

LET'S TALK IT OVER



MATERNITY INFORMATION
BOOKLET

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Wayne County Health Department
1560 Clingman Street
Goldsboro, NC 27534

Telephone Numbers to Remember:

919-731-1000 Wayne County Health Department

919-731-6200 UNC Wayne Labor and Delivery

Compiled and produced by the Wayne
County Health Department Staff

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Clinic Routine

- A. **FIRST APPOINTMENT.** Interview by the patient relations representative to discuss cost of prenatal care services. Blood is drawn for prenatal lab testing, unless your appointment is after lab testing hours. If this occurs, you will be scheduled to have your prenatal lab testing done at a later date. You will also be referred to the WIC office for services.
- B. **SECOND APPOINTMENT.** This appointment will be for your physical exam. Children should not come with you for this appointment, unless you bring someone that can care for them while you are in with the medical provider. You may be in the clinic for approximately two hours. On this visit, you will have:
1. A medical history taken. Be prepared, ask family if there is any history of diabetes, hypertension, birth defects, or genetic disorders, such as Down syndrome, etc.
 2. Weight and blood pressure
 3. Complete physical examination (including vaginal and breast exam) by your medical provider.
 4. Prenatal education
 5. Return appointment given for your next clinic visit.

You will be given appointments at the following intervals:

First 28 weeks-every four weeks.
28 to 36 weeks-every two weeks.
36 weeks to delivery-every week.

If there are any problems or concerns regarding your pregnancy, appointments may be more frequent.

After Hours Emergencies

If you need emergent assistance when the Health Department is closed, (prior to 8 am and after 5 pm Monday through Friday and anytime on weekends or

holidays) such as bleeding, leaking or a sudden gush of fluid from the vagina, labor symptoms, or decreased fetal movements please call UNC Health Labor and Delivery unit at 919-731-6200 or go to nearest hospital Emergency Department to be evaluated.

Financial Information

In order to receive prenatal care at the Health Department, you must be a Wayne County resident. The Health Department accepts Medicaid and some insurance plans. If you do not qualify for Medicaid, or do not have insurance, then a sliding fee scale will be implemented based on your family size and income. At your first appointment the cost for prenatal care will be discussed with you. If your family income is within the Medicaid income range, you will be referred to the Department of Social Services to apply for Medicaid if you have not already done so. Please complete your Medicaid application as quickly as possible to prevent any medically necessary referrals from having to be postponed due to lack of insurance.

If you desire to put your infant on Medicaid, it is your responsibility to apply to the Department of Social Services for this coverage after delivery.

If you receive regular Medicaid, you can become ineligible if your income or your family's income changes during your pregnancy. Should this happen, you can apply for pregnancy Medicaid to cover medical expenses during the pregnancy.

Presumptive eligibility (temporary Medicaid) will be completed by the Patient Relations Representative for clients not eligible for pregnancy or regular Medicaid. This will cover services from the date completed through the last day of the next month. A Sliding Fee Scale will be implemented based on family size and income for the remainder of prenatal visits. Thirty days before your delivery, after your temporary Medicaid expires, you must apply at the Department of Social Services for Emergency Medicaid to cover the cost of your delivery.

Taking Leave from Work

Talk to your employer about your plans for leave from work for pregnancy and the postpartum period. If you are eligible, your employer should provide you with Family Medical Leave Act (FMLA) paperwork and any medical certification forms they require to approve the leave. Please give all FMLA papers (with a working phone number attached) along with applicable fee to a Registration staff member to be given to the Women's Health Office Assistant.

Step 1

Before you bring the FMLA papers to Registration, please make sure you have completed each part that needs to be done by you, the employee, including signatures with dates. You should have an attached job description and sometimes a release of medical information page included in the packet.

Step 2

After turning the documents in, it will take 3 business days to process so please turn them in promptly since these forms are time sensitive.

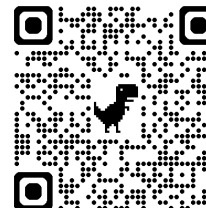
Step 3

There is a \$15 dollar processing fee that must be paid (cash, check, or debit/credit) to Registration before these can be processed.

Step 4

Registration will call you when the forms are ready to be picked up. Forms must be picked up by the requesting patient, we are unable to fax or email forms due to HIPAA regulations.

For the complete guide to FMLA from the U.S. Department of Labor, Scan this QR code



Family Planning

You should decide which birth control method is best for you before your baby is born. Breastfeeding does not protect you from getting pregnant.

The following methods of birth control are available through the Health Department.

- The pill or oral contraception
- Condoms
- Fertility Awareness
- Partner referral for tubal ligation or vasectomy
- Depo Provera
- Birth Control Patch or Ring
- IUD
- Nexplanon

If you decide you want elective sterilization, you should tell your medical provider before your fourth month of pregnancy. This allows time to sign appropriate consent forms and financial processing.

