



**WAYNECOUNTY**  
HEALTH & HUMAN SERVICES

**WAYNE COUNTY HEALTH DEPARTMENT**

**1560 Clingman Street**

**GOLDSBORO, NC 27534**

**Suzanne LeDoyen, Health Director**

**Phone (919) 731-1000 Fax (919) 731-1232**

**Pregnancy Information Packet**

**Wayne County Health Department**

1560 Clingman Street.

Goldsboro, NC 27530

919-731-1005

Offers maternity care

(Accepts most insurances, Medicaid and offers a sliding fee scale for clients with no insurance coverage)

**Amazing Grace Adoptions**

9203 Baileywick Road, Suite 101

Raleigh, NC 27615

1- 855-219-8588

**Bethany Christian Services**

4008 Barrett Drive, Suite 206

Raleigh, NC 27609

1-919-510-9511

Offers adoption services

**UNC Health Women's OB/GYN Care**

2400 Wayne Memorial Drive Suite 1

Goldsboro, NC, 27534

919-587-3980

Offers maternity care

**A Child's Hope**

434 Fayetteville Street, Suite 2135

Raleigh, NC 27601

Pregnancy Hotline: 919-971-4396

Offers adoption services

**Wayne Pregnancy Care Center**

3501 E Ash St.

Goldsboro, NC 27530

919-583-9330

Offers free pregnancy counseling and parenting resources

**New Life Christian Adoptions**

500 Benson Road, Suite 201

Garner, NC 27529

Birth Mother 1-910-624-5202

Adoptive Parents 1-910-980-1065 Ext 138

**Wayne County Department of Social Services**

1560 Clingman Street.

Goldsboro, NC 27530

919-580-4034

**A Women's Choice**

3305 Drake Circle

Raleigh, NC 27606

1-800-540-5690

Offers abortion services

**Wayne County WIC**

1560 Clingman Street

Goldsboro, NC 27530

919-731-1276

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## **Minor Problems of Pregnancy**

### **Nausea**

Eat simple foods. Avoid greasy highly seasoned meals. Eat small frequent meals with snacks between meals and at bedtime. Do not let your stomach get empty. Try crackers early in the mornings before getting out of bed.

### **Indigestion**

Try Maalox, Mylanta, Riopan, Tums, or Rolaids as per label instructions

### **Constipation**

Increase fluids to 8 glasses daily. Avoid carbonated beverages. Increase fresh fruits and vegetables in your diet. Apple juice or prune juice at bedtime will help. Metamucil, Milk of Magnesium or SenoKot are safe over the counter medications.

### **Diarrhea**

Avoid greasy, spicy and highly seasoned foods. Eat small amounts of bland foods until symptoms subside. Fibercon, Kaopectate or Immodium Ad is safe over the counter medications.

### **Headaches/Pain**

Tylenol 500mg 2 tablets as needed. **Do Not Take More Than 3-4 Times a day.** Headaches may go away with a short rest in a dark quiet place.

### **Colds**

Increase your amount of fluids and get adequate rest. If you have no other health problems you may take Tylenol for fever, Sudafed for nasal congestion, and Robitussin DM for cough. Cepacol, Chloraseptic and Sucrets are ok for sore throats.

## **Ectopic Pregnancy**

### **What is an Ectopic Pregnancy?**

Ectopic pregnancy, also known as tubal pregnancy, is a complication of pregnancy in which the embryo attaches outside the uterus.

### **Signs and Symptoms**

Mild to intermittent dark red or brown vaginal discharge

Abnormal or pelvic pain (often localized initially and is manifested by a dull pain followed by a sharp colicky tubal pain. It can be a diffuse pain that is bilateral (both sides) or unilateral (one side).

May become dizzy or faint due to hypotension (low blood pressure).

May have nausea with or without vomiting.

Shoulder pain may occur related to diaphragmatic irritation from blood in the peritoneal cavity (abdomen).

History of previous pelvic problems (ectopic, Pelvic Inflammatory Disease, pelvic surgery including tubal ligations).

