



Phoenix Indian Medical Center
Women's Clinic



Phoenix Indian Medical Center
Pregnancy,
Labor &
Postpartum
Care Guide



Pregnancy



All women's health services are available with PIMC providers, including prenatal care and labor and delivery. Pregnancy causes a lot of changes in your body. Many are normal, but even normal changes can cause worry! Your nurses and providers are here to help.

Normal Changes During Pregnancy

- Breast swelling and tenderness
- Nausea and vomiting ("morning sickness")
- Fatigue, feeling more tired than usual
- Moodiness and mood swings

A Healthy Pregnancy Starts Early

Taking prenatal vitamins, eating a variety of nutritious foods, getting enough rest, coming to your prenatal visits, and knowing what to expect along the way can all help lead to a healthy baby.

- ✗ Don't smoke or use marijuana
- ✗ Don't use drugs or prescription medications unless approved
- ✗ Don't drink alcohol, and avoid caffeine

Common Questions

- ✓ **Is sexual activity ok during pregnancy?**
Yes. Sexual activity is okay during pregnancy – if you feel like it – and if you have not had bleeding.
- ✓ **Is dental care ok while pregnant?**
Yes, dental care is generally safe and recommended during pregnancy. If you have specific questions, just ask!
- ✓ **Can I exercise while I'm pregnant?**
Light to moderate exercise is good for you and baby



Postpartum Care



Care for Baby

Newborn care is provided at PIMC in the Pediatric Clinic (call the Call Center to make baby a chart at PIMC). Once baby is born, call to make an appointment at the Pediatric Clinic at 602-263-1507.

Schedule a WIC Appointment

Women, Infant and Children (WIC) provides free:

- Nutrition and breastfeeding program
- Experts in nutrition for pregnancy, breastfeeding, infants, toddlers, and preschoolers
- Personalized nutrition tips and support for parents and caregivers
- Breastfeeding information, support, and resources
- Referrals to other community resources
- Healthy foods

Call Maricopa WIC at 602-506-9333 to schedule your appointment



@MaricopaWIC

Follow us for recipes, nutrition & breastfeeding info, & more!

Additional Resources

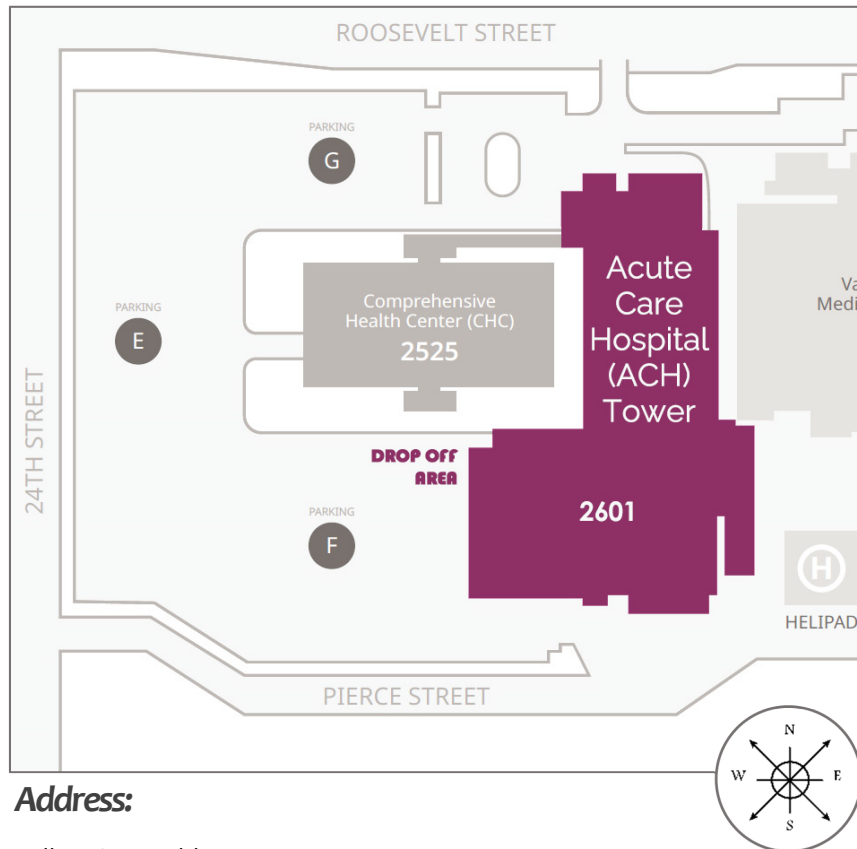
- GoBreastfeeding.org provides 24-hour breastfeeding support by calling 1-800-833-4642
- Postpartum Depression support is available 24/7 by calling 1-833-TLC-MAMA (1-833-852-6262)
- 988 Suicide & Crisis Hotline is available 24/7 for someone to talk to
- Arizona 211: Get connected to local resources in your community throughout the state.



