



**WAYNECOUNTY**  
HEALTH & HUMAN SERVICES

**WAYNE COUNTY HEALTH DEPARTMENT**

**1560 Clingman Street**

**GOLDSBORO, NC 27534**

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## **Second Trimester Information**

### **After Hours Emergencies (Let's Talk it Over Booklet p.8)**

If you experience after hour **emergencies**, (prior to 8 am and after 5 pm Monday through Friday and anytime on weekends) such as bleeding, leaking fluid from your vaginal area that trickles down your leg, or a sudden gush of fluid (page 43, 44 in "Healthy Mom, Healthy Baby"), preterm labor (page 61 in "Healthy Mom, Healthy Baby"), or decreased fetal movements please call UNC Health Labor and Delivery unit at 919-731-6200. If they are unable to help you and you feel you are having a true emergency, please go to nearest hospital to be evaluated.

**Risks and Benefits of Breastfeeding and Infant Formula Feeding**( Page 21 & 22 in "Healthy Mom, Healthy Baby" and "Let's Talk it Over" p.15) Ask your WIC nutritionist or healthcare provider to learn more about nursing your baby.

**Childbirth/Parenting Classes** (Page 14 and 15 in Let's Talk It Over" and Page 21 in "Healthy Mom, Healthy Baby")

### **Pediatricians**

You will need to consider choices for a Pediatrician for your baby. There are several options for Wayne County.

Goldsboro Pediatrics	919-734-4736	Princeton Pediatrics	919-936-3164
LaGrange Pediatrics	252-566-5999	Mt Olive Family	919-658-4954
Mt Olive Pediatrics	919-658-9123	ECU Health Family Medicine, LaGrange	252-566-4021

### **Circumcision** (page 58 in "Healthy Mom, Healthy Baby")

If you are having a boy you will need to choose whether or not you want your son to have a circumcision. This is a surgical procedure to remove a fold of skin covering the tip of the penis. This is not considered medically necessary and Medicaid may not pay for this procedure. Please call your Managed Medicaid number on your card.

### **Birth Control** (page 55, 57 in "Healthy Mom, Healthy Baby" and "Let's Talk it Over" p.16)

Have you chosen your birth control for after delivery yet? There are many options available to you to allow your pregnancies to be spaced out. Talk to your health care provider if you have questions.

### **Preeclampsia** (page 10, 40, 42 in "Healthy Mom, Healthy Baby")

Preeclampsia is a medical condition that some mothers can develop. This involves high blood pressure, protein in the urine and swelling. If untreated it can lead to severe headaches, seizures and even death. This condition can be prevented if treated quickly. If you develop swelling in your face and hands or you have headaches, blurred vision or upper stomach pain that does not get better with rest, fluids or Tylenol (if not allergic) please seek care.

### **Nausea and Vomiting** (page 10, 12, 34, 42 in "Healthy Mom, Healthy Baby" and "Let's Talk it Over" p.10)

Nausea and vomiting in pregnancy is a common complaint in pregnancy and usually improves by the 17<sup>th</sup> week of pregnancy. However, if you have nausea and vomiting that is constant this could be a serious problem, so please seek care at once.

### **Depression** (page 37,38,54,55 in "Healthy Mom, Healthy Baby")

Pregnancy can be an exciting time, but can also cause many worries. If you keep focusing on the negatives or feel down or depressed you may need help. You are not alone, talk to your medical provider or your baby love worker. These feelings can get worse after delivery, so seek help early.

### **Dental Care** (page 40 in "Healthy Mom, Healthy Baby" and "Let's Talk it Over" p.12)

Dental care in pregnancy is strongly encouraged to help prevent complications with your pregnancy. If you are receiving dental care already, please continue, but if you need a referral for dental care, please let us know.