### **What to do if suspect an Ectopic Pregnancy**

You should go to the emergency room at the local hospital and be evaluated by OB/GYN doctor.

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## **Preventing Chickenpox in Pregnant Women**

According to your history you are at risk of Chickenpox (Varicella) because you have not had chickenpox or the vaccination (shot) to prevent you from getting chickenpox.

Chickenpox in pregnant women is a serious condition that can cause problems with the woman and the baby.

### **For the Woman:**

The most serious problem for the pregnant woman is Varicella (Chickenpox) Pneumonia. If Varicella Pneumonia is not treated, it can cause death. Symptoms usually occur around the second to the sixth day after the appearance of the chickenpox rash and usually start as a mild nonproductive cough. It can quickly get worse with fever, difficulty breathing and chest pain.

The woman can also get chickenpox and give chickenpox to the baby and other pregnant women.

### **For the Baby:**

Babies can be born with chickenpox.

Birth defects can occur with the baby of mothers who have had chickenpox during the pregnancy.

More severe problems have been seen in babies whose mother had chickenpox after she was 4 months pregnant.

Babies born with Congenital Varicella Syndrome (babies born to mothers who have had chickenpox) can have scars on their body; defects of the arms, legs, fingers and toes; problems with their eyes; and brain damage or mental retardation.

### **Things You Need To Do:**

Stay away from anyone who may have chickenpox or any skin rash.

If you come in contact with someone who might have chickenpox, let the maternity nurse at the health department or your physician's office know **that day**.

You can report your exposure Monday-Friday 8:00 am-5:00 pm by calling your prenatal care provider and ask to speak with a prenatal nurse. After 5:00 pm, call Labor and Delivery at (919) 731-6200. Inform the nurse that you are a pregnant client, when your due date is and that you have been exposed to chickenpox. Also tell the nurse the time you were exposed to Chickenpox and if you are having any symptoms like a cold or cough.

*Talk with your Prenatal Nurse, Nurse Practitioner, or Physician if you have any questions.*

### **Phone Numbers:**

Health Department: 919-731-1000

Wayne Memorial Hospital Labor & Delivery 919-731-6200

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## RECOMMENDED VACCINES FOR FAMILY PLANNING CLIENTS TO HELP PREVENT DISEASES

Vaccines	Description	Recommendations
<b>Tdap</b> (Tetanus, Diphtheria and Pertussis)	Prevents contagious bacterial disease that is spread when someone coughs or sneezes and through bacteria entering the body through a wound.	One dose and then followed by TD booster every 10 years.
<b>Influenza</b> (Flu vaccine)	Influenza is a highly contagious viral infection of the nose, throat and lungs. The virus spreads easily through droplets when an infected person coughs or sneezes and can cause mild to severe illness.	Annually
<b>Human Papillomavirus</b> (HPV)	Human papillomavirus is a common virus. HPV is most common in people in their teens and early 20's. It is the major cause of cervical cancer in women and genital warts in women and men. The strains of HPV that cause cervical cancer and genital warts are spread through sex.	3 doses between age 11 and 26.
<b>Rubella</b> (German Measles)	Rubella is caused by a virus that is spread through coughing and sneezing.	2 doses
<b>Varicella</b> (Chickenpox)	Chicken pox is very contagious and spreads either by a cough or sneeze. It can also be spread from the blisters on the skin, either by touching them or by breathing in these viral particles.	2 doses are recommended if you did not get it when you were a child or if not immune.
<b>Hepatitis B</b>	Hepatitis B is an infection of the liver caused by hepatitis B virus. The virus spreads through exchange of blood or other body fluids, for example, from sharing personal items, such as razors or during sex.	3 doses are recommended if you did not get it when you were a child.
<b>Hepatitis A</b>	Hepatitis A is an infection in the liver caused by hepatitis A virus. The virus is spread primarily person to person through the fecal-oral route.	2 doses are recommended if you did not get it when you were a child.
<b>Pneumococcal</b> (PCV 13 or PPSV23)	Pneumonia is an infection of the lungs. It spreads when people cough or sneeze.	1 or 2 doses (High risk medical conditions when ordered by your doctor).
<b>Meningococcal</b>	Caused by bacteria and is leading cause of bacterial meningitis in children. Spread through exchange of nose and throat droplets, such as coughing, sneezing and kissing.	1-2 doses depending on your age. 1 <sup>st</sup> dose recommended age 11-12 and a follow-up booster. Can be started at later age if not received at 11-12.

