

What You Might Experience...

- IN YOUR FIRST TRIMESTER:**
- ⊗ Beginning of prenatal care at HHC, including a full physical exam
 - ⊗ Sharing news with family & friends
 - ⊗ Nausea, breast soreness, fatigue
- Your midwife will talk about...*
- ⊗ Foods and medicines that are safe and healthy for pregnant women.
 - ⊗ Optional genetic screening tests
 - ⊗ Quitting smoking
- IN YOUR SECOND TRIMESTER:**
- ⊗ Pregnant belly beginning to show
 - ⊗ Ultrasound
 - ⊗ Feeling your baby move
 - ⊗ Lots of energy
 - ⊗ Meet with our obstetrician at the Hill
- Your midwife will talk about...*
- ⊗ Breastfeeding
 - ⊗ Nutrition and exercise
 - ⊗ Warning signs of preterm labor
 - ⊗ Gestational (pregnancy) diabetes testing
- IN YOUR THIRD TRIMESTER:**
- ⊗ Excitement: parenthood is near
 - ⊗ Braxton Hicks contractions
 - ⊗ Backache & tired of being pregnant
 - ⊗ Questions about labor and birth
- Your midwife will talk about...*
- ⊗ Calling before going to hospital if you think you're in labor
 - ⊗ Signs of labor beginning
 - ⊗ Your hopes and plans for labor
 - ⊗ Benefits of having your baby at or near your due date
 - ⊗ Birth control options for after the baby

Staying Safe

- IT'S ALWAYS IMPORTANT TO THINK ABOUT SAFETY DURING PREGNANCY. PLEASE REMEMBER:
- ⊗ Wear a seat belt when in a car.
 - ⊗ Avoid drugs and alcohol.
 - ⊗ Quit smoking if you haven't yet.
 - ⊗ Call us before you take any medicines.
 - ⊗ Use condoms to avoid infections.
 - ⊗ Have a dental check-up.

Warning Signs!

ALWAYS CALL IMMEDIATELY IF YOU EXPERIENCE ANY OF THESE PROBLEMS:

- Bleeding from the vagina.
- Abdominal pain, particularly cramps or contractions.
- Watery fluid from your vagina.

Your baby isn't moving like he or she normally has been.

Health Insurance & Your Pregnancy

The Hill Health Center accepts most Medicaid and commercial insurance plans. We also have a prenatal payment plan available to patients who do not have insurance. The cost of the payment plan is on a sliding scale based on income. Please ask us right away if you need any help with obtaining or changing your insurance.

On-site at the Hill Health Center:

- LABORATORY
- All of your prenatal laboratory tests can be done right here.
- PHARMACY
- WIC PROGRAM!

Contact Information:

OB/GYN DEPARTMENT
State Street Health Services Hill Health Center
 911 State St. 428 Columbus Avenue
 New Haven
 203-503-3530 203-503-3094
 Night & Weekends: 203-503-3000
www.hillhealthcenter.com
 Monday, Wednesday, Friday:
 8:30am - 5:00pm
 Tuesday & Thursday:
 8:30am - 7:30pm

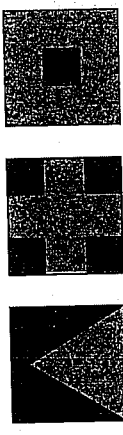
From the Staff of Obstetrics & Gynecology at the Hill Health Center:

Congratulations on Your Pregnancy



Welcome!

We look forward to working together with you over the coming months. Please read on for information about your pregnancy and your care here at the Hill.



HILL HEALTH CENTER

203-503-3000

24 HOURS/DAY, 7 DAYS/WEEK

Hospital of Saint Raphael

The midwives and OB/GYN doctors of the Hill Health Center work with St. Raphael's Hospital in New Haven. This is where we deliver all our babies. We love working with the caring and experienced staff there and know you will too. Here are a few features of St. Raphael's you might like to know about...

