



# Ultrasounds:

- Ultrasounds will not be performed at 1st visit as this is primarily for a detailed history with the RN.
- Most often, patients will have an ultrasound to determine correct dates at the 2nd visit which is the Physical Exam with the provider. Routine anatomy ultrasounds will be scheduled at 18 weeks.



# Privacy:

- Due to patient privacy and safety, only patients are allowed in the exam area. We encourage your support person to attend classes with you.
- To allow for the patients privacy during the 1st visit (detailed history) family/significant others will be asked to remain in the waiting room until the end of the visit. First visits last around 2 hours to complete.
- We appreciate your cooperation.

# Don't Forget To Bring With You:

- Copy of pregnancy test results
- Picture I.D. and another form of I.D.
- Most current paycheck stub
- Medicaid, Medicare and/or insurance card
- Current Medications
- **BE ON TIME**

**\*\*\*If you are 30 minutes or more late, your appointment will be rescheduled.\*\*\***

The Cleveland County Public Health Center complies with applicable Federal Civil Rights Laws and participation in services is without regard to race, color, national origin, religion, gender, age, sexual orientation or disability.

El Centro de Salud Pública del Condado de Cleveland cumple con Las Leyes Federales de Derechos Civiles aplicables y en la participación de los servicios sin la distinción de raza, color, origen nacional, género, edad, orientación sexual o discapacidad.

The Cleveland County Center ຫລາະນະສຸກປະຕິບັດຕາມສາມາດນຳໃຊ້ລັດຖະບານກາງ Civil ກົດຫມາຍສິດທິແລະການມີສ່ວນຮ່ວມໃນການບໍລິການໂດຍບໍ່ມີການກ່ຽວກັບເຊື້ອຊາດ, ສີຜິວ, ຊາດກຳເນີດ, ສາສະຫນາ, ບົດບາດຍິງຊາຍ, ອາຍຸສູງສຸດ, ປະຖົມນິເທດທາງເພດຫຼືຄວາມພິການ.

# CLEVELAND COUNTY PUBLIC HEALTH CENTER

## Prenatal Clinic



Monday - Thursday  
8:00 A.M. - 5:00 P.M.

200 South Post Rd  
Shelby, NC 28152

Phone: 980-484-5153

**After Hours: 980-206-1103**

### Our Mission:

To ensure and promote the health of Cleveland County through education and prevention.

# Congratulations, you're pregnant!

Pregnancy is an exciting time, but it can also be stressful. Knowing that you are doing all you can do to stay healthy during pregnancy and give your baby a healthy start in life will help you have a peace of mind.



## Our Goal:

To provide you with care that is excellent, safe and effective.

## Who We Serve:

- Pregnant women in Cleveland and surrounding counties, as long as you are a resident of North Carolina.
- We accept private insurance, NC Medicaid, and offer income-based sliding fee scales.

## What We Offer:

- Infant Feeding/Breastfeeding Classes
- Childbirth Education Classes that partners can also attend.
- Referral to Pregnancy Care Managers to help with needs/resources.
- Referral to Nurse Family Partnership (for first time mothers).
- Referrals to outside resources if needed such as primary care providers.
- Educational Resources throughout pregnancy.
- Nutrition consults as needed.
- Referral to high risk provider as needed.
- STD testing and treatment.
- Access to CCHD Dental Clinic



- During your scheduled visits you will meet with a physician and registered nurse to make sure you have a healthy pregnancy.

## What Happens On My First Visit:

- An RN will evaluate your medical history
- You will have a brief visit with a nutritionist and receive WIC certification.
- Providers will discuss any needed vaccinations needed during pregnancy.
- Social Assessment: work with a social worker to identify any outstanding psychological and/or social needs such as transportation, food, or mental health counseling.
- We will teach you about medications, pre-term labor signals, stages of labor, foods to avoid, healthy weight, etc.



Please arrange for child care or bring someone to watch your child in the waiting room. Due to the nature of the exams, safety for your child and limited space, we prefer the patient only in exam room.