

GETTING STARTED ON YOUR PREGNANCY JOURNEY





Congratulations!

MetroHealth is excited to be a part of your pregnancy journey. The new MetroHealth Birthing Center is a modern space designed to support families as you welcome your baby into the world. We offer private patient rooms complete with spacious showers, natural light, comfortable furniture, and pull-out beds for overnight guests. Whether this is your first pregnancy or you're already an experienced parent, we are here to help you prepare for your baby.

**YOUR JOURNEY
TO A HEALTHIER
PREGNANCY
STARTS AT
METROHEALTH.**

As you begin your journey, there are several steps you should take in the first trimester of pregnancy to give your baby the healthiest start.

STEP 1: See Your Provider

The first trimester of pregnancy is the most important to your baby’s development, so once you discover you’re pregnant, it’s important to start your care right away. Find a MetroHealth obstetrician or family medicine provider near you and schedule an appointment today at 216-778-4444.

Note: Proveedores de habla hispana disponibles, si lo desea.

What to Expect During Provider Visits

Initially, you’ll visit your doctor monthly. Visits will become more frequent as you get closer to your due date. And the MetroHealth care team is always available if you have questions in between visits. During the first trimester, you will have some tests or screenings to assess the baby’s health. They may include:

- Genetic testing if you or your partner has a family history of genetic disorders, or if you have had a baby with a genetic abnormality
- Fetal ultrasound to determine the risk of certain birth defects
- Maternal blood testing to screen for anemia and infections

Your doctor will also watch for chronic hypertension, which can occur before 20 weeks of pregnancy. It’s important to monitor because women who have chronic hypertension can also get preeclampsia in the second or third trimester of pregnancy.



MetroHealth has four types of providers who can provide personalized care for you throughout your pregnancy.

Obstetricians/Gynecologists:

MetroHealth OB-GYNs specialize in women’s healthcare before, during, and after pregnancy.

Maternal Fetal Medicine:

Specializing in high-risk pregnancies, MetroHealth’s Maternal Fetal Medicine providers provide expert care.

Family Medicine:

Many of our family medicine doctors provide pregnancy care—including delivering babies—as a part of their practice.

Midwives and Nurse Practitioners:

These MetroHealth providers focus on uncomplicated prenatal care, deliveries, and postpartum health.



Write down your provider’s information so it’s always handy:

Your provider

How to contact



METROHEALTH
IS HERE TO
PARTNER WITH
YOU TO STAY
ON TRACK



STEP 2: Consider Joining a Centering Pregnancy Group

At MetroHealth, we offer Centering Pregnancy peer groups that give women due at the same time support in a comfortable group setting.

In your Centering Pregnancy group, you will:

- Receive more one-on-one time with your provider
- Learn more about how to care for yourself and your baby
- Become more informed and empowered to make healthier choices
- Engage in group discussions where you can ask questions and form meaningful relationships with other participants

You can bring a support person or partner, and transportation is available to each appointment.

For more information, call 216-957-1883.

Visit metrohealth.org/pregnancy-care to learn more.



STEP 3: Sign Up for Childbirth Education Classes

MetroHealth is the only area hospital to offer free educational courses to support families during and after pregnancy.

Our classes include:

Childbirth Preparation Classes:

Taught by certified childbirth educators, classes cover labor and birth, comfort options and pain relief, coping skills, and caring for yourself and your baby after birth.

Breastfeeding Classes:

Certified lactation consultants teach you about breastfeeding, feeding and pumping techniques, and newborn nutrition.

Boot Camp for New Dads:

Geared to first-time fathers, this one-time session helps you prepare for the first months after birth. The class is taught by veteran dads and their babies.

Scan the QR code to sign up for classes or schedule a tour of the MetroHealth Birthing Center.



STEP 4: Schedule a Tour

Want to deliver at the MetroHealth Birthing Center? The best way to find out if this is the place for your baby's birth is to tour the center. Scan the QR code on this page to schedule a tour and find out what to expect when it's time to welcome your baby to the world.

STEP 5: Tap into Resources

From the time you find out you're pregnant to your baby's arrival, MetroHealth is with you every step of the way. As we walk alongside you, we support you with several helpful—and FREE—resources.

- Babyscripts™, a self-guided app that provides you with information at every stage of pregnancy
- Emmi®, web-based presentations to help you understand medical information specific to you
- MetroHealth pregnancy journey emails
- Simply Well blog that provides tips and information about what to expect when you're expecting
- Referrals from MetroHealth social workers to community counseling, education, and resources

Visit us online to learn more!



