



SPECIAL DELIVERY:
YOUR GUIDE TO
Maternity Care

Beaufort Memorial celebrates every new life that starts at our hospital. Use this guide to prepare for your special day and find the resources you need to have a healthy pregnancy, delivery and beyond.

SAFE CARE *Now & Always*

We're keeping moms and babies safe in our care. Learn about [changes we've made at the Collins Birthing Center and precautions we've implemented hospital wide to protect families from COVID-19.](#)

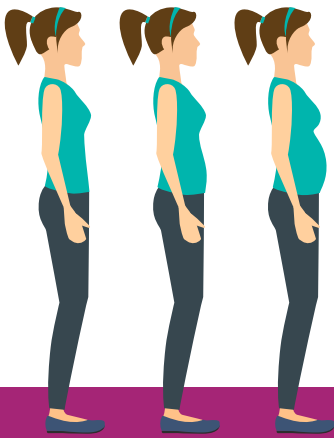


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Surprise!

YOUR BODY DURING PREGNANCY

Your body changes throughout these nine months, sometimes in unexpected ways. Here are a few things you may experience each trimester.



FIRST TRIMESTER

Your "pregnancy glow"

- Increased blood circulation helps your skin look rosy and shiny.



Breast tenderness

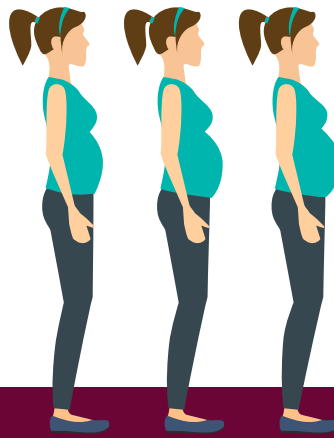
- Hormonal changes may initially make your breasts feel sore, but that lessens as your body adjusts to the changes.

Heightened emotions

- Hormones can also trigger moodiness, forgetfulness and/or an inability to focus.

More frequent bathroom breaks

- Your kidneys process extra fluid due to increased blood volume, and that makes you urinate more often.



SECOND TRIMESTER

Improvements in how you feel

- Morning sickness and mood swings begin to taper off. Breasts feel less tender.

Skin changes

- Melasma (darkening of facial skin), stretch marks and increased sun sensitivity may occur.

Loose teeth

- Something not many women expect, pregnancy hormones can cause teeth to loosen.

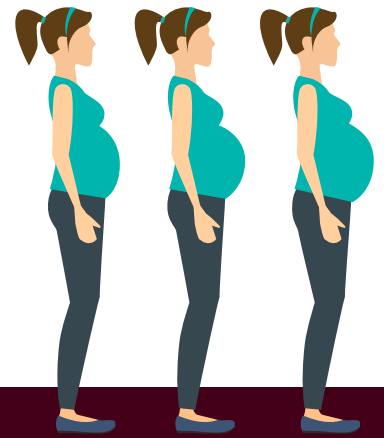


Heartburn

- This may begin during your first trimester and continue or worsen during the second.

An active baby

- You'll begin to feel baby move toward the end of this trimester.



THIRD TRIMESTER

A need for napping

- Fatigue may increase as you enter the final weeks of pregnancy.



Varicose veins

- These appear for a number of reasons but often disappear after pregnancy.

Constipation and hemorrhoids

- Less pleasant side effects of pregnancy, these may get more intense in the third trimester.

Less movement of baby

- Your baby will be active at the beginning of this trimester but slow down as your due date approaches.

The board-certified OB-GYNs at Beaufort Memorial Obstetrics and Gynecology Specialists can answer questions you have about pregnancy, labor and delivery. Schedule an in-person appointment in Beaufort or Okatie or a telehealth visit by calling 843-508-2133.



LET'S TALK ABOUT LABOR

Whether you're having your first child or your fourth, it's OK to have questions about labor and delivery.

Q • HOW LATE IS TOO LATE WHEN YOU'RE PAST YOUR DUE DATE?

Your due date is an estimate of when your baby should arrive, but it's not always exact. You can expect your pregnancy to last 37 to 42 weeks. Unlike utility bills, newborns can stand to be a little overdue.

