

Your Prenatal Care Timeline

Trimesters	Appointments	Labs/ultrasounds	To Do
First Trimester (6-13 weeks)	<ol style="list-style-type: none"> Group Welcome Session: hear general information about of clinic and services Orientation: one on one appointment with health educator or RN to review your personal health history and OB care plan Initial exam: your first OB appointment with healthcare provider; includes a brief physical exam, lab work and limited ultrasound if indicated 	<ul style="list-style-type: none"> -Initial OB lab work (blood, urine, vaginal swab), pap smear if needed -Genetic testing (optional) -Dating ultrasound (at our clinic or at the hospital) 	<ul style="list-style-type: none"> -Check in with our member services department to get help with establishing insurance or qualifying for CalFresh -Ask about referrals to WIC and or getting a public health nurse. - Sign up for MyChart to communicate with the clinic electronically and review your lab results
Second Trimester 14-27 weeks	<p>Monthly appointments to check:</p> <ul style="list-style-type: none"> -Your weight -Your blood pressure -Uterine growth (measure your belly) & baby's heart beat 	<ul style="list-style-type: none"> -Genetic testing if desired -20 week fetal anatomy ultrasound (done at the hospital) 	<ul style="list-style-type: none"> -Check in about our services- case management, mental health and nutrition -Get a dental cleaning
Early Third Trimester 28-35 weeks	<p>Appointments every 2 weeks to check:</p> <ul style="list-style-type: none"> -Your weight & blood pressure -Uterine growth (measure your belly) & baby's heart beat 	<ul style="list-style-type: none"> -26- 28 week labs (diabetes, anemia and infection tests) -Tdap vaccine - Rhogam shot if your blood type is negative 	<ul style="list-style-type: none"> -Take a child birth education class -Consider connecting with a doula - Look into establishing care with a primary care provider w/ our case manager
Late Third Trimester 36 weeks- delivery	<p>Appointments weekly to:</p> <ul style="list-style-type: none"> - Monitor your weight and blood pressure - Monitor your baby's growth and heart rate 	<ul style="list-style-type: none"> -36 week GBS vaginal swab -Limited ultrasound to confirm baby's positioning -Other tests may be indicated depending on your situation 	<ul style="list-style-type: none"> -Order your breast pump -Get your car seat in place -Apply for disability at 36 weeks (if applicable)
Postpartum 3 visits over the first 6 weeks	<ul style="list-style-type: none"> 3-5 day checkup (mom and baby) 2 week check (mom and baby) 6 week check (just mom) 	<p>Only if indicated</p>	<ul style="list-style-type: none"> -Schedule an appointment with your baby's pediatrician for an 8 week checkup

FAQ

How do I contact the clinic after business hours?

We provide 24 hour care for our patients and always have an OB provider on call. If you are experiencing a medical emergency, please go to the emergency room. If you need to speak with us urgently simply call the same number you would use to schedule your routine appointments.

What services do you offer at the clinic?

- **Nutrition support:** personalized consultations with a nurse practitioner or Registered Dietician
- **Mental health services:** therapy referrals, case management services, medication consults, relaxation technique/visualization sessions, support groups
- **Lactation support:** consultations with our Lactation Educator or Lactation Consultant
- **Referrals:** to WIC, Nurse Family Partnership, genetic counselors, high risk OB specialists at UCSF, physical therapists and more
- **Child birth education:** 6 week classes or individual one on one sessions as well as infant CPR classes
- **Health Education:** appointments with our specialists to answer your question in pregnancy and help you prepare for labor & parenthood. This includes birth plan writing, visualizations and more
- **Case Management services:** assistance accessing insurance, CalFresh, child care and other social services

I don't like the idea of seeing different providers each appointment

Unfortunately we cannot offer a different model of care. Many of our patients opt to work with a doula (a non-medical support person) in their pregnancy and for delivery to provide continuity of care.

What hospital will I deliver at?

Patients at North Country Prenatal Services deliver at *Mad River Community Hospital in Arcata*

Patients at Redwood Pregnancy Services deliver at *Providence St Joseph Hospital in Eureka*

What vaccines do you recommend in pregnancy?

There are 3 safe and effective vaccination that we strongly recommend getting specifically in your pregnancy:

1. COVID vaccine- to protect you from COVID-19 (pregnant women are at extremely high risk for severe complications from COVID 19 including hospitalization, and possibly still birth, miscarriage and preterm delivery)
2. Flu shot- to protect you from the flu (pregnant women are at high risk for getting the flu and having more severe illness)
3. Tdap- to protect YOUR BABY again whooping cough for the first 2 months of life

Why do you recommend getting my teeth cleaned in pregnancy?

There is a well-established link between dental health and a healthy pregnancy. You can see your own dentist for a cleaning or connect our sister clinic Burre Dental in Eureka to schedule an appointment (707-442-7078)

Welcome to the second trimester!

This Trimester at a glance:

Monthly visits at our clinic

Genetic testing blood draw (optional) between 15- 20 weeks at our clinic

20 week fetal anatomy ultrasound at the hospital

Testing for Gestational diabetes & anemia at 26-28 weeks

In this packet you'll find information about:

- Your baby's development in the 2nd trimester
- Exercise in pregnancy
- Mental health in pregnancy
- About our case management services
- Coping with heartburn in pregnancy
- Comfort measures for back pain in pregnancy
- All about 20 week fetal anatomy scan
- Genetic testing options in the 2nd trimester
- Gestational diabetes testing options (26- 28 weeks)

Welcome to the third trimester!

This trimester at a glance:

Visits at our clinic every 2 weeks until 36 weeks

Then weekly from 36 weeks to delivery!

Rhogam shot if blood type is negative

Tdap vaccine between 27-36 weeks

GBS vaginal swab at 36 weeks

In this packet you'll find information about:

- Your baby's development in the 3rd trimester
- Childbirth education classes
- The Tdap vaccine
- Ordering a breast pump
- Finding a doula
- Applying for disability
- The GBS vaginal swab
- Perineal massage
- Signs of labor
- Mad River Hospital Info
- Postpartum contraception options
- Appointments for you & your baby after they're born