

## Danger Signs When Pregnant

### Call us right away if you:

- Feel dizzy.
- Have a fever or chills.
- Have a really bad headache, or your headache goes on for days.
- Have any change in your eyesight, like blurred vision, flashes of lights, or spots in front of your eyes.
- Swell up in the face or hands.
- Gain too much weight too quickly.
- Have a hard time breathing.
- Fall, get hit in the stomach, or are in a car accident.

### Don't wait. Call right away if you have:

- Any bleeding from your vagina.
- Water from your vagina, in a sudden flow or leak.
- Discharge from your vagina changes.
- A sharp pain when you urinate (pee).

### Later in pregnancy, call us right away, day or night, if:

- Your baby moves a lot all of a sudden, or not as much as usual.
- Your uterus tightens up more than 5 times in 1 hour, or more often than every 10 minutes.
- You vomit or have a bad stomach ache, maybe with diarrhea or cramps. You may feel pain or pressure in your thighs or around your vagina.
- You have a lower backache, with pain or a dull pressure.

## Other Services

### Emergency Hospital

Address, cross street, map?

Phone

### WIC (Women, Infant, Children Supplemental Nutrition Program)

Address, cross street

Phone, days, hours, languages served

### Lab (if applicable)

Address, cross street

Phone

### Childbirth Preparation Classes

Location, phone, eligibility

### Breastfeeding Help

Location, phone, eligibility

### Community Agencies

Local resources



# Welcome to Prenatal Care

## Agency name

Address

City, State, Zip

Phone: (510) xxx-xxxx

Monday-Friday, 8:30 - 5 pm

Phone for evenings/weekends:

(510) xxx-xxxx



## Pregnancy Services We Offer

### We offer:

- Check-ups once a month or more often, the whole time you are pregnant.
- Tests to check your health and your baby's health, such as urine, blood or ultrasound
- Help finding resources for you, like WIC or food banks.

### We can give you:

- Information on pregnancy, birth, breastfeeding, and baby care.
- Help with how to eat healthy foods.
- Help with how to quit smoking, drinking, or using drugs.
- Help with talking about your family issues and needs.

### Our staff includes: (names, titles?)

- Medical Doctors (Physicians)
- Certified Nurse Midwives
- Registered Nurses
- Licensed Vocational Nurses
- Medical Assistants

## Help Us Give You the Best Care

Be honest about your medical history and your activities.

Ask questions about what you don't understand.

Follow advice given by the staff.

If you can't for some reason, let us know.

Let us know if there is any change in your health.



### Please...

- Come to all of your appointments.
- Arrive on time. Call us if you are going to be late.
- Call 24 hours in advance if you need to cancel an appointment.
- Tell us if your address or phone number changes.

## Client Rights to Good Care

### We promise to:

- Treat you with respect.
- Keep what you say to us private. We may need to report any abuse or violence, so that you can get the help you need.
- Explain to you about what tests you need, and how we do them.
- Answer any questions you might have about your care.



### You have the right to:

- Look at your medical record with someone from our office.
- Help plan and make choices about your care during pregnancy, labor, or birth.
- Accept or refuse any care, treatment, or services.