

"OneWorld Community Health Centers, Inc., in partnership with the community, provides culturally respectful, quality health care with special attention to the underserved."



OneWorld
Community Health Centers, Inc.

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U.S. Department of Health and Human Services
HRSA
Health Resources and Services Administration

Welcome to OneWorld Prenatal Care



OneWorld
Community Health Centers, Inc.



Congratulations!



We at OneWorld Community Health Centers, Inc. would like to thank you for choosing us to take care of you and your baby during this exciting time in your life!

Our clinic has midwives and doctors to take care of you during your pregnancy and delivery, as well as certified pediatric specialists for you after your baby is born.

At OneWorld, you can be sure that you and your baby are in expert hands.

For a Healthy Pregnancy

- Take your prenatal vitamin daily.
- Drink 8-10 glasses of water daily.
- If you drink alcohol, smoke or use drugs - STOP!
- Stay away from second-hand smoke.
- Eat low fat snacks or meals every few hours, focusing on whole grains, lean meats, and lots of fruits and vegetables.
- Increase dairy intake to four servings a day. Good sources of dairy are yogurt, low fat cheese and skim milk.
- Check with your pharmacist or OB provider before taking over-the-counter medications.
- Always wear your seat belt while riding in the car. The lap belt should rest below your belly.
- If you suffer from domestic abuse, we are here to help. Please tell your provider during any visit.

Call us if you have any of the following symptoms

- Vaginal bleeding
- You think your water broke; a gush of water from your vagina
- Any abnormal discharge from your vagina
- Pain or burning with urination
- Chills or fever (temperature greater than 100.4°)
- Sharp, severe cramping or abdominal pain that occurs every 10 minutes or more frequently and last longer than one hour.
- Vomiting that lasts more than 24 hours and if you are unable to keep food or water down
- An intense headache accompanied by blurred vision that doesn't go away with 2 regular strength Tylenol

What is Prenatal Care?

How often are my visits?

Your due date is calculated at 40 weeks from your last normal menstrual period. The frequency of visits are as follows:

Monthly - from the beginning to 26-28 weeks

Every 2 weeks - from 26-28 weeks to 35-36 weeks

Weekly - from 35-36 weeks to birth

What will happen at my initial visit with my provider?

Your doctor or nurse-midwife will perform a head-to-toe physical exam, including a pelvic exam with a pap smear and testing for gonorrhea and chlamydia (sexually transmitted infections). Test results from any previous visits will also be reviewed.

What exams should I expect at each visit?

At every prenatal visit the health assistant will take your blood pressure and weight. Your doctor or nurse-midwife will then ask you questions related to your pregnancy, measure the size of your uterus and listen to your baby's heart beat with you. She or he will also review prenatal danger signs and answer any questions you may have about your pregnancy or upcoming delivery.

15-18 weeks - Quad screen (optional test for genetic defects)

18-20 weeks - Ultrasound to review your baby's anatomy and to confirm your due date.

24-28 weeks - 2 hour glucola test

35-38 weeks - Group beta streptococcus (vaginal swab test)



Clinic Hours - 2nd floor Main Clinic

Monday-Thursday

8AM - 5PM

Friday

9AM - 5PM

Our midwives and doctors are available by phone 24 hours a day. Call (402) 734-4110 and follow the prompts for after-hours care. Interpreters are available at the hospitals for easier care.

For evening or weekend concerns, please do not go to OneWorld. Instead, call us at (402) 734.4110 and follow the prompts for after-hours care.