Valleywise Health Campus Map



The Valleywise Health campus is made up of several buildings. In the below map we have highlighted the building where your delivery will occur and where you should be dropped off for care/enter the building.



Address:

Valleywise Health
2601 E. Roosevelt
Phoenix, AZ 85008

Phone:

Valleywise OB Triage Phone: 602-344-0666

Delivery

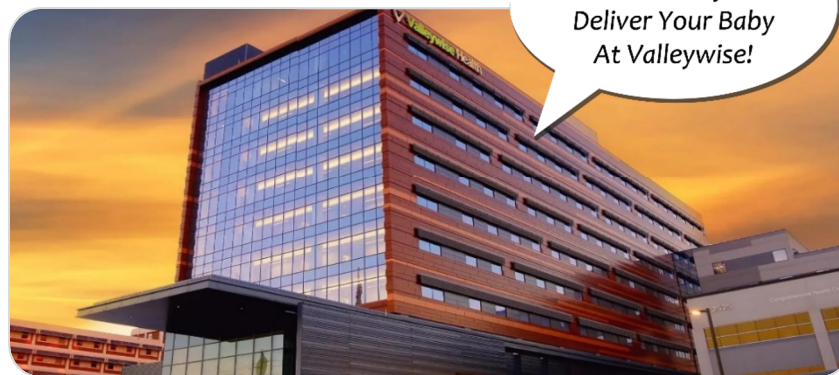


Labor and delivery care take place at the brand-new, state of the art, Valleywise Health Medical Center with PIMC midwives and physicians! Both labor and delivery and the postpartum ward feature large private rooms with spacious views of the valley. The babies room-in with their mom after delivery. In the event of preterm delivery, or health concerns with the baby, there is a state-of-the-art Neonatal Intensive Care Unit (NICU) on site.

Valleywise Health Medical Center

2601 E. Roosevelt
Phoenix, AZ 85008
valleywisehealth.org

Our PIMC
Midwives & Physicians
Deliver Your Baby
At Valleywise!



Costs & Billing

All costs associated with your pregnancy and delivery will be covered by the Phoenix Indian Medical Center regardless of your health insurance and/or health insurance coverage.

- If you have insurance, your insurance will be billed first for services. Then, PIMC will cover any remaining costs, such as copays or deductibles.
- If your insurance is not accepted by Valleywise Health, you may still receive pregnancy and delivery services at Valleywise Health Medical Center, as a PIMC patient. **Our PIMC team will work with you to ensure all costs are covered.**
- If you do not have insurance, please visit or call our Women's Clinic benefit coordinators to review your options. Women's Clinic benefit coordinators can be contacted at (602) 581-6435 and (602) 581-6950.

Delivery



The timing of labor and delivery can be unpredictable, and there's no way to know exactly when things will begin or how long you'll be at the hospital. From early labor starting sooner than expected to unexpected complications that may extend your stay, it's important to be prepared. That's why having a go bag packed in advance is essential—it ensures you have everything you need for comfort, hygiene, and peace of mind, no matter when the moment arrives or how long your stay ends up being.



What to Pack for Delivery

Some items to bring with you to your delivery include the following:

- Photo ID
- Glasses
- Cell phone & chargers
- Warm socks
- Robe or sweater/sweatshirt
- Lip Balm
- Headband or Ponytail holder
- Maternity bras
- Toiletries/personal items
- Loose clothing
- Comfortable going home clothes
- Baby's first outfit for going home

Some items your partner/support person may want to bring with them include:

- Toiletries
- Reusable water bottle
- Laptop or tablet
- PJs or a change of clothes
- Pillow, blanket
- Snacks
- Cell phone & chargers

Emergency Care



Less than 16 Weeks Pregnant

Before you are 16 weeks pregnant, go to the PIMC Emergency Room with any of these symptoms:

- Pelvic pain that does not go away, with or without bleeding
- Vaginal bleeding with or without abdominal or pelvic pain
- Cannot keep fluids down for more than 24 hours
- Fever over 101°F with or without chills
- Injuries and/or falls

More than 16 Weeks Pregnant

At 16 weeks and beyond, go to the Valleywise Health Medical Center OB Triage if you have any of these symptoms:

- Headache that does not get better with Tylenol
- Vaginal bleeding, with or without pain
- Baby is moving much less than usual or there is no movement
- Leaking or gushing of fluid (water breaking)
- Sudden extreme swelling of hands, feet, or face
- Blurry vision or seeing spots
- Fever over 101°F with or without chills
- Injuries and/or falls
- Contractions – more than 4 each hour that get closer together

Questions or Concerns?

Valleywise OB Triage Phone: 602-344-0666

PIMC Women's Clinic (Non-urgent questions): 602-263-1557