However, it's important to keep open communication with your doctor. You may need to be induced if you pass 41 weeks of pregnancy to avoid possible health complications for you and your baby.

Q • WHAT ARE THE STAGES OF LABOR?

- **STAGE 1** — Your baby will move down into your pelvis. The muscles of your uterus will start to contract, and your cervix will become wider. Contractions will become stronger, longer and more frequent during this stage. The first stage of labor ends when your cervix is fully opened.
- **STAGE 2** — This is when you deliver your baby. You'll push during contractions and rest in between them to move your baby through the birth canal. Your doctor will help guide your baby out of the vaginal opening when it's time.
- **STAGE 3** — This is the shortest stage of labor, when you deliver the placenta or afterbirth. You'll experience contractions shortly after you've delivered your baby. Once you deliver the placenta, you're finished with labor.

Q • SHOULD YOU GET AN EPIDURAL?

Everyone's birthing experience is different, especially when it comes to pain. There are many options for pain relief during labor, from medication to breathing exercises. Before going into labor, discuss your options with your doctor, who can advise you about which options are best for you and collaborate on a birth plan. Keep in mind that it's perfectly fine to change your plan once you enter labor.

COLLINS BIRTHING CENTER

For more than 75 years, Beaufort Memorial has helped Lowcountry families welcome their newborns. Our tradition of compassionate, comfortable and convenient care continues at the newly remodeled Collins Birthing Center.

The Collins Birthing Center is home to a dedicated maternity team that will help you through pregnancy, birth and the first days of parenthood. Expectant and new mothers have access to bedside registration, 24/7 anesthesia services, breastfeeding support, a dedicated operating room for cesarean sections and the region's only Level II nursery. Our birthing and recovery suites are spacious, cozy and ready for you and your growing family.

To learn more about the Collins Birthing Center and take a virtual tour, visit [BeaufortMemorial.org/birthing-center](https://www.beaufortmemorial.org/birthing-center).

TIPS FOR BREASTFEEDING SUCCESS

Rewarding for mother and baby alike, breastfeeding isn't always as easy as mothers expect. Troubleshoot common challenges with these tips.

CHALLENGE #1: LOW MILK SUPPLY

Solution: If your baby is not gaining weight appropriately or producing an adequate number of soiled diapers, you may have a low milk supply. To increase supply, breastfeed as often as possible, letting your baby decide when he or she is finished. If you need to supplement, pump breast milk between nursing sessions and give that to your baby when you are unable to nurse.

CHALLENGE #2: PLUGGED DUCTS

Solution: A tender and sore lump in your breast may be the result of a plugged duct. To clear the duct, breastfeed every two hours on the side that is affected to help milk flow and loosen the plug. Also, get plenty of sleep, avoid tight-fitting bras and direct your baby's chin toward the duct, which will encourage your baby to draw milk from the duct. Massaging the area and applying a warm compress frequently can help reduce pain.

CHALLENGE #3: NURSING STRIKE

Solution: Sometimes a baby who has been nursing well may suddenly stop breastfeeding. Causes of this can include a cold sore, ear infection, separation anxiety or soreness from an uncomfortable feeding position. If your baby goes on a nursing strike, try to feed him or her pumped milk and continue to offer your breast when he or she is sleepy or asleep. Skin-to-skin contact, along with extra cuddling and rocking, may also encourage your baby to nurse.

BE READY TO BREASTFEED

The Baby University Breastfeeding Class at Beaufort Memorial can help you prepare to nurse your infant. Learn how to overcome even more breastfeeding challenges and get tips and advice for success. The class is free and led by a certified lactation consultant.

For dates, times and registration information, visit BeaufortMemorial.org/breastfeeding-class.

A WEALTH OF SUPPORT

Trained staff at Beaufort Memorial assist with the first feeding and all feedings during the hospital stay to help make sure mom and baby are off to a good start.

GUIDANCE ON CALL

Breastfeeding may be a one-on-one practice, but that does not mean third-party help is unnecessary. Geneva Baxley, RN, board-certified lactation consultant at Beaufort Memorial, and her team of lactation-educated nurses are available 24/7 to help walk you through nursing-related challenges.

Call 843-594-2704 whenever you need advice about breastfeeding.

Beaufort Memorial complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, see the link on our website at bmhsc.org.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



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