

Prenatal Care at The Women's Center

Welcome to The Women's Center! Congratulations on your pregnancy. We are pleased you have chosen us to be a partner in your care. Our goal is to work with you and your family to provide the best possible experience during your pregnancy, labor and birth, postpartum care and gynecologic care after your baby is born.

Our Team

Alexandra (Kipp) Bovey, Erinn (Rinn) Mandeville, April Vanderveer, Mary Lou Kopas and Karen Lencke are The Women's Center's Certified Nurse Midwives. We are proud to say that our midwives have attended the majority of births born at Copley Hospital since 1996. We recommend you get to know each of the midwives by rotating visits throughout your pregnancy. Our midwives share a call schedule so any of them may be present for your labor and birth.

Dr. Robin Leight and Dr. Michael Silverberg offer a breadth of experience practicing obstetrics in rural settings. They are devoted to supporting the practice of midwifery, and manage higher risk patients in conjunction with the midwifery team. In addition to obstetrics, they offer a wide range of gynecological care, both medical and surgical.

Emily, Jessamy, Kelly, Jen and Sarah are registered nurses who are available to answer questions related to your pregnancy and postpartum course. Emily is a lactation consultant who offers in-office visits to support breastfeeding/chestfeeding as well as hospital visits to support early breastfeeding/chestfeeding during the week.

Miranda, Kara, Rachael and Hattie are our medical assistants and assist our patients clinically, working with the providers during office visits to gather information and to make sure that needed testing is ordered.

Stephanie, Deidre and Cara are the receptionists and are available to assist you with your business needs, including scheduling appointments and medical records. They will be the one answering the phone when you call the office and will assist you with scheduling any surgery.

Marissa is our Patient Care Advocate and can assist with issues around health insurance, mental health concerns and financial and social resources.

What to Expect

Appointments: Your first two appointments with us will take between 45 to 75 minutes. Subsequent prenatal visits will be scheduled for 30 minutes and will include taking your weight and blood pressure, measuring your uterus, listening to the baby's heartbeat, recommended screening, and discussion of other important issues.

- If you are unable to keep a scheduled appointment, please call our office at **802-888-8100** as soon as you are aware of the conflict so we may reschedule your visit and offer your canceled appointment to another patient.
- Our midwives may need to reschedule your prenatal appointment or you may be seen by one of our nurses when the midwife has a laboring patient at **The Birthing Center**.

Problems in your pregnancy: If you have a non-urgent problem which cannot wait until your next visit, please call between 8 am and 4 pm, Monday through Friday. If you develop a problem that may require an unscheduled office visit, please call in the morning so arrangements can be made to see you in the office during regular office hours.

- Your provider is available 24 hours a day for emergencies
- **If you must have immediate attention** (ex: labor, abnormal bleeding, decreased fetal movement, etc)
 - During working hours, please call the office at **802-888-8100**
 - **After office hours or on weekends**
 - Please call our answering service **877-848-4972**
 - Our provider will call you back within 30 minutes
 - If you have not received a call in this time, please page the service again
 - **DO NOT use the portal to send urgent messages!**

- If you are 20 weeks gestation or more, please call The Birthing Center at **802-888-8304** if you would prefer to speak with a nurse directly

Visit Schedule: If you have a routine pregnancy, you will have follow up prenatal visits every 4 weeks until 28 weeks of pregnancy. From 28 weeks until 36 weeks, we see you every 2 weeks. At 36 weeks, we begin seeing you weekly.

Reporting Test Results: All lab results will be posted to the patient portal. Your provider or a nurse will call you if you have had an abnormal result. Occasionally, a lab value appears abnormal but is normal for pregnancy. Please call the office if you have questions regarding your lab results. Your provider will review all labs with at your next visit.

Copley Birthing Center: The nursing staff of the Birthing Center provides excellent care for you and your family while in labor and until you go home. You may call to schedule a tour or a car seat check at **802-888-8304**.

Comfort Measures: We provide a variety of comfort options in labor including nonpharmacologic methods such as a birthing ball, peanut ball, hydrotherapy (shower and birthing tub), TENS unit and heat packs. We also offer a full range of medication options including IV narcotics, nitrous oxide, and epidural or spinal agents. Some of these methods can be used together.

How to Prepare

Web

When searching the internet for pregnancy information - Be sure your information is credible!

- Please start with the **Prenatal Education** section on our website – link below
 - <https://www.copleyvt.org/medical-services/gynecologyobstetrics/>
- These organizations offer information for pregnancy that is trustworthy:
 - American College of Nurse-Midwives (ACNM), American College of Gynecologists/Obstetricians (ACOG), Center for Disease Control (CDC), Food and Drug Administration (FDA), March of Dimes, Kellymom.com, Evidence-Based Birth, Childbirth Connection

Books

- The Birth Partner and The Complete Book of Pregnancy and Childbirth by Penny Simpkin
- Birthing from Within by Pam England
- Active Childbirth by Janet Balaskas
- Ina May's Guide to Childbirth by Ina May Gaskin
- The Thinking Woman's Guide to a Better Birth by Henci Goecer
- Birth Reborn by Michel Odent
- The Woman's Art of Breastfeeding by La Leche League
- Nursing Mother's Companion by Kathleen Huggins
- The Baby Book and The Vaccine Book by Dr. Sears

Apps

- Free text program provided by the Center for Disease Control (CDC) is called "text4baby" and you can sign up by texting "baby" to 511411
- Pregnancy apps like Ovia or TheBump

Classes: An important part of prenatal care that will enhance your understanding of pregnancy, labor and birth, are childbirth education classes. Classes are taught at Copley Hospital by certified childbirth educators.

We believe that pregnancy and childbirth are healthy, normal life events, and we look forward to working with you toward a safe and fulfilling birth. Sometimes due to certain risk factors that may arise during pregnancy, we may need to co-manage or transfer your care to our maternal fetal medicine specialists at Univeristy of Vermont Medical Center. If this occurs, we will make every effort to have this be a smooth transtion. We are happy that you have chosen to receive your care from The Women's Center. We are confident you have made the right choice for your prenatal care and will work hard to meet you and your family's needs.