STEP 6: Practice Healthy Habits

Your health directly impacts your baby's growth and development, so it's important to:

- Stop smoking and seek help from your provider to quit
- Avoid alcohol
- Do routine, low-impact exercise that includes stretching
- Limit caffeine intake
- Get 7-8 hours of sleep per day



Take Your Vitamins

Vitamins are another way to help your baby's growth and development. Prenatal vitamins can give your body the tools it needs—beyond vitamins and minerals found in a healthy diet—to help your baby develop. Prenatal vitamins are available over-the-counter in nearly any pharmacy, including several MetroHealth pharmacies across Northeast Ohio. You'll want to select a prenatal vitamin that has folic acid, iron, calcium, and vitamin D.

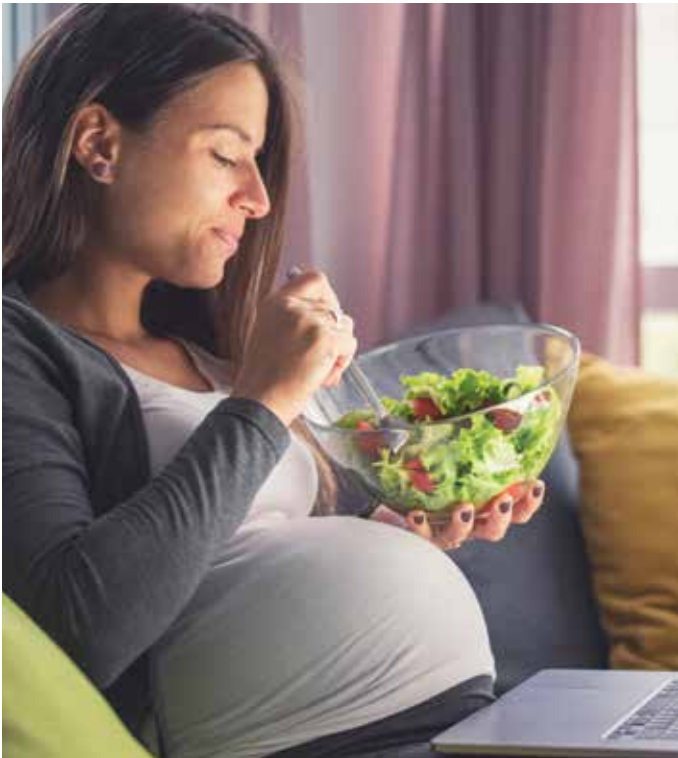
MetroHealth Online Freedom from Smoking® Program

MetroHealth offers a free online class to help you quit smoking.

Questions?

mhquitsmoking@metrohealth.org





Fuel Your Body

During pregnancy, your baby is depending on you to provide all of the important nutrients needed for healthy development. That means you need an extra 300 calories per day. A good diet includes:

- 5-6 smaller, healthy meals throughout the day
- Plenty of vegetables
- Foods high in fiber (whole wheat pasta, lentils, fruit)
- Foods high in calcium (dairy, leafy greens, beans)
- Foods high in folate (asparagus, eggs, leafy greens, citrus)
- Plenty of water—aim for 8 glasses per day

Important: Avoid soft cheeses, lunch meat, seafood high in mercury (tuna, mackerel, swordfish), unpasteurized foods, and undercooked meat.

METROHEALTH: Your Pregnancy Partner

**Scan the QR code below
to connect with us online
and find additional
information about:**

The MetroHealth
Birthing Center and
state-of-the-art NICU



Classes for parents



Resources like our
Simply Well blog



Choosing a pediatrician




MetroHealth Obstetrics and Pediatrics Resources

General Hospital	216-778-7800
Department of Obstetrics	216-778-4444
Department of Pediatrics	216-778-2222
Children’s Health Team	216-MY-METRO (216-696-3876)
Department of Social Work	216-778-5551

(Social workers can provide counseling, education, and referrals to community resources. Ask your provider for a referral.)

Lactation/Breastfeeding Help Line	216-778-2222
Breastfeeding Clinic	216-778-2222
Childbirth Classes	216-778-3381
Nutrition Services	216-778-7835



Scan to find updated information on locations

ABOUT METROHEALTH

Founded in 1837, MetroHealth is leading the way to a healthier you and a healthier community through service, teaching, discovery, and teamwork. Cuyahoga County’s public, safety-net hospital system, MetroHealth meets people where they are, providing care through four hospitals, four emergency departments, and more than 20 health centers and 40 additional sites. Each day, our 8,000 employees focus on providing our community with equitable healthcare—through patient-focused research, access to care, and support services—that seeks to eradicate health disparities rooted in systematic barriers. **For more information, visit metrohealth.org.**

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