





## Yeast

Women often develop a yeast infection in the vagina during pregnancy. The vaginal discharge

becomes thicker or yellow and frequently the area itches or swells. The infection is not dangerous to the fetus.

Most of the community classes are 4-6 weeks long, so starting around 28-32 weeks pregnant will give you time to complete the series before the baby arrives. We recommend signing up early. Some instructors offer a sliding scale or reduced fee for patients on Medicaid.

La Leche League is another resource for breastfeeding women and women who are interested in breastfeeding. More information of La Leche League can be found online at [www.illrochester.weebly.com](http://www.illrochester.weebly.com)

## **VACCINATIONS and MEDICATIONS**

In the first hour after the birth of your baby, s/he will be given two medications required by New York State Law: a vitamin K injection and erythromycin ointment in his or her eyes. Hepatitis B vaccine is also offered just after delivery.

### **Vitamin K**

Vitamin K is needed by humans for blood clotting. Without enough vitamin K, small cuts can go on bleeding for a very long time and big bruises can happen from small injuries. Bleeding can also occur

# Birth Control

In order to space their children, most women use some form of contraception after the baby is born. A

# Resources for Childbirth Education

The classes below charge a fee varying from \$20-150. Your insurance may pay for some or all of the cost. Some offer a sliding scale for low-income families. Call to inquire.

Highland Hospital

1000 South Ave  
Rochester  
473-2229

Bradley Method

Healthy Birth of Rochester  
Fairport  
425-7105  
[www.healthybirth.net](http://www.healthybirth.net)

# Resources for Infant Care, Breastfeeding