



Saint Alphonsus

Pregnancy Journey -

The birth of your baby is a special time and the beginning of a wonderful new chapter in your life. Saint Alphonsus is happy to be a part of your journey. Our top priority is to make your pregnancy, from start to finish, as pleasant and safe for you and your baby as possible.

Prenatal visits are generally every four weeks, becoming more frequent during the last two months of your pregnancy. At each routine office visit, your weight and blood pressure are checked, as well as an evaluation of the baby's growth. Routine lab work, including tests for hepatitis and HIV, is done early in your care. Tests for gestational diabetes and group B strep are done later. Please feel free to discuss these tests with your care provider.

Pre-term Labor

At Saint Alphonsus our priority is keeping you and your baby healthy before, during and after your pregnancy. Drinking water during pregnancy is a great way to keep hydrated and avoid pre-term contractions which can be caused by dehydration.

Signs of Pre-Term Labor

Labor that begins prior to 37 weeks gestation, with signs of:

- Contractions every 10 minutes or more often
- Change in vaginal discharge
- Pelvic pressure
- Low, dull backache
- Cramps that feel like your period
- Abdominal cramps with or without diarrhea

What to do

If you experience any signs of pre-term labor, you should:

- Stop what you are doing - lie down - preferably on your left side
- Drink water - 24 oz. within one hour
- Take a warm bath
- Call your provider

Labor



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Sometimes it's difficult to anticipate the exact start of true labor. During your last prenatal visits, your cervix is "checked" and we try to help you understand how imminent labor may or may not be. Please do not be alarmed if you have minimal vaginal bleeding after being examined. Regular painful contractions or the breaking of your "bag of water" usually signals the true onset of labor. When this happens, you should go directly to the maternity center near you. If you have questions about your labor, or if you are not sure what to do, please feel free to call your provider's office or labor & delivery first. If it is after regular office hours, an on-call physician will be available to answer your questions and advise you. When in early labor you should only eat lightly. Undigested food in the stomach during your labor and delivery may cause nausea and vomiting and complicate your care. When you are seen at the hospital, a copy of your prenatal records will be on hand. When in doubt, go to the hospital where the decision will be made to either send you home or on to labor & delivery.

Important Numbers to Know!

Saint Alphonsus Regional Medical Center - Boise

Find A Doctor (208) 367-DOCS
Labor & Delivery (208) 367-8000
Postpartum (208) 367-4555
Lactation Program (208) 367-4063
Free Car Seat Checks (208) 367-3454
Educational Classes and
Support Programs (208) 367-3454
SCHEDULE A TOUR (208) 367-3454

Saint Alphonsus Birkeland Maternity Center - Nampa

Find a Doctor (208) 367-DOCS
Labor & Delivery (208) 205-0300
Postpartum (208) 205-0200
Lactation Program (208) 205-0238
Childbirth Education (208) 367-3454



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Free Car Seat Checks (208) 367-3454
Educational Classes and
Support Programs (208) 367-3454
SCHEDULE A TOUR (208) 367-3454

Saint Alphonsus Medical Center – Ontario

Find a Doctor (208) 367-DOCS
Labor & Delivery (541) 881-7310
Postpartum (541) 881-7310
Lactation Program (541) 881-7407
Childbirth Education (541) 881-7310

Saint Alphonsus Medical Center – Baker City, Oregon

Find a Doctor (208) 367-DOCS
Labor & Delivery (541) 524-7747
Lactation Program (541) 524-7747
Childbirth Education (541) 524-7747