

**Tree of Life Midwifery Care – Lisa Black, LM, CPM  
214-394-5687**

**Prenatal Visits: What to Expect**

Women who receive prenatal care beginning in early pregnancy have a much better chance of having a normal birth and healthy baby. During your prenatal exams I can determine if your pregnancy is progressing normally and if not, I will suggest nutritional and/or herbal remedies or if necessary recommend that you see a physician. I want you to understand the changes in your body, how to care for yourself and your growing baby, and how to prepare for giving birth. I encourage you to have your partner, other children, friends and relatives that will be with you at the birth to be at your prenatal.

You will have monthly appointments until 28 weeks. From 28 to 36 weeks I will see you every two weeks. From 36 weeks until the birth of your baby I will see you every week.

At your first appointment I will ask you about your medical history, previous births and your diet. I will examine you and take blood and urine samples. We will discuss the consent forms and the financial agreement, which you must sign.

During every appointment I will ask you for a urine sample that I will check for protein, glucose, nitrites and leukocytes. I will also check weight gain, blood pressure and pulse. We will discuss your diet if necessary. By examining and measuring your uterus, I can determine if your baby is growing well and what position he/she is in. I will listen your baby's heart to make sure it is strong and regular. Let me know of any problems or discomforts that you are experiencing. I can usually recommend some easy natural remedies to help you. If there is a part of the examination that you don't understand or if you have any questions, please ask me.

At your 28 week and 36 week visits I will check your blood to make sure your hemoglobin is at a good level. If you are Rh negative additional blood work will be done at this time also. We can discuss whether Rhogam is needed at this time also. I will do an internal exam at your request or if for some reason it is medically indicated (ex: to verify the position of the baby).

I look forward to getting to know you during your prenatal visits.

Lisa Black, CPM  
Tree of Life Midwifery Care  
[www.treeoflifemidwife.com](http://www.treeoflifemidwife.com)

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## Warning Signs

As a midwife, I offer my clients knowledge and skills that I have attained in my management of normal pregnancy, labor, birth and postpartum care. If at any time a condition presents itself that indicates a potential health issue to mom or baby, it is my duty and obligation to refer the client to the proper health care provider. I do not diagnose, nor do I treat conditions that are outside of normal for a pregnant or birthing woman. It is with this in mind that I will discuss some of the possible problems that can occur indicating the need for immediate action and what that action should be.

For the following situations, **call me immediately** on my cell phone at 214-394-5687. If you cannot reach me on my cell phone, call my home phone at 972-569-9424.

- ❖ Moderate to severe headache for 2-3 hours
- ❖ Swelling of the face, hands, feet and legs
- ❖ Sudden weight gain of more than 2 pounds, not related to overeating
- ❖ Feelings of dizziness or faintness
- ❖ Visual disturbances, e.g. spots, stars, blurred vision
- ❖ Bright red spotting, e.g. less than or equal to a tablespoon or bright red blood
- ❖ Abdominal cramping
- ❖ Pain in the bladder or kidney area, burning and/or blood from the urethra
- ❖ Severe nausea or vomiting; not able to keep food down for 24 hours
- ❖ Temperature of 100 or more
- ❖ Chills that do not go away
- ❖ Burning or frequent urination; urge to urinate but cannot
- ❖ If your baby does not move at least 10 times within 2 hours (lie down so as to be more aware of the movements)
- ❖ If your water should break at term and it is any color but clear or milky with vernix
- ❖ If you have any symptoms of labor prior to 37 weeks or pregnancy

For the following situations, **go immediately to the nearest hospital emergency room** and have someone call me when you get there.

- ❖ Bright red bleeding of more than about 2 tablespoons
- ❖ If your water should break and you feel the umbilical cord at the vaginal opening (get into a knee-chest position and do not let anyone talk you into changing positions until you get to the hospital and a doctor tells you it is ok!)
- ❖ If your bag of waters surrounding the baby should break and the baby begins to move or struggle violently follow the instructions for the position above
- ❖ If you experience any kind of trauma to your abdomen or a hard fall and you have pain in your abdomen

**Do not hesitate to call me anytime you believe you may have a possible emergency situation.**