

## Relief Measures for Common Pregnancy Symptoms

### Constipation

- \* Eat plenty of raw vegetables, fruits and whole grain foods to prevent constipation
- \* Drink 8-10 glasses of water daily

### Leg Cramps

- \* Get 3 to 4 servings of calcium foods (dairy products) everyday
- \* Elevate your legs several times a day
- \* Wear compression socks to prevent cramps/leg swelling from occurring

### Heartburn

- \* Avoid greasy, spicy foods.
- \* Prop your shoulders on a pillow when you lie down
- \* Eat 5 or 6 small meals each day instead of 3 large ones

### Backache

- \* Wear comfortable shoes
- \* Prop your feet up when you are sitting
- \* Lie on your side

### Shortness of breath

- \* Avoid lying flat on your back
- \* Raise your arms over your head

## Payment for Services

- Prenatal clinic fees are determined by family income.
- Medicaid is accepted as payment for services.
- If you get Medicaid, please bring your Medicaid card every time you come for a visit!

**See You Soon!**

Remember to take your Prenatal vitamins!



Services are provided at NCHD regardless of race, age, religion, marital status, national origin, or handicapped status.

NCHD REV. 04/2025



# Maternity Clinic

Prenatal Care starts with you...

at Nash County Health Department

**Nashville Office**  
214 S. Barnes St.  
P.O. Box 849  
Nashville, NC 27856  
(252) 459-9819

**Rocky Mount Office**  
322 S. Franklin Street  
Rocky Mount, NC 27804  
(252) 446-0027

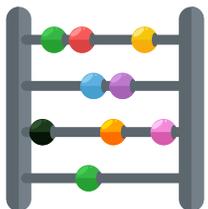
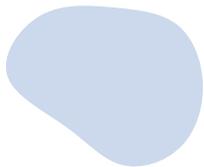
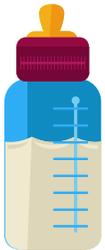


# Welcome to Maternity Clinic

## Congratulations on your pregnancy!

Now that you are pregnant you need to get regular check-ups! During visits to this clinic, our staff will work together to help make sure your pregnancy develops normally. If a problem occurs, like high blood pressure or diabetes, we will check it out during every prenatal visit to prevent serious complications for you and your baby.

Call the health department if you have problems or questions. Our hours are 8:00 a.m. - 5:00 p.m. Monday through Friday in both the Nashville and Rocky Mount offices. If we are not open, and you feel the problem is emergent, go to the emergency room.



# Clinic Visits

## During your first prenatal visit:

- \* a nurse will ask you questions to complete a medical history
- \* a clinician will do a complete exam including: breast exam, pelvic exam, pap smear and Chlamydia and Gonorrhea tests (if indicated)
- \* lab work will be performed, including blood and urine tests
- \* a staff person from the Pregnancy Care Management team, if you qualify, will help you find resources and services that you may need
- \* WIC staff will offer nutrition counseling and financial aid, if you qualify, to help buy healthy foods for you and your baby

## During your scheduled prenatal visits:

- \* a nurse will update your medical history to make sure no problems have appeared. The provider will measure your womb to see how the baby is growing and use a doppler to listen to your baby's heart beat.

\*\*\*Throughout your pregnancy various screening tests will be performed to check on you and your baby's health.

# Childbirth Classes

Childbirth and Parenting classes are provided as a part of your medical package. These classes help prepare you for the unique experiences that accompany pregnancy and parenthood.

## Pregnancy Trouble Signs

- \* Bright red vaginal bleeding
- \* Sudden gush or slow leak of water from the birth canal
- \* Sharp pains in abdomen or side which do not go away
- \* Dim or blurred vision/spots before eyes
- \* Bad headaches, dizziness or fainting
- \* Chills and fever
- \* Pain when passing urine
- \* Unusual swelling of face and body

