

# My Pregnancy Information

## Who can be part of my care team during pregnancy and how can they help?

### Primary Care Provider (PCP)

A PCP is trained in general or family medicine. They can treat many health problems. They also can connect you to other medical help if you need it.

PCPs can take care of pregnant people.

- They can care for you during pregnancy, when you give birth, and after you give birth OR
- They can care for you during pregnancy and connect you with someone to care for you when you give birth, and then care for you again after the birth.

### Obstetrician (OB)

An OB is a doctor trained to care for you during pregnancy and when you give birth.

Some OBs are trained to care for pregnancies that are high risk. They are called maternal-fetal medicine specialists, or perinatologists. People may see this type of OB if they:

- Have had a hard pregnancy in the past
- Are having more than one child
- Have other health issues

### Certified Nurse-Midwife (CNM)

A CNM is a nurse trained to care for people who are pregnant and when they give birth. They may work with an OB if there are health issues during pregnancy.

### Doula

A doula can help pregnant people during their pregnancy and delivery. They also can help when the baby is home after the birth. Doulas can help to make sure giving birth is safe for you. They also can help your care team understand what you want during birth. Doulas do not give medical care, but they know all about pregnancy and birth. They can talk to you about your questions and concerns.

## How often should I see my care team when I am pregnant?

It is best for you to show up to all your prenatal appointments. These are a great time to ask questions about your body, your growing baby, and the birth. Your care team can provide care and support, and answer any questions that you have.

Most people follow this schedule for appointments when pregnant:

- One visit every four weeks during weeks 4 - 28
- One visit every two weeks during weeks 28 - 36
- One visit every week during weeks 36 - 40

Every pregnancy is different, and some people may need more appointments.

Pregnancy and parenting comes with many changes to your body and your life. Talk about these changes and how you feel about them with your care team. Ask your care team about signs and symptoms you may need to be aware of. Call your care team immediately if you experience any of those symptoms. Refer to the next page for a list of warning signs.

