

Quality Care

Throughout

Your Pregnancy

In an effort to provide the absolute best care to our patients, **Ocean Health Initiatives, Inc. (OHI)** is pleased to partner with **Jersey Shore University Medical Center, Monmouth Medical Center, Ocean Medical Center** and **Community Medical Center**.

Our program provides hospital-based, OB/GYN physicians (hospitalists) on-site 24 hours a day, 365 days a year. These highly-skilled, Board Certified OB/GYNs provide consistent care to patients in the hospital and emergency care to those arriving in Labor and Delivery.

### Award Winning Medical Record

OHI's Patient Portal allows registered patients to easily:

- access your medical records
- schedule appointments with your OHI provider
- update your health information safely from the comfort of home
- receive communications from OHI regarding your health and wellness

 @ohinj

Find us on 

## Your OHI Health Centers

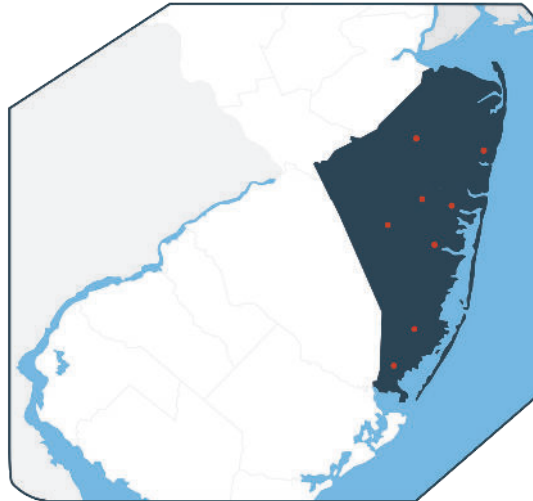
Hours:

Monday, Friday, Saturday 8 a.m. - 4:30 p.m.

Tuesday - Thursday 9 a.m. - 8 p.m.

*\*Subject to seasonal changes*

We can be reached 24/7. For after hours assistance, please call (732) 363-6655



### OB/GYN Locations

1610 Route 88, Suite 204

**Brick**, NJ 08724

101 Second St.

**Lakewood**, NJ 08701

798 Route 539, Building 3

**Little Egg Harbor**, NJ 08087

10 Stockton Rd.

**Toms River**, NJ 08755

### Health Centers

20 Jackson Street, Suite E

**Freehold**, NJ 07728

333 Haywood Rd.

**Manahawkin**, NJ 08050

686 Route 70

**Manchester** (Lakehurst), NJ 08733



Pregnancy and  
Women's Health



Ocean Health Initiatives, Inc.

[www.ohinj.org/women-s-health](http://www.ohinj.org/women-s-health)

For appointments:

**(732) 363-6655**

OHI is a federally funded community health center. A full statement regarding its funding is available at [www.ohinj.org](http://www.ohinj.org)

## OHI's Women's Health Services:

### **Obstetrics:**

Complete Pregnancy Care:

- Pregnancy Testing including referral
- Prenatal Care and Delivery
- Ultrasounds
- Non-Stress Test
- Post-partum Care
- WIC Referrals
- Clinical Staff to assist with lactation and education.

### **Gynecology:**

Comprehensive Women Services:

- Annual Exams
- STD Testing, Treatment and Education
- HPV Testing
- Colposcopy
- Menopausal Education and Treatment
- IUD Placement (*Intrauterine Device*)
- Endometrial Biopsy
- Birth Control

### **Pediatric Prenatal Visits:**

- Meet Your Newborns Pediatrician!
- Tour the department!

### **Dental Visits**

- Preventive dental work while pregnant is essential to avoid oral infections such as gum disease, which has been linked to preterm birth

### **Pharmacy**

- Pharmacy on site for ordered medications

### **Social Work**

- Social Workers available for resources

### **Lab testing on site**

## The Best for You and Your Baby!



Pregnancy is a momentous and exciting time in your life. At OHI we have everything you need to have a healthy pregnancy. You will be treated with compassion from the beginning of your pregnancy through the birth of your child.

If you are considering pregnancy, or are pregnant and unsure of what your first steps should be, talk to your doctor! Your **OHI** Provider will help plan your pregnancy by discussing your health history and how to best take care of yourself and baby through each trimester.

At **OHI**, our staff is on top of the latest medical advances, research and technology to better serve you. Our primary goal is to provide you with the individualized care that you need and deserve. We believe that each person's experience is unique and our care is specialized on **YOU**.

## Taking Care of Mom

### **First Trimester**

Congratulations! You are on your journey towards parenthood.

First Trimester Check-List

- Prenatal Vitamin
- Choosing your OB/GYN
- Book your first OB/GYN appointment
- Make a budget/Look into insurance options
- Exercise and Eat Healthy

Your first doctor visit will include:

- Meeting with WIC
- Dental
- Pediatrics information on labor and delivery
- Meeting with a social worker to assess needs and provide education and resources

### **Second Trimester**

Second Trimester Check-List

- Routine appointments and check ups
- Schedule a level two ultrasound
- Get your Glucose tested!
- Time for a prenatal genetic screening!
- Get Immunizations
- Look into childbirth classes

### **Third Trimester**

Third Trimester Check-List

- Keep track of your baby's movements
- Keep up with your appointments. Learn about third trimester prenatal visits and tests
- Take a tour of where you will be giving birth
- Choose your baby's pediatrician
- Be prepared! Make sure you have your baby gear ready
- Create a birth plan
- Take a breastfeeding class. OHI will order a double electric breast pump if you decide to breastfeed

