

CONGRATULATIONS!

Pregnancy is a special time and your Open Door Care Team is here for you, every step of the way. We are your partner in helping to create a safe, healthy and happy pregnancy experience.

WHAT TO EXPECT

First Trimester: Weeks 1 - 13

Starting prenatal care early is important. Your prenatal intake visit will "set the stage" for the rest of your pregnancy. Your care team will review your health care history, including surgical history, family history, emotional well-being and obstetrical history and develop a prenatal care plan. You will be scheduled for an initial prenatal visit with a midwife.

Second Trimester: Weeks 14 - 27

Your Midwife will continue to see you and you will be scheduled for an ultrasound appointment. You may participate in our prenatal education groups and will be scheduled for additional WIC, nutrition/dietitian and behavioral health appointments as needed.

Third Trimester: Weeks 28 - Delivery

You will continue to see the Midwife for your prenatal visits, have prenatal labs, receive family planning counseling, discuss your birth plan, and be provided with pre-op and testing information at Phelps if a cesarean section is scheduled. You will choose your baby's pediatrician at Open Door.

Your delivery will be attended by an Open Door Midwife at: Phelps Hospital | Northwell Health at 701 N. Broadway, Sleepy Hollow, NY 10591

Upon arrival at the hospital, you may be directed to the admitting office or be sent directly to the labor and delivery unit.

Prior to your hospital discharge:

- You will be scheduled for your postpartum appointment with a Midwife.
- If C-Section is performed, you'll be scheduled for incision check with a Midwife.
- Call Open Door to schedule your baby's first pediatric appointment.

Postpartum Care

Your Care Team will be ready to provide you with the next support services for you and your baby.

STAY CONNECTED 24/7

If you have questions about your appointments, health, pregnancy or prenatal care, call us at 914-0D-CARES (914-632-2737).

For assistance outside of Open Door's normal business hours, please call the Labor and Delivery Unit at Phelps Hospital at 914-366-3554 to speak with an Open Door Midwife.

PATIENT PORTAL

Our Patient Portal is a personalized tool for managing your health care online anytime, anywhere. It allows you to:

- View lab results
- Request medication refills
- View your medical records
- Request and access referrals
- View appointments

Sign up today by scanning the QR code:



INSURANCE ENROLLMENT & ASSISTANCE

All pregnant women are eligible for medical insurance to cover Prenatal Care. Open Door can help you complete an insurance application and understand your eligibility. Ask your care team for an appointment with a Prenatal Advocate.

At Open Door, no one is denied care because of inability to pay.

Since opening our doors in 1972, we have been committed to serving our community with the highest quality health care.

Affiliated with Phelps Hospital | Northwell Health Family Medicine Residency Program

www.opendoormedical.org



Prenatal Care



YOUR CARE TEAM

Throughout your pregnancy and after delivery, you will work with a team of highly trained, caring professionals who are dedicated to your health and wellbeing. This is your Care Team. For your convenience, we offer most of your pregnancy care under one roof. You are at the center of your care, and your Open Door team is here for you.



CERTIFIED NURSE-MIDWIVES

Open Door's Certified Midwives are advanced practice nurses who specialize in women's reproductive health and childbirth, including comprehensive prenatal care. They work with you, week by week to keep you healthy during pregnancy, labor, delivery, and after your baby is born. They work with you to create a delivery plan that meets your needs.



OB/GYN/MFM/FPR

Obstetrician-Gynecologists are doctors who specialize in women's reproductive health and pregnancy. They perform C-sections, surgical procedures, work closely with Midwives and are available for consultation if there are any complications in pregnancy, and during labor and delivery of your baby. Maternal Fetal Medicine Doctors consult with the Midwives for unusual circumstances or factors which may increase risks in pregnancy. Family Medicine Residents are doctors working with a team of Midwives and Obstetricians specializing in Primary Care, including Obstetrics and Pediatrics.



PRIMARY CARE PROVIDERS

Doctors, Nurse Practitioners, and Physician Assistants practice general medicine. They diagnose and treat illness during pregnancy and provide preventive care to help patients maintain a healthy lifestyle.



PRENATAL PATIENT ADVOCATES

The Prenatal Patient Advocate works closely with your medical team and will guide you providing educational information about how to access services during your pregnancy and postpartum. The Prenatal Advocate will help you with obtaining medical coverage for you and your baby and will ensure you are connected with all the internal and external resources available for you, including WIC and other nutritional and support programs.



BEHAVIORAL HEALTH PROFESSIONALS

Pregnant women experience emotional and hormonal changes during pregnancy, which can often lead to worry and stress. Open Door schedules behavioral health services as part of your routine prenatal and postpartum care to help you better understand and cope with your thoughts, feelings, and behaviors.



REGISTERED DIETITIANS (RDNs)

During pregnancy, RDNs help guide you to understand what to eat during and after pregnancy, and partner with you to develop healthy nutrition plans so that you and your baby get the nutrients you both need. You may also be scheduled to meet with a dietician during your pregnancy, if indicated.



WIC (WOMEN, INFANTS AND CHILDREN)

WIC provides access to free nutrition education, referrals to community and health care programs, breastfeeding support, counseling, and healthy food assistance to those who meet eligibility criteria.



OPEN DOOR
FAMILY MEDICAL CENTER

"A mother's heart is a special place where children always have a home."

