

Pre-Natal Care

Only 76.6% of women in Wichita County receive pre-natal care in the first trimester. Let's get those numbers higher!

What is it?

- Pre-natal care is the **health care** you get while you are pregnant.
- Your doctor will check to make sure you and the baby are healthy at each visit. If there are any problems, **early action will help** you and the baby.



Why

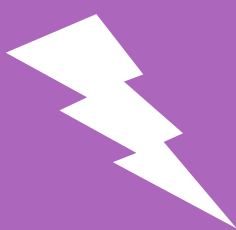
Why is it important?

- Pre-natal care keeps you and your baby healthy.
- **Reduces** the risk of pregnancy **complications**
- Reduces your baby's risk for complications
- Doctors discuss how to give your baby a **healthy start to life**.
- Babies of mothers who do not get prenatal care are **five times** more likely to die than those born to mothers who do get care.



When do I call my doctor?

- If you know you're pregnant, or think you might be, call your doctor to schedule a visit **as soon as possible**.
- Your doctor will give you a schedule of all the doctor's visits you should have while pregnant.



When

What can I expect?

Your doctor will check on your health and **make sure the baby is growing as expected**.

During the first pre-natal visit, your doctor may:

- Ask about your health history
 - Do a complete physical exam
 - Calculate your due date
- Other pre-natal visits will include:

- Checking your blood pressure
- Measuring your weight gain
- Measuring your abdomen to check your baby's growth
- Checking the baby's heart rate



What else can I do?

Not pregnant? Be a champion for pre-natal care!

- **Encourage** women to seek pre-natal care immediately
- **Educate** friends and family on the benefits of pre-natal care

What

How often do I go?

- Your doctor will schedule you for many checkups over the course of your pregnancy. Don't miss any — they are all important!
- Most experts suggest you see your doctor:
 - Once a month for weeks 4-28
 - Twice a month for weeks 28-36
 - Weekly from week 36 on
- If you are older than 35 or your pregnancy is high risk, you'll probably see your doctor more often.



How

Where can I go?

- You want to be sure that the provider you choose has a **good reputation**, and **listens** to and **respects** you.
- Women can get help to pay for medical care during their pregnancies.
- Visit wresources.org for more information

Where

