

# Prenatal Care Services

GOOD NEWS FOR EXPECTANT MOTHERS!

*Don't wait weeks for your prenatal visit!*

*Planned Parenthood of Delaware now provides immediate prenatal care appointments for a healthier pregnancy.*



Receive the same care  
you would at any  
other OB/GYN.

Call now and schedule  
your prenatal  
appointment:

**(302) 655-7293**

## **At your first prenatal visit you will receive:**

- A comprehensive health and family history review
- A comprehensive physical
- An ultrasound to establish due date
- Lab work

## **Prenatal Care also includes advice for moms-to-be on:**

- eating healthy
- avoiding risky behaviors harmful to the fetus (involving tobacco, alcohol and drugs)
- taking necessary supplements
- exercising sensibly
- getting plenty of rest

*For other service related to your pregnancy, you can call 2-1-1*

# Frequently Asked Questions

## How much does Prenatal Care cost?

You may qualify for FREE Prenatal Care through Medicaid. Check-in online at [Medicaid-Help.org](https://www.Medicaid-Help.org).

## What to Expect During a Regular Prenatal Visit?

At a typical prenatal checkup, the healthcare provider is likely to:

- evaluate the overall health and wellness of you and the developing fetus
- check your weight
- identify habits you may need to give up
- check your medications and their impact on the developing fetus
- perform a physical exam
- check lab work
- tell you what to expect as the fetus develops

## How Soon Can I Get Prenatal Care?

Call now and schedule your prenatal appointment at our medical centers in Wilmington or Newark.

**(302) 655-7293**

## Quick Tips for taking care of yourself between prenatal visits:

- Eat frequent, smaller, healthy, balanced meals more often (up to 6 times a day)
- Drink 8 glasses of fluids daily (avoid soda)
- Take prenatal vitamins with folic acid
- Check with PPDE to make sure any medications you take are safe to take while pregnant
- Avoid tobacco, alcohol and drugs that harm the developing fetus
- Avoid areas that are active with the Zika virus

*"Our prenatal services will help increase the number of healthy moms and babies – which is a great thing for Delaware."*

*- Ruth Lytle-Barnaby, CEO Planned Parenthood of Delaware*