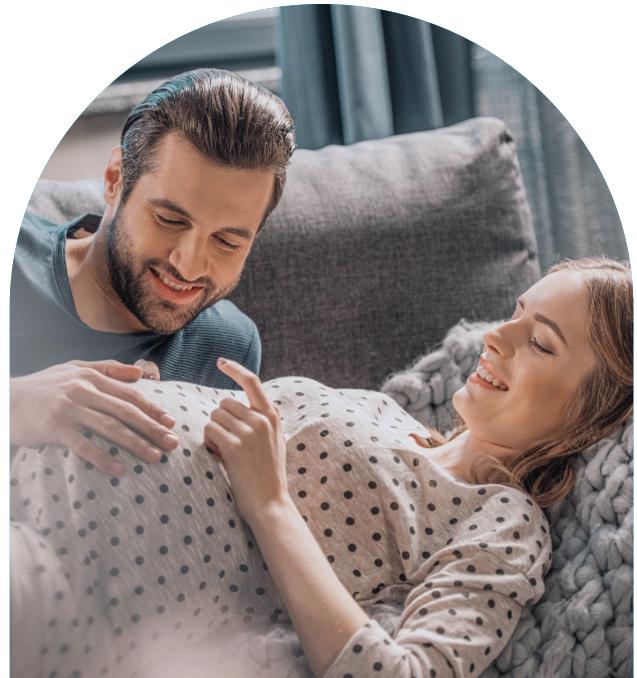


For more information about Morning Sickness, including the small risk (3%) of hyperemesis gravidarum, visit this ACOG FAQ page.

Supporting Your Pregnant Partner

Pregnancy is exciting, but it can be equally anxiety-inducing and emotional. Be there for your partner and support her through all the ups and downs. Make her feel loved, cared for, and heard.

Listen to her when she expresses her worries or thoughts and make her feel reassured. Remind her she always has a shoulder to cry on and never judge her for her emotions. Remind her about how much you care for her and offer support when needed.



PHYSICAL SUPPORT

Carrying and growing a baby inside you for nine months is no easy task. In the first trimester, your partner may be dealing with morning sickness. In the third trimester, sleepless nights and pain become a regular occurrence. You can support her by taking on more chores and tasks around the house and finding ways to make her a little more comfortable, such as finding her a pregnancy pillow or giving her a massage.

MEDICAL SUPPORT

Get ready for lots of doctor appointments. Whether going to her ultrasound appointments or newborn baby class, try to accompany your partner as much as possible. These appointments can be extremely stressful, especially in the beginning. If you cannot be there for some reason, make sure to video call or check in before, during, and after the appointment. Write down any information the nurses and doctors tell you and your partner.

FAQS

PREGNANCY • LABOR • DELIVERY

The American College of Obstetricians and Gynecologists has a great guide on every question you may have about your partner's pregnancy, what to expect during labor, and what to expect after the baby arrives. We encourage you to read through these common Qs & As.

acog.org/womens-health/faqs/a-partners-guide-to-pregnancy



Laborist Program

What if I go into labor at night or when my doctor isn't available?

In 2015, our staff at Ogden Clinic established the Laborist Program to meet the needs of expectant parents. This care model incorporates OB/GYN doctors and provides continuous, comprehensive care for patients delivering babies or responding to emergencies that may arise.



**Ogden Clinic
on-call OBs for
emergencies
and deliveries.**



Laborists are practicing OB/GYNs who work a set schedule that offers them time to rest while offering patients the benefit of 24/7 medical coverage. It's crucial that our expectant patients have a lifeline in case of early delivery or medical emergencies. You are in excellent hands with Ogden Clinic's board-certified laborists who perform inpatient OB/GYN care, admitting patients, triage, emergency services, and deliveries including high-risk pregnancies.

No matter the time of day, expectant mothers and their families have access to pregnancy care and labor-related services. Patients have the option to be evaluated by OB/GYNs experienced in emergency care and can have immediate access to obstetric surgical care if life-saving procedures for the mother and baby are necessary.

Hospital Laborist Team



Dr. Tania Bodnar



Dr. Britney Bunot



Dr. Jeremy Clark



Dr. Chris Murphy



Dr. Stephanie Nainani



Dr. Megan Shutts-Karjola

Note: All Ogden Clinic Obstetricians are participate in the Laborist program. See page 3 for a complete list of potential providers.

When to Call Your Provider

IF THE BELOW SYMPTOMS OCCUR ANYTIME DURING YOUR PREGNANCY, CALL YOUR PROVIDER.

