



MAHEC
Women's Care
at Brevard



WELCOME TO OUR PRACTICE

Congratulations on your pregnancy and thank you for choosing MAHEC Women's Care for your obstetrical care. Our staff extends our warmest welcome to you and your family.

As your healthcare provider, we are committed to providing you with the highest level of compassionate care in a comfortable, patient-centered environment. You will receive quality care from our team, which includes board certified physicians and nurse midwives.

Your first prenatal care appointment may take several hours. Unfortunately, we do not have a childcare facility so please arrange care for small children. If you do need to bring a small child with you, please have another adult with you who can take care of them while your provider is seeing you.

OFFICE HOURS - Monday – Friday 8:00-5:00

If you have a concern, please call (828) 547-3004. A nurse will return the call the same day, as soon as possible. If you have an emergency, please tell the receptionist when you call so that a nurse can talk with you immediately.

AFTER HOURS

Nights, weekends, and holidays a fifteen-person attending physician group covers our practice. In addition, other community physicians assist us in our coverage system. We have found this to be the safest and most effective system to serve you. One individual from this group is on duty at Mission Hospital at all times. It is helpful if you call before coming to the hospital. You may reach us call by calling our office at (828) 547-3004 and selecting option #1 for the answering service. Your call will be answered by a nurse and triaged to a physician. If you have a non-urgent issue, you can select option #2 to leave a voice mail message for us. Calls are returned the next business day.

MAHEC Women's Care at Brevard
87 Medical Park Drive, Brevard, NC 28712

Phone: 828-547-3004 | **Fax:** 828-820-8220

Important Information About your First Prenatal Care Checkup

Now that you know you're expecting, it's important to take very good care of yourself and your baby. Your first prenatal checkup is usually the longest because your provider asks you many questions and does several tests.

How do you get ready for your first prenatal checkup?

You might not be sure about what to expect at this first appointment. It helps to plan ahead. At this appointment, your provider talks to you about your health. He or she may have you answer questions about your health history using a paper form and computer. This helps your provider plan the best care for you and your baby.

Be prepared to tell your provider about:

- Date of your last menstrual period (this helps your provider find out your due date)
- Ultrasounds you have already had of this pregnancy
- Health problems like diabetes, high blood pressure or sexually transmitted infections
- Past pregnancies (for example, if you had a preterm birth or miscarriage before)
- Past hospital stays
- Medicines you're taking or if you're allergic to any medicines
- Lifestyle, such as if you drink alcohol, smoke, or use street drugs
- Exercise or other activities you do
- Stress you feel
- Safety of your environment
- Family health history (talk to your family members related to you by blood to learn about any diseases or illnesses that run in your family)
- Partner's family health history

Also, keep learning about your family health history. If you learn something new, or have a question for your healthcare provider, write it down. You can talk to your provider at your next visit. These steps will help you to have a healthy pregnancy and a healthy baby.

What else happens at the first prenatal care checkup?

At your first prenatal care checkup, your provider does some tests to check your health and your baby's health.

- Checks your weight
- Takes your blood pressure
- Checks your urine for infection
- Does some blood tests to check for anemia and to see if you have certain infections (we recommend that all women are tested for HIV, the virus that causes AIDS)
- Gives you a prenatal vitamin with 600 micrograms of folic acid
- Does a full physical exam and schedules you for an ultrasound to make sure your pregnancy is off to a good start
- May do a Pap smear to check for cervical cancer and other tests for vaginal infections

Go to all your prenatal checkups, even if you're feeling fine!

All of your health information and physical exam will be done in private and kept strictly confidential. You will receive important nutrition information as well as meet our nutritionist, financial counselor and social workers.