

# COOK COUNTY HEALTH



## Care for Mom & Baby



With You  
Every Step of the Way.

[cookcountyhealth.org](https://www.cookcountyhealth.org)

*Congratulations  
on your pregnancy!*



Your baby is on the way. We know you want your baby's arrival to be safe and healthy. Cook County Health is here for you for the entire journey. Offering you and your baby great care is important to us.

**Our dedicated care team will support you and your baby before, during and after your delivery.**



## SERVICES

The team at Cook County Health is here to guide you through your whole pregnancy, delivery and ongoing follow-up care for you and your baby. Complete patient care is provided at our health centers and John H. Stroger, Jr. Hospital of Cook County including:

### **Cook County Health Centers:**

- Free pregnancy testing
- Prenatal education
- Prenatal care
- Routine pregnancy checkups
- Ultrasounds and advanced testing
- Postpartum follow-up care
- Help choosing a pediatrician
- Newborn care

### **Stroger Hospital:**

- Labor and delivery care
- Breastfeeding support
- Resources for mom and baby
- Postnatal care
- Baby's first photos
- Care package for baby
- Free car seats\*
- A smooth transition to pediatric care
- Housing for moms with babies receiving specialized care
- Home visits

\*You must deliver at Stroger Hospital and meet eligibility. Inventory dependent.

# YOUR CARE TEAM

Cook County Health's diverse care team is reflective of the communities we have served for nearly two centuries and will be here to help throughout your entire pregnancy. They will also help when it's time for your baby to move to pediatric care. Our doctors and nurses are highly trained. Even if you have pregnancy complications, they are specially trained to care for you.

Our team is available around-the-clock. We can answer any questions you or your family may have. We also have bilingual ambassadors and medical care navigators to offer help if needed.

**Your pregnancy may go exactly as planned, or it may not. Either way, Cook County has specialists on-site to ensure you and baby are in safe hands.**



# PRENATAL CARE AT COOK COUNTY HEALTH CENTERS

Healthy children begin with healthy mothers. Your baby already depends on you for care. If you are pregnant, or are going to be, it is important to get regular checkups.



## **During your first prenatal appointment:**

- **You will be asked to answer a few questions about your health and medical history.**
- **Your doctor will do a physical exam.**
- **Lab tests for blood and urine will also be ordered.**
- **You will meet your Women's Health Navigator: To schedule a tour, speak with an ambassador or maternal care navigator, please call 312-864-6591. Someone will be available to take your call between the hours of 8 a.m. and 4 p.m.**
- **Prenatal care packet will be given and Pink Card for easy access to Stroger Hospital parking and entrance will be provided.**
- **Transportation support can also be arranged.**
- **Dental appointment will be scheduled.**

Other appointments will check the health of you and your baby. You and your doctor can talk about any concerns you have. There will be time to talk about nutrition, exercise and sleep. You can also discuss how you feel, and how to prepare for birth and parenting.

## When to See the Provider

**You and your doctor will plan your visits together. Patients often follow this schedule:**

- **4 to 28 weeks: One visit every 4 weeks**
- **28 to 36 weeks: One visit every 2 weeks**
- **36 weeks to delivery: One or more visits per week**



Your care team will be there for you for your entire pregnancy. While pregnant, you may feel common discomfort, including backaches, breast tenderness and fatigue. Frequent urination or heartburn are also common. You will have questions about the way your baby is growing. We will be at your side to give answers, so your pregnancy goes as smoothly as possible.

## LABOR & DELIVERY AT STROGER HOSPITAL

When it is time for your baby to be born, you may be full of emotions. You may also be nervous. The delivery of your baby is a special time. We will make sure you have a calm, comfortable environment.

- **Private suites for delivery**
- **Guest beds in-suite**
- **Flat-screen TVs**
- **Reclining chairs**
- **Lactation consultants available**



Stroger Hospital has private and calming labor and delivery rooms. We want to keep you and your family comfortable. Babies are kept in-room with their mothers. We also have a family room for your visitors.

### **Neonatal Intensive Care Unit (NICU)**

Stroger Hospital is a Level III Regional Perinatal Center. We give the highest level of care to mothers and babies in one place. Our top-trained specialists can handle any issue that may arise. Their skills and training can give parents the peace of mind they deserve.

Housing is provided to moms with babies in NICU. This allows them to be close by while their babies receive treatment.

### **After Your Baby Is Born**

Your doctor and nurses will answer all your questions. Do not hesitate to ask about caring for yourself and your baby.