Your New Baby

A. Birth Certificate

- If the father of an unmarried woman's baby wishes his name to appear as the father on the birth certificate, both parents need to sign an "affidavit of parentage" form while the mother is still in the hospital. This is done at the hospital where the mother delivers the baby. If the father will be out of town at the time of delivery, see the social worker to make arrangements ahead of time.
- If a mother was married or separated at the time of conception, the name of her husband must be shown as the father of the child. If she gets divorced and remarries before delivery, her current husband is listed as the father of the child.

B. Child Safety Seats

You will need a weight appropriate car seat that is not expired and has not been in a motor vehicle accident at the time of hospital discharge.

A preadmission application form for the hospital will be prepared for you by the Patient Relations Representative when appropriate.

Preterm Labor

Preterm labor is labor before the 37th week of pregnancy. Babies born before 37 weeks may have difficulty breathing and may need to stay in the hospital for extra days or weeks. The earlier your baby is born, the more problems he/she may have.

Signs of Preterm Labor

1. Cramping and/or abdominal pain (constant or comes and goes).
2. Low, dull backache (constant or comes and goes).
3. Gush or leaking of fluid from vagina (mucous, watery, light bloody discharge).
4. Uterine contractions, six or more in 1 hour. (MAY BE PAINLESS). Contractions may feel like the baby is "balling up" inside of you.

What to Do If You Have Contractions or Other Signs of Preterm Labor

1. Lie down; turn on your left side for one hour. While resting, try to drink two or three glasses of water and take two Extra-strength Tylenol, if you are not allergic.
2. If the signs do not go away in ONE HOUR:
 - A. Call your medical provider at (919) 731-1000.
 - B. Nights and weekends, call Labor and Delivery at Wayne Memorial Hospital (919) 731-6200.

Important Warning Signs

If you should experience any of the following symptoms, call your medical provider at the Health Department (919) 731-1000. If you have an emergency problem

after hours call UNC Wayne Labor and Delivery at (919) 731-6200.

1. Vaginal bleeding
2. Fever of 101 degrees or above
3. Severe abdominal pain
4. Unusual swelling of your feet, face or hands
5. Severe headaches not relieved with Tylenol or rest, (with or without blurred vision)
6. Decreased fetal movement after 24 weeks

Minor Problems of Pregnancy

- Nausea, vomiting:
 - Bland diet
 - Small, frequent meals
 - Focus on hydration
 - Medications: vitamin B6 25 mg 3-4 times a day, with doxylamine (Unisom) 12.5mg at night
- Constipation:
 - ten to twelve glasses of water daily
 - Eat fresh fruits, bran cereal, whole grain breads, and vegetables daily.
 - 20-30 minutes of moderate exercise 3 times a week.
 - Colace (stool softener) one or two capsules daily
- Indigestion/heartburn:
 - Avoid greasy, acidic, spicy foods
 - Eat 2-3 hours prior to laying down
 - Maalox, Mylanta, Tums, Rolaids, Pepcid as needed
- Cold/cough:
 - Drink water and get adequate rest.
 - Take 2 extra strength Tylenol for fever or pain.
 - Zyrtec or Claritin for runny nose, watery eyes
 - Delsym, Robitussin DM, or Mucinex for cough

Avoid use of phenylephrine and pseudoephedrine in pregnancy

- Hemorrhoids:
 - Preparation H, Annusol or Tucks pads
- Diarrhea:
 - Drink clear fluids and eat small amount of bland foods
- Headaches/Pain:
 - Two extra strength Tylenol tablets every 8 hours as needed. **Do not take Ibuprofen (Motrin, Advil) or NSAIDs**

Foods Rich in Iron

Beef, veal, chicken, fish, dried beans, peas, green peas, butter/lima beans, nuts and seeds, peanut butter, raisins, prunes/ prune juice, dried apricots, greens (collards, turnip greens, kale spinach), brown rice, tomatoes/ tomato juice, squash, whole wheat bread, cereals with iron, and enriched breads, rice and pasta.

Breastfeeding

Breastfeeding information is available to interested individuals who may be considering breastfeeding. Contact the WIC office at (919) 731-1276 for more information. WIC also has breastfeeding peer counselors that can help answer any questions or concerns that you may have.

Are You Safe?

How are your personal relationships? Does anyone threaten you, "put you down", try to intimidate or hit you? You do not deserve to be abused. If you are in a situation that exposes you to emotional or physical abuse, please let us know. A National Domestic Violence Hotline is also available to you 24 hours per day. The number is 1-800-799-SAFE (7233), or for the deaf (TTY): 1-800-787-3224. Easter Seals Mobile Crisis Hotline 1-866-241-7245.