ULTRASOUND: If you choose one, the 18-20 week ultrasound of your baby will be done at St. Raphael's. This test is done to look closely at all the baby's body parts. If the baby is not too shy, they can often see if it's a girl or a boy. Early pregnancy screening for genetic problems like Down Syndrome is offered at the St. Raphael ultrasound office.

CONTINUOUS LABOR CARE: Throughout your labor and birth you will be supported by one of the midwives you've been working with at the Hill. You will also have a nurse to help in your care. We will listen frequently to your baby and check your contractions. Many women walk during labor, sit in the shower, or bounce on a birth ball. If you choose medicines to help with contractions, the epidural is one of several options available.

PHYSICIAN CONSULTATION: During labor at St. Raphael's, a doctor is available 24 hours a day, 7 days a week. Should you need a Cesarean section (C-section), all needed staff will be nearby and ready.

NURSERY: St. Raphael's has a Level 2 nursery prepared to take care of babies born up to two months before their due dates. The nursery is staffed by pediatricians, physician assistants, and very experienced nurses.

AFTER THE BIRTH: Most moms stay for two days after their baby's birth — the perfect time to ask for help breastfeeding your new baby! We have a lactation consultant available at the Hospital to assist you in nursing your baby.

Perinatal Services Program

The Perinatal Services Program supports Hill Health Center's obstetrical patients during a time of rapidly changing needs.

MEDICAL INSURANCE (HUSKY)

APPLICATION ASSISTANCE (CALL 503-3114)

There is an on-site person to screen you for eligibility and help you apply for Medicaid coverage; she can also help you with your infant's insurance after delivery.

SOCIAL SERVICES FOR PREGNANT ADULTS

AND TEENS: 503-3113 OR 503-3119

- ⊗ Supportive Counseling
- ⊗ Referrals to community services you may be seeking
- ⊗ Arrange to meet HHC Pediatrician prior to delivery
- ⊗ Help prepare for baby's arrival
- ⊗ Newborn home visitation

NURTURING FAMILIES:

HILL NORTH, HILL SOUTH: 503-3117

Prenatal and postpartum (after the birth) support to families delivering their first baby. Must live in New Haven, but residents of other towns can be referred.

- ⊗ Supportive counseling
- ⊗ Referrals to needed services
- ⊗ Parenting education
- ⊗ Home visitation
- ⊗ Families can remain in program until child is 5 years old.

SPECIAL PERINATAL PROGRAM FEATURES!:

- ⊗ The "Baby's Closet" is a special community project of the Center Church on the Green of New Haven. You'll collect points for keeping all of your prenatal visits & post-partum exam, and may receive a gift certificate to the "R Us" stores worth up to \$50.
- ⊗ We are **New Haven Diaper Bank** site!! Free diapers are distributed to anyone who needs them.

BILINGUAL STAFF

We have front desk receptionists, community health workers, doctors, midwives, nurses, and counselors who speak Spanish.

GROUP PRENATAL PROGRAM

A new way to be more involved with your own pregnancy care and meet with other women due to give birth around the same time. We're excited to offer prenatal care in a group setting. If you choose this style of care (and we hope you will; it's fun!), most of your prenatal visits will be on Thursday evenings from 5:30 to 7:00.

The midwives run sessions that include listening to and measuring your growing baby, talks about the most common questions and concerns of pregnant women, and of course, healthy snacks!

Visits at the beginning and end of your pregnancy will be with individual providers so that you will have met all of us who may be with you in labor. Private and extra visits are available whenever needed.

WHAT IS A MIDWIFE?

Midwives are health care providers trained in nursing and midwifery. Midwives are experts in supporting women through the normal changes of pregnancy and value continuous care during labor.

After your baby, you can continue to see your midwife for your gyn needs, such as annual Pap tests and birth control. We consult with the medical doctors here at the Hill if problems arise.



H I L L HEALTH CENTER