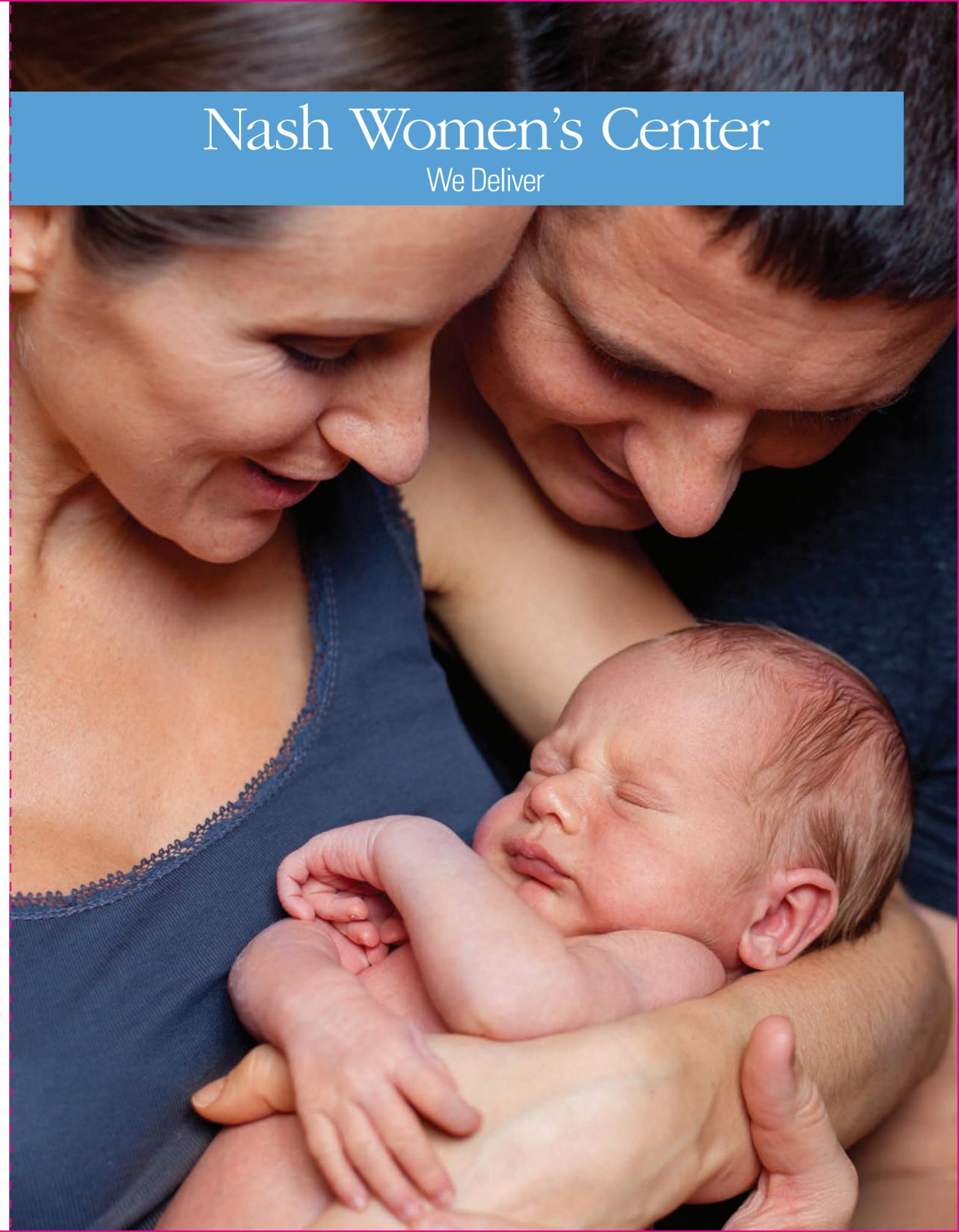


Nash Women's Center

We Deliver



Visit www.nashwomenscenter.org for more information

At Nash Women's Center, we know that every baby is special and every birth is unique. That's why we have created the Nash Women's Center, a beautiful, state-of-the-art obstetrical facility to meet the very special needs of mothers, babies, and their families.

Designed by, and for, new families in our community, the Nash Women's Center provides top-of-the-line care and resources for patients from conception through birth – and beyond. Whether this is your first baby or a new addition to your growing family, let our experienced team of obstetricians, pediatricians, neonatologists, anesthesiologists, neonatal nurse practitioners, and nursing staff guide you through the best and healthiest birth experience possible.

No matter what you or your new family needs, you can trust that Nash Women's Center will always deliver.

Visit www.nashwomenscenter.org for more information.

Before Your Baby Arrives

Spacious Accommodations

Take a tour of our birthing center and get the facts about anesthesiology services, visitations, room service, mother-baby care, perinatal education, and more. To sign up, call 252-962-BABY or email womenscenter@nhcs.org.

Perinatal Education Classes

Begin perinatal education classes early in your first trimester to receive the resources you need to keep your growing family healthy. Topics covered include the science of pregnancy, nutritional advice for mothers and babies, how to prepare for your best birth, labor stages and how to manage them, tips and tricks for pain management, vaginal vs. cesarean birth, breastfeeding information, how to care for your new infant, and more. For a class schedule and to register, call 252-962-BABY or email womenscenter@nhcs.org.

Free Pregnancy and Parenting Newsletter

Receive *Nash Baby Bulletin*, a free weekly e-newsletter that guides you from week seven of your pregnancy through the first two years of your baby's life. To sign up, visit nashwomenscenter.org.

