



Experience a Pennock Pregnancy

Pennock Health offers a Prenatal Prescription for a Happy and Healthy Pregnancy.

A Pennock Pregnancy offers you peace of mind and expertise with personal, professional, and progressive care you need to achieve a healthy, active pregnancy.

We understand that when you first learn you are pregnant, it's an exciting, demanding, and a little scary. And let's be honest--sometimes it's information overload in knowing exactly what has to be scheduled and when.

We hope this brochure will help to answer some of these initial questions. Of course, our Pennock Family Birthing Team is also here to assist with any additional questions or concerns you may have!

Getting Started, Appointments

You'll see a lot of your healthcare practitioner during your pregnancy – that's why Pennock encourages you to choose someone you like and trust. Most pregnant women have between 10 and 15 prenatal visits.

Normal, healthy patients are usually seen every four to five weeks during the first 28 weeks of pregnancy. From 28 to 36 weeks, your appointments are scheduled every two weeks. After 36 weeks until delivery, you are seen weekly.

*Patients with medical obstetric complications may need to be seen as often as every two weeks during early pregnancy and once or twice a week during the latter part of the pregnancy.

It's A Time of Wonderful Possibilities

Being pregnant is one of the greatest joys in life. At Pennock's Family Birthing Center, our expertly trained doctors and nurses are with you from the beginning to the very end. At every exam and every test, our providers are ready to offer solutions to any questions or concerns you may have.

We not only offer education classes, but also an on-site Health and Wellness Center that can help you with exercise and nutrition so that you are as fit as possible for the demands of child birth.

With so much at your disposal, Pennock provides you with peace of mind. That is what makes a Pennock Pregnancy a joy!

To learn more about our Family Birthing Center or to review our current class schedule, we encourage you to join us online at www.pennockhealth.com/familybirthing.html or by scanning our QR code below with your smart phone.

To receive a free tour of our facilities, call the 269.948.3129.



Pennock Family Birthing

1009 W. Green St., Hastings, MI 49058
Phone: 269.945.3451
www.pennockhealth.com



Family Birthing Center Prenatal Visits

growing healthy babies



1009 W. Green St., Hastings, MI 49058
Phone: 269.945.3451
www.pennockhealth.com

Your First Visit

For your first obstetrical appointment, you will meet with your family doctor or an obstetrician. Your provider will give you information regarding your pregnancy and answer any questions you may have. For example, your provider may discuss common symptoms of pregnancy and ways to minimize discomforts. At this time you will also receive a prescription for prenatal vitamins and have your prenatal laboratory work completed.

Your laboratory work includes blood work, a urine culture, a pap smear, and cultures for gonorrhea and chlamydia testing. The prenatal blood work includes a Blood Type/Rh, Rubella, Blood Count, HIV testing, Syphilis test, Hepatitis B, and a sickle cell screen for African American clients.



Subsequent Visits

Before leaving your first visit, your provider will schedule your subsequent visits. During these additional visits, you may be monitored to hear the baby's heart beat or may be asked to have an ultrasound. These visits will also include a calculation of your baby's gestational age, your weight, and blood pressure.

A Pennock Pregnancy means optimal well-being for you and your baby!

Ultrasounds

During your first visit or during your follow-up visits, your provider may recommend an ultrasound(s). An ultrasound is also known as an echogram or a sonogram. The most common reason for an ultrasound scan is to date your pregnancy, since menstrual dates may be unreliable in up to 40 percent of all pregnant women.

Accurate due dates are extremely important for several reasons. If you should develop complications, the management of your problem is typically dependent on your gestational age. The earlier in pregnancy an ultrasound scan is performed, the more accurate it is for dating.

Ultrasound scans may also be used to detect multiple fetuses, to find types of congenital malformations, to determine the cause of vaginal bleeding, and to detect fetal growth problems. All high-risk patients should be scanned at least once, and sometimes weekly, during their pregnancy.

As a parent, seeing your unborn baby move on the ultrasound screen is very reassuring and starts the bonding process even before birth!

Stay Fit and Feel Good








Your providers at Pennock Health Services believe that exercise during pregnancy is good for you. Staying fit is a key component of our Pennock Prenatal Prescription for a happy and healthy pregnancy.

Once you disclose to your provider all the details of your history and your current pregnancy condition is assessed, ask if your current fitness program is appropriate for your pregnancy, your lifestyle, and your baby. Exercise during pregnancy will help you to improve muscle tone and stamina, which may benefit you in the delivery room.

Pennock Family Birthing, in partnership with Pennock's Health and Wellness Center, offers a Pregnancy Fitness Program. The program offers a blend of fitness opportunities and childbirth preparation by certified personnel and registered nurses. Sharing this time with other expectant mothers makes it a joyful and memorable experience.

If you are having your baby at Pennock Hospital, you will receive a special discounted rate to join our pregnancy fitness program. The cost of the program is only \$20.00 a month and is available while you are pregnant and for 3 months post-partum!

Your Membership Includes:

-  Free basic equipment orientation
-  Unlimited Group Fitness Classes
-  Unlimited Pool Fitness Classes
-  Lap Swim
-  Strength training equipment
-  Free weights
-  Cardiovascular equipment