

- Severe or persistent headache or blurred vision
- Symptoms of preterm labor between 26 and 37 weeks

If you need help during the night, weekends, or holidays, call the labor and delivery unit at the hospital where you plan to deliver. They will tell you what you need to do. Do not call the doctor unless instructed to do so.

If you need to go to the doctor or to the Emergency Room during your pregnancy, the costs of your care will be determined by the service you receive and by your insurance/Medicaid coverage. Henderson County Department of Public Health is not responsible for any cost incurred at a different facility.

Important Phone Numbers

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|-------------------------------------|----------|
| Department of Public Health | 692-4223 |
| Pardee Family Way Unit | 696-4230 |
| Park Ridge OB Unit | 681-2262 |
| Apple Country Transit (bus service) | 698-8571 |

Parenting and Prenatal Classes

Childbirth and infant care classes are offered in the community. Some classes are free; others may be covered by Medicaid. Ask about cost when you call to register.

- Pardee Hospital offers classes on childbirth preparation, infant care, and breastfeeding, as well as sibling tours of the Family Way Unit. These programs are held at the Pardee Education Center at the Blue Ridge Mall. Call 692-4600 for more information.
- Park Ridge Hospital offers prepared childbirth education at the hospital. Ask about costs when you call to register. Call for 681-2220 for more information.

After Delivery: Taking Care of You and Your Baby

We encourage you to begin planning for your hospital discharge by making decisions about feeding your baby, choosing your baby's medical provider, and deciding who will care for your baby if you return to work. We will be glad to answer any questions to help you make these important decisions.

We would be happy to provide a medical care home for your baby. We offer the opportunity to use the same providers that you are already familiar with here at the Henderson County Department of Public Health. Our medical team consists of a medical doctor, family nurse practitioners, physician assistant, and well-trained nursing staff. We offer WIC, Maternity Service Coordination, Newborn and Postpartum Home Visits, Child Service Coordination, and Behavioral Health Counseling.

We can also continue to care for you through our Family Planning Program. We can help you choose the timing of your next pregnancy, determine the method that's right for you and ensure that the method is provided at a cost you can afford. A complete annual physical is part of the service.

There are many advantages to choosing Henderson County Department of Public Health for your family's care, including costs, convenience and service.

**Henderson County
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Henderson County Department of Public Health

Prenatal Program Services

HEALTHY MOM HEALTHY BABY



Congratulations! You're having a baby. The staff at the Henderson County Department of Public Health is committed to helping you have a healthy pregnancy, a good birth experience, and a healthy baby. We offer many services to you and your family to support you during this time. We will give you the information you need to care for yourself and your unborn baby. However, it will be up to you to use the information. Tell us your concerns. We want this to be an exciting time for you! We'll do our best to help you stay healthy and enjoy your pregnancy.

Appointments

Prenatal care at the Department of Public Health is by appointment. It is important that you keep every appointment. Please call and reschedule if you are unable to come. If you are late, we cannot promise that you will be seen that day. Please tell us when transportation is a problem, and we will provide you with resource information.

Please arrange for someone to care for your children the day of your appointment. We want to give you our undivided attention.

With Open Access scheduling we are available to see you whenever needed. If you are having a problem and need to be seen on a day when you do not have an appointment, you can call the clinic in the morning and request an appointment the same day. If no appointment is available, please ask to speak to a nurse.

Prenatal Visits

On your first visit, a nurse will take a complete history and give you information about your pregnancy and delivery options. You will also receive a complete physical, including lab work and a pelvic exam. Plan to stay about two hours for the first visit. Future visits will be shorter.

Usually your appointments will be scheduled with the same caregiver. Laboratory work will be done at each visit, according to your needs, and the results will be discussed with you. It may be necessary to refer you to the hospital for certain tests that are not available at the clinic.

After the initial visit, your visits will be scheduled every 3-4 weeks until the 30th week of pregnancy, every 2 weeks from the 30th to 36th week, and then every week until delivery. More frequent visits may be needed for some women.

- Bring your questions to each visit. A written list is helpful.
- Drink plenty of liquids before your visit so that you can provide a urine specimen and be prepared for blood work to be drawn.

- Eat regular meals the day of your clinic appointment unless instructed differently.
- Take prescribed medication as directed, including prenatal vitamins.
- Do not take any medication (even over-the-counter medicines) without your provider's approval.

Physician Coverage for Labor and Delivery

Physician coverage for the birth of your baby will be handled by a member of the practice group that you have chosen:

Pardee Hospital

Pardee Women's Health Center
Hendersonville Family Health Center

Park Ridge Hospital

Park Ridge Women's Services
New Beginnings Ob/Gyn

Maternity Care Coordination

As part of your prenatal care, a public health nurse is available to support you throughout your pregnancy. She can visit you at home or in the clinic. She will assist you in locating resources and in providing support and information about your pregnancy. A nurse is also available to visit you and your baby at home after you leave the hospital.

Women, Infants, and Children (WIC)

You will be referred to the Special Supplemental Food Program for Women, Infants, and Children (WIC). At your first visit, they will determine if you are eligible. WIC helps you get the nutrition information you need during pregnancy. It is important to enroll in WIC early in pregnancy so that you and your baby receive the greatest health benefits.

WIC participants receive vouchers that they can use at grocery stores to buy milk, cheese, cereal, juice, eggs, and peanut butter or beans. If you enroll in WIC during pregnancy, your baby will also be eligible for WIC.

WIC provides a Breastfeeding Support Program to help mothers with breastfeeding questions and problems. Call WIC and request the breastfeeding counselor if you need help.

Financial Responsibility

You will be interviewed to see if you are eligible for financial assistance. Medicaid coverage includes different eligibility categories with different types of coverage. Usually Medicaid will pay for the doctor and hospital bills for you and your baby, but be sure to ask about your particular Medicaid coverage. If you are not eligible for Medicaid or if you have limited Medicaid coverage, the clinic will determine your eligibility for sliding scale fee. We also accept some private insurance. The fee is based on income. Income documentation, such as pay stubs or an employer statement, is required.

Once your prenatal care is transferred to the practice group that you have chosen for delivery, your costs will be determined by that practice and by your insurance/Medicaid coverage. The Henderson County Department of Public Health is not responsible for any cost incurred after the transfer of your prenatal care.

If You Have Problems...

- Vaginal bleeding
- Fluid leaking from the vagina
- Unusual vaginal discharge, especially with itching or burning
- Fever over 100°F
- Pain or burning with urination or a decrease in the amount of urination
- Swelling of face or hands or severe swelling of the feet or ankles