UNC Maternal-Fetal Medicine at Nash Health Care Systems

UNC Maternal-Fetal Medicine specialists provide consultations, diagnosis, and continuing care. For more information, call 252-962-BABY.

Pre-Registration

Visit www.nashwomenscenter.org to pre-register online or mail in a completed registration form (enclosed). Pre-registration will expedite certain portions of the check-in process, but you will still need to speak to a registration specialist when you arrive for delivery. Pre-registration forms are due four to six weeks prior to your due date. For more information, call 252-962-BABY.

Financial Assistance

For guidance with patient payment plans, self-pay discounts, charity care, and other financial need-based assistance, contact our financial counseling team at 252-962-8034.

After Your Baby Arrives

Lactation Support Services

Nash Health Care has expert lactation consultants on hand to keep both mother and baby nourished and comfortable. Need breastfeeding support once you're home? Our team is always available to answer questions by phone or appointment for as long as you need them. For more information, call 252-962-BABY, or email lactation@nhcs.org.

Safety

Nash Health Care is proud to offer state-of-the-art security and monitoring systems to protect you and your baby while you are in our facility.

Special Needs Care

Nash Health Care provides 24-hour neonatology and anesthesiology services on site and a state-of-the-art special care nursery with individual patient rooms, private bathing facilities, and sleeping accommodations for family members.

On-site Notary

A notary is available for birth certificate needs. Please bring a U.S. Government Photo ID for any persons wishing to be listed on the birth certificate.

Specialty Gifts

The Nash Women's Center features a gift shop with specialty items for newborns and their families. For more information, call 252-962-8118.

Carolinas Cord Blood Program

Physicians may collect cord blood upon request. For more information about the process and how to prepare for blood collection, call 252-962-BABY.

Child Passenger Seat Safety

When you are ready to leave, let our certified child passenger safety technician safely assess how you have installed your car-seat – now and whenever your baby grows to need a new one. To schedule an appointment, call 252-962-BABY.

Breastfeeding Support Group

For expectant and new mothers, their babies, and their loved ones, this support group focuses on breastfeeding topics and education. Meets the 2nd Thursday of every month, from 6:00 pm – 7:00 pm in the education room of the Nash Women's Center. For more information, call 252-962-BABY.



First Trimester

- 1) Select a health care provider and schedule an appointment. For a list of physicians practicing at Nash Women's Center, call 252-962-BABY or visit nashwomenscenter.org
- 2) Register for perinatal education classes. For a complete list of classes and to register online, visit nashwomenscenter.org
- 3) Check insurance coverage for maternity benefits and adding baby
- 4) Eat right! Select foods rich in protein, calcium, folic acid, vitamins and iron
- 5) Begin prenatal vitamins
- 6) Continue exercise as directed by your health care provider
- 7) Look at finances and begin to budget for the baby
- 8) Sign up for our free Pregnancy and Parenting newsletter to get week-by-week information and helpful guidance on your and your baby's needs. To sign up, visit nashwomenscenter.org

Second Trimester

- 1) Continue to eat well and exercise as directed by your health care provider
- 2) Make a list of questions to take to each check-up and discuss with your health care provider
- 3) Visit pediatric offices and choose a pediatrician
- 4) Practice Kegel exercises
- 5) Shop for maternity clothes
- 6) Begin breastfeeding classes and/or other perinatal education classes that you registered for in your first trimester
- 7) Schedule an appointment to meet with a Nash Women's Center lactation consultant

Third Trimester

- 1) Continue Kegel exercises
- 2) Submit hospital registration papers at least six weeks prior to your due date. To pre-register online, visit nashwomenscenter.org

- 3) Take childbirth classes and/or other perinatal education classes that you registered for in your first trimester
- 4) Take a tour of the Nash Women's Center. To schedule a visit, call 252-962-BABY
- 5) Register at a baby supply store to let friends and family know what you would like
- 6) Choose baby names
- 7) Arrange for help after the baby is born
- 8) Learn about options for feeding your baby. If breastfeeding, purchase at least one nursing bra for your trip to the hospital
- 9) Discuss your birth experience options with your health care provider
- 10) Purchase a child safety seat at least two weeks prior to due date. To schedule an appointment to have your installation checked by one of Nash Health Care's certified child passenger safety technicians, call 252-962-BABY
- 11) Assemble crib and changing table and complete your nursery. Pre-wash all baby clothes and linens
- 12) Pack your labor and post-partum bags

Your Labor Bag Should Include:

- 1) Your U.S. Government Photo I.D. and insurance card
- 2) Slippers
- 3) Warm socks
- 4) Snacks and drinks for your birth partner
- 5) Books and/or magazines
- 6) An iPod or other hand-held device (must be battery powered)
- 7) Lip balm
- 8) Camera with spare battery
- 9) List of important phone numbers
- 10) Small amount of money for partner (leave valuables at home)
- 11) Toothbrush and toothpaste

Your Postpartum Bag Should Include:

- 1) Nightgown (or nursing gown, if breastfeeding)
- 2) Nursing bra with absorbent breast pads
- 3) Toiletries
- 4) Hairbrush
- 5) Shampoo, conditioner, soap, and facewash
- 6) Maternity outfit for going home
- 7) Pen, paper, notebook, and thank you notes
- 8) Small amount of money for food for partner
- 9) Gift for sibling from new baby
- 10) Two baby outfits
- 11) Receiving blankets to keep your baby warm on the trip home

For more information about Nash Women's Center maternity services, visit www.nashwomenscenter.org.