

TIMELINE



Even if you are uninsured during pregnancy, you can still receive care at Duke Family Medicine or the Durham Health Department

13-14 weeks

New Doctor Visit

- Dating ultrasound
- +/- Cervical exam
- Urine test for protein and sugar
- Pap and STI tests

Homework

- Make appointment at WIC office for registration evaluation, if applicable (see back for phone numbers)

24 weeks

Routine Prenatal Visit

Homework

- Attend Ready, Set, Baby virtual prenatal and breastfeeding education class or other prenatal education course (see back for details)

30 weeks

Routine Prenatal Visit

Homework

- Order a breast pump through your medical insurance provider (see back for guidance)

34 weeks

Routine Prenatal Visit

- Initial meeting with Nurse Navigator

Homework

- Select health care provider for your baby (see list provided at clinic)

41+ weeks

Prenatal Visits After 40 Weeks

- Non-stress test
- Conversation about postdates induction of labor
- Urine test for protein and sugar

Homework

- Stay hydrated - drink lots of water!
- Keep your body moving

Along your journey...

Be Kind to Yourself

- Challenges are normal
- Be mindful of your mood
- Ask for help

First Visit

Orientation with Nurse

- Blood and urine tests
- Medical history review
- Prenatal education begins

18-20 weeks

Routine Prenatal Visit

- Fetal anatomy ultrasound at Duke Perinatal Durham (address in booklet)

Homework

- Establish a support system of loved ones, friends, and neighbors

28 weeks

Routine Prenatal Visit

- 1-hour glucose tolerance test for gestational diabetes
- If Rh-negative blood type, Rhogam injection
- Tdap vaccine
- Repeat STI testing
- Urine test for protein and sugar

32 weeks

Routine Prenatal Visit

- Regular measures that occur at most other visits, including:
 - Blood pressure and weight check
 - Physical exam to check baby's heartbeat and growth

36-40 weeks

Routine Prenatal Visit

1 prenatal visit/week

- GBS and STI vaginal swab
- Urine test for protein and sugar
- +/- Ultrasound or cervical exam

Postpartum Visit

Routine Postpartum Visit

- Blood pressure check
- Screening for postpartum mood and anxiety disorders
- Early detection of postpartum health complications

Homework

- Talk to loved ones and your provider about your feelings



PERINATAL RESOURCES



WHERE CAN I GET SUPPORT WITH...

REGISTERING FOR WIC & SNAP BENEFITS?

SNAP



- Lincoln Community Health Center (Main Site)
 - 919-956-4042
- Live Well North Durham WIC Site
 - 919-403-1300
- Durham County Dept of Public Health Site
 - 919-560-7824

ORDERING A PUMP THROUGH INSURANCE?

- AmeriHealth - Call Aeroflow (844-867-9890)
- HealthyBlue - Call Edgepark (855-504-2099)
- United - Call Aeroflow (844-867-9890)
- Wellcare - No breast pumps covered
 - Call WIC after delivery
- Carolina Complete - Scan barcode
- Alliance
 - <https://thebreastpumpstore.com/pages/qualify-through-insurance>



CAROLINA
COMPLETE

MENTAL HEALTH?

PSI



- Postpartum Support International (PSI)
 - Call or Text "Help" to 971-944-4773
 - <https://www.postpartum.net/get-help/>
- Call or text National Maternal Mental Health Hotline: 1-833-852-6262

PRENATAL AND BREASTFEEDING EDUCATION?

- Ready, Set, Baby virtual class every Monday at 1pm and 3pm
 - <https://readyssetbabyonline.com>
 - <https://zoom.us/j/95130930585>
- Scan the barcode for more educational resources



BREASTFEED
DURHAM

AT-HOME POSTPARTUM SUPPORT?

FAMILY
CONNECTS



- Family Connects Durham
 - <https://www.ccfhnc.org/fcd-sign-up/#>
- MAAME, Inc. free postpartum doula services: email compass@maameinc.org for more information

BREASTFEEDING AND RETURNING TO WORK?

- It is **your right** to pump at work
 - <https://www.dol.gov/agencies/whd/pump-at-work/>
- Tips for returning to work:
 - <https://lacted.org/bilingual-working-breastfeeding/>



DOL

KNOWING WHEN TO CALL FOR HELP?

4TH TRIMESTER
PROJECT



- Headache that won't go away
- Dizziness or fainting
- Vision changes
- Extreme swelling of hands or face
- Thoughts about harming yourself or your baby
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Vaginal bleeding or discharge after pregnancy
- Severe swelling, redness or pain of your leg or arm
- Overwhelming tiredness