

Help us give you the best care

- Be honest about your medical history and the way you live. Don't leave anything out when telling your medical history. Let us know if you have had a baby born early or problems during any of your pregnancies. Sharing even the little things can help assure you have a good pregnancy and a healthy baby.
 - Ask questions when you don't understand
 - Follow the advice given by the staff. Let us know if for some reason, you might not be able to follow the advice.
 - Let us know if there is a change in your health
- Remember:**
- Come to all of your appointments
 - Be on time
 - Call us if you are going to be late
 - Call 24 hours in advance if you need to cancel an appointment
 - Tell us if you change your address or phone number
 - Let us know if you have any ideas about making our services better

Important Numbers:

Our office phone number: _____
When we are closed, call: _____

Name of family members or friends who can assist you in an emergency:

Name: _____
Home phone: _____
Mobile: _____
Work: _____
Name: _____
Home phone: _____
Mobile: _____
Work: _____

Emergency Hospital

Address: _____
Cross Street: _____
Phone: _____

Delivery Hospital

(if different from Emergency Hospital)

Address: _____
Cross Street: _____
Phone: _____

Childbirth Preparation Classes

Address: _____
Cross Street: _____
Phone: _____

WIC (Women, Infant, Children Supplemental Nutrition Program)

Address: _____
Cross Street: _____
Phone: _____

Breastfeeding Help

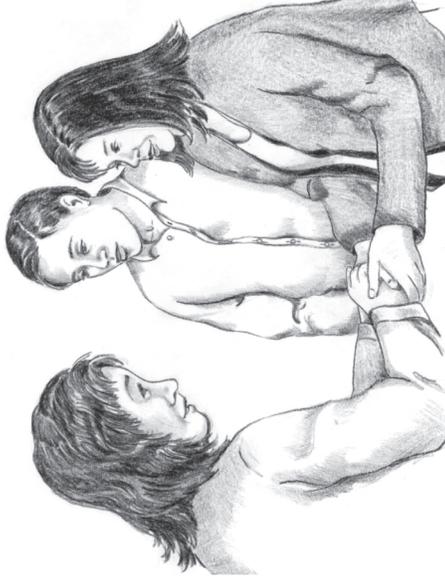
Address: _____
Cross Street: _____
Phone: _____

Dentist

Address: _____
Cross Street: _____
Phone: _____

Community Agencies

Local resources: _____



Welcome to Pregnancy Care

We are here to help!

There are many kinds of people who may help you during your pregnancy: doctors, nurse midwives, nurses, health educators, community health workers, social workers, nutritionists, job counselors, Medi-Cal workers, and family planning counselors.

Our clinic name, address, and phone:

We have many services

We can work together to keep you and your baby healthy.

The services we offer:

- Check-ups once a month or more, the whole time you are pregnant
 - Immunizations you need for a healthy pregnancy and newborn
 - Tests to check your health and the health of your baby
 - Classes and one-on-one information about pregnancy, childbirth, baby care, and breastfeeding
 - A tour of the hospital where you will have your baby
 - Referral to community agencies that can provide additional help and services
 - Information about where to go for financial help, health insurance like Medi-Cal or Healthy Families, food programs like WIC or food banks
 - Help with cutting down or quitting smoking, drinking, or using drugs
 - Help eating healthy foods while you are pregnant
 - Counseling on problems or family issues you may have
 - Postpartum care to assure that you recover well after the baby is born
- On our staff, here are some of the people who may be helping you:

Client Rights

We promise to:

- Treat you with respect
- Make sure that what you say to us stays private
- ◆ We will keep your medical information private
- ◆ We will not give your medical information to anyone else unless you give us permission in writing
- ◆ However, you should know that the law says we must report abuse or violence so that you can get extra help. If we do need to report, we will call the agency that can best help you.

- Explain any tests you will need and how we do things at this office

- Answer questions you might have about your baby and your care

You have the right to:

- Look at your medical record with someone from our office
- Help plan and make choices about your care while you are pregnant, in labor, or giving birth
- Accept or refuse any care, treatment, or service

Danger or Warning Signs

Call your health care provider right away if:

- You feel dizzy
- You have a fever or chills
- You have a really bad headache, or your headache goes on for days
- You have heartburn that is getting worse and does not get better with antacids
- You have any changes in your eyesight such as: blurred vision, flashes of lights, halos, or spots in front of your eyes
- Your face or hands swell
- It is hard to breathe
- You fall, suffer a blow to the stomach, or are in a car accident
- You vomit or have a bad stomach ache
- You gain too much weight too quickly

Don't wait! Seek medical treatment right away if you:

- Have any bleeding from your vagina
- Have a sudden flow of water or if water leaks from your vagina
- Feel a big change in the way your baby moves, or if your baby moves less often
- Have a sharp pain when you urinate (pee)

Later in your pregnancy, call your health care provider right away, day or night, if you have even one of these signs or symptoms:

- **Stomach ache or cramps** (with or without diarrhea)
- **Contractions** - Your uterus tightens or you feel really bad cramps like when you have you period, 6 or more times in 1 hour
- **Pain or pressure** in your belly, thighs, or around your vagina, as if the baby is pushing down
- **Your water breaks**
- **You have vaginal bleeding**
- **Change in the discharge from your vagina** - there may be more mucus, or the discharge may be bloody or watery
- **Lower backache** - pain or dull pressure in your back, or back pains that come and go in a regular pattern