- **If you think you are in labor or think your water broke. Water break can be a big gush or a slow leak, note that the color should be clear.**
- **If you're experiencing signs of preterm labor (three or more weeks before due date):**
 - Contractions (uterine tightening) — 6 or more per hour.
 - Severe period-like cramping that is constant or comes on very strong.
 - Abdominal cramps, with or without diarrhea.
 - Low backache that may radiate to lower abdomen.
 - Pelvic pressure that feels like baby is pushing down.
- **Spotting in early pregnancy or vaginal bleeding similar to a period, at any time.**
 - Please note if blood clots are present (this is especially important if you've been diagnosed with Placenta Previa).
- **Abdominal pain.**
- **Chest pain or severe shortness of breath.**
- **Decreased fetal movement.**
- **Running a fever of over 100.4 degrees.**
- **Unusually severe headaches that won't resolve with Tylenol, especially if accompanied by vision changes and/or extreme swelling (to face, hands, and/or lower extremities).**
- **Urinary problems: Burning and pain, blood in urine.**
- **If you sustain any falls.**
- **If you are involved in a car accident or have abdominal trauma.**
- **If you cannot keep fluids and/or food down for 24 hours or more.**

McKay-Dee
Women's Center
801-475-3100

Ogden Regional
Women's Center
801-475-3100

Layton Hospital
Women's Center
801-475-3100

Baby Basics Parenting Class



JOIN US!

FREE newborn class led by our expert pediatricians.

Ogden Clinic's Pediatricians host classes every month to help prepare new parents for the journey ahead. Now is chance to have all your questions answered!

Register below to take the free class.



REGISTER FOR CLASS

Registration is required. Classes take place a couple times per month, scan the QR code to view for our next available classes.



TOPICS

COVERED

- Feeding
- Sleeping
- Diapering
- Temperature & illness
- Spit-up & tummy concerns
- Rashes and skincare
- Umbilical cord questions
- Developmental milestones
- Recommended immunizations
- and other health concerns...

LIVE Q&A at the end of the class!

Note: The class is free but registration is required. Please take a moment to register for the next available class. Partners and caretakers are welcome!



Postnatal Resources

In addition to monitoring your physical recovery, we recognize the significance of emotional well-being during this period of adjustment. During your postpartum check-ups, your provider will monitor your physical recovery and provide you with important information about your postpartum health. Your OB/GYN will be available to discuss any emotional changes or challenges you may be experiencing and provide appropriate support or referrals to mental health professionals and/or lactation counseling if needed.

Post-partum Depression and Mental Health Support

The below are two referrals that our obstetricians have used and trust for post-partum mental healthcare:

PP Support International Utah



Free phone and email support provided by mothers who have experienced and healed from emotional health complications around pregnancy, postpartum, infertility, miscarriage and loss, as well as helpful local resources and referrals.



Serenity Postpartum Therapy



Serenity Recovery & Wellness is an outpatient treatment center dedicated to empowering and facilitating healing for mothers during the pregnancy and postpartum periods.

Lactation Counseling

Lactation counseling is a valuable resource for new moms, providing specialized guidance and support related to breastfeeding. Working closely with a trained lactation counselor, moms receive knowledge, encouragement, and personalized strategies to ensure a successful breastfeeding experience, increasing success rates and fostering a positive bonding experience for mother and baby.

Utah Breastfeeding and Tongue Tie



SCAN TO

LEARN MORE

Intermountain Health Lactation Consultants



SCAN TO

LEARN MORE

Contact Us

Our doctors can deliver and perform surgery at Layton Parkway, McKay-Dee Hospital, Ogden Regional Medical Center, and Mt. Ogden Surgery Center. We also offer a 24/7 Hospital Laborist program at McKay Dee and Ogden Regional which ensures immediate access to an in-house hospital obstetrician around the clock.



WOMEN'S CENTER AT LAYTON HOSPITAL

**201 W Layton Parkway, Ste 4C
Layton, UT**

The following providers perform deliveries at this location:

Dr. Carrie Gordon, Dr. Alex Larson, Dr. Talon Anderson,
Dr. Scott Rynearson, Mari Stuart, WHNP-BC, MS, CNM



WOMEN'S CENTER AT MCKAY-DEE HOSPITAL

**4403 Harrison Blvd, Ste 4650
Ogden , UT**

The following providers perform deliveries at this location:

Dr. Amber Vegh, Dr. Bryan Palmer, Dr. Kirk Lammi



WOMEN'S CENTER AT OGDEN REGIONAL

**5495 S 500 E, Ste 310
Ogden, UT**

All providers perform deliveries at this location.



Call **801-475-3100** to schedule an appointment or visit: **ogdenclinic.com**

MEET OUR PEDIATRIC PROVIDERS



Dustin Havey
Canyon View



Dr. Jonathan Williams
Kaysville



Dr. John Allred
Grand View



Thatcher Allred, PA-C
Grand View



Dr. Brad Clark
West Point



Dr. Jason Church
Mountain View



Jeffrey Ryan, PA-C
Mountain View



Zane Williams, PA-C
Mountain View

PEDIATRIC LOCATIONS

CANYON VIEW
1159 E 12th St
Ogden, UT
801.475.3700

KAYSVILLE
1351 W 200 N
Kaysville, UT 84037
801.383.3420

GRAND VIEW
3485 W 5200 S
Roy, UT
801.475.3900

MOUNTAIN VIEW
1100 W 2700 N
Pleasant View, UT
801.475.3600

WEST POINT
145 S 3000 W
West Point, UT
801.475.3960



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801.475.3100
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CONNECT WITH US!

