

# PRENATAL CARE IS ESSENTIAL CARE

We've created this handout for you to help you track your prenatal labs and care. We want you to feel empowered to know what your labs are for the health of your baby and you.

We hope that you always keep this information with you. If you need to be evaluated by any facility, present this to your providers so they can know more about your health.

## CLINIC NUMBERS

Monument Health L&D:  
605-455-8324

Oyate Women's Health Clinic:  
605-355-2471

Native Women's Health Clinic:  
605-342-7400

Pine Ridge IHS L&D:  
605-867-3007



## CONTACT US

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Rapid City, SD 57702

## THE OYATE HEALTH CENTER



## PRENATAL CARE BASICS

*Empowering Mothers: Use this handout to learn about and track your prenatal care and labs.*

# URGENT MATERNAL WARNING SIGNS



**IF YOU EXPERIENCE ANY OF THESE WARNING SIGNS, GET MEDICAL CARE IMMEDIATELY.**

- Severe headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts of harming yourself or baby
- Changes in your vision
- Fever of 100.4 F or higher
- Extreme swelling of your hands or face
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing down during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Swelling, redness or pain of your leg
- Overwhelming tiredness

## PRENATAL LABS

### FIRST TRIMESTER LABS:

Blood Type: \_\_\_\_\_

Rh Status: \_\_\_\_\_

Antibodies: \_\_\_\_\_

Syphilis: \_\_\_\_\_

HIV: \_\_\_\_\_

Hepatitis B: \_\_\_\_\_

Hepatitis C: \_\_\_\_\_

Gonorrhea/Chlamydia: \_\_\_\_\_

CBC: \_\_\_\_\_

Hemoglobin A1C: \_\_\_\_\_



### SECOND TRIMESTER LABS:

Quad Screen / Genetic Testing: \_\_\_\_\_

OB Anatomy Scan: \_\_\_\_\_

26-28 weeks:

CBC: \_\_\_\_\_

Syphilis: \_\_\_\_\_

Glucose Screen: \_\_\_\_\_

Other Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### THIRD TRIMESTER LABS:

CBC: \_\_\_\_\_

Gonorrhea/Chlamydia: \_\_\_\_\_

Group Beta Strep: \_\_\_\_\_

Other Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