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## Physician's Practices That Accept Children

Goldsboro Pediatrics	919-734-4736	2706 Medical Office Place, Goldsboro, NC
Goshen Medical	910-267-0421	444 Southwest Center Street, Faison, NC
LaGrange Medical Center	252-566-4021	101 S. Carey Street, LaGrange, NC
LaGrange Pediatrics	252-566-5999	114 East Railroad Street, LaGrange, NC
Mt. Olive Family Medicine Center	919-658-4954	201 N. Breazeale Avenue, Mount Olive, NC
Mt. Olive Pediatrics	919-658-9123	327 NC Hwy 55 West, Mount Olive, NC
Princeton Pediatrics	919-936-3164	104 Commercial Dr, Princeton, NC

There are many day care options for your child. Your local telephone directory has day care listings.

If you think you may need financial assistance with day care, please check with your local Department of Social Services to see if there is any funding available that you might be eligible for.

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# Healthy Pregnancy Checklist



1. Schedule your first prenatal appointment. Early and routine prenatal care is very important for you and your baby's health.
2. Healthy eating is very important, especially since you are pregnant. Try to maintain a well-balanced diet that includes lean meats, fruits, vegetables, whole-grain bread, low-fat dairy products, calcium-fortified, and iron-rich foods. It is recommended that you drink at least 8 cups of water daily. Talk to your health care provider about exercising during pregnancy. For most pregnant women, exercising is both safe and healthy for you and your baby.
3. Take a Prenatal vitamin with 400 to 800 micrograms (400 to 800 mcg or 0.4 to 0.8 mg) of folic acid every day. Taking Folic acid before and early in pregnancy can decrease the risk of neural tube defects such as spina bifida.
4. Ask your doctor before stopping any medicines or starting any new medicines. Some medicines are not safe during pregnancy. Keep in mind that even over-the-counter medicines and herbal products may cause side effects or other problems. But not using the medicines you need could also be harmful.
5. Avoid x-rays. If you must have dental work or diagnostic tests, tell your dentist or doctor that you are pregnant so that extra care can be taken.
6. Make sure you are up-to-date with your flu shot and Covid shots. Pregnant women can get a flu shot and their Covid shots, and is recommended because pregnant women can get very sick from both Covid and the flu and may need hospital care.
7. Protect yourself and your baby from food-borne illnesses, including toxoplasmosis and listeria. Wash fruits and vegetables before eating. Do not eat uncooked meats or fish. Always handle, clean, cook, eat, and store foods properly. Do not eat fish with lots of mercury, including swordfish, king mackerel, shark, and tilefish.
8. Don't smoke, drink alcohol, or use drugs. Avoid secondhand smoke. These can cause long-term harm or death to your baby. Ask your doctor for help quitting. 1-800-QUIT-NOW is a number that can be called and the resources given can help with quitting smoking.
9. Stay away from chemicals like insecticides, solvents (like some cleaners or paint thinners), lead, mercury, and paint (including paint fumes). Talk to your doctor if you are worried that chemicals used in your workplace might be harmful. If you have a cat, ask your doctor about toxoplasmosis. This infection is caused by a parasite sometimes found in cat feces. If not treated toxoplasmosis can cause birth defects. You can lower your risk by avoiding cat litter and wearing gloves when gardening.
10. Take steps to avoid illness, including washing hands frequently, and staying away from people who are sick.

References: ["Prenatal Care."](https://www.womenshealth.gov/a-z-topics/prenatal-care) Page last updated: April 1, 2019. <https://www.womenshealth.gov/a-z-topics/prenatal-care>