#### **This includes:**

- **Scheduling your postpartum care doctor visit for you**
- **Scheduling your baby's first doctor visit**
- **One-on-one visits to learn about breastfeeding**
- **Breast pump education**
- **Car seat safety**
- **Baby photos – We offer an optional service to have your baby's first photos taken**





# PEDIATRIC CARE

Our team can help you find a pediatrician for your new son or daughter. Pediatricians have special training to care for the health and well-being of children. They can treat a large range of health issues. As they grow, children need to see their doctor often. They also need to get necessary vaccinations or immunizations (shots).



# WIC PROGRAM

Women, Infants and Children (WIC) is a food assistance program. It is available to pregnant women, new mothers and their children. It promotes health eating for families. WIC offers coupons for healthy foods.

**Options include:**

- **100% fruit juice**
- **Baby food**
- **Canned fish**
- **Cereal**
- **Cheese**
- **Eggs**
- **Fruits**
- **Infant formula**
- **Milk**
- **Peanut butter**
- **Vegetables**
- **Whole grains**



WIC is offered at most Cook County Health Center locations. Low and middle-income families may be eligible if they meet the income requirements. You do not need to be a U.S. citizen. To schedule an appointment to sign up or learn more, call **312-864-6100**. Walk-in appointments may also be available.



# HEALTH COVERAGE

Cook County Health helps those who need health insurance get it. This includes all Medicaid, All Kids and the Health Insurance Marketplace plans.

Call 866-223-2817 to speak with a financial advisor.

# STROGER HOSPITAL PARKING & TRANSPORTATION

All pregnant women receive free valet parking at Stroger Hospital. There is free garage parking available at 1800 West Polk Street with validation. Please inquire at your Cook County Health Center.

If you are a Cook County Health patient and need transportation for prenatal visits and and/or delivery, we can help. Call 312-846-RIDE (7433) to schedule a ride. You can schedule as soon as your appointment is made. Two business days' notice is required.

# IMPORTANT PHONE NUMBERS

**If you are in active labor and need a ride, call 911.**

Patient Support and Appointment Scheduling: 312-864-0200

Hospital Main Number: 312-864-6000

Labor and Delivery at Stroger: 312-864-4200

Transportation: 312-864-RIDE (7433)



# PRENATAL CARE CHECKLIST

## Nurse Visit

### Visit 1 • 6 - 8 weeks

Appointment Date: \_\_\_\_\_

### Visit 2 • 10 - 12 weeks

Appointment Date: \_\_\_\_\_

### Visit 3 • 16 - 18 weeks

Appointment Date: \_\_\_\_\_

### Visit 4 • 24 - 28 weeks

Appointment Date: \_\_\_\_\_

### Visit 5 • 28 weeks

Appointment Date: \_\_\_\_\_

### Visit 6 • 30 weeks

Appointment Date: \_\_\_\_\_

### Visit 7 • 32 weeks

Appointment Date: \_\_\_\_\_

### Visit 8 • 34 weeks

Appointment Date: \_\_\_\_\_

### Visit 9 • 36 weeks

Appointment Date: \_\_\_\_\_

### Visits 10+ (weekly) • 37 weeks – delivery

Appointment Date: \_\_\_\_\_

## Scheduled Induction

Appointment Date: \_\_\_\_\_

## Postpartum Visit

Appointment Date: \_\_\_\_\_

## Newborn Visit

Appointment Date: \_\_\_\_\_

## Discuss

- ☐ Pregnancy testing
- ☐ History and physical
- ☐ Labs
- ☐ Enroll in prenatal or well-woman care
- ☐ Nutrition
- ☐ Review labs
- ☐ Ultrasound
- ☐ Genetic testing labs
- ☐ Nausea and vomiting
- ☐ Breastfeeding
- ☐ Preterm labor signs
- ☐ Anatomy ultrasound
- ☐ Baby movement
- ☐ Breastfeeding
- ☐ One-hour glucose test
- ☐ Preterm labor signs
- ☐ Vaccines
- ☐ Birth control
- ☐ Travel
- ☐ Warning signs and pregnancy-induced high blood pressure
- ☐ Breastfeeding
- ☐ Pediatric care
- ☐ When to call your provider
- ☐ Pain management during labor
- ☐ Postpartum depression
- ☐ Preparing for hospital – when to come in, what to bring, pain management, higher risk deliveries
- ☐ Recognizing labor
- ☐ Post-term management
- ☐ Labor and delivery update
- ☐ *Not applicable to all. Based on medical need.*
- ☐ Breastfeeding
- ☐ Birth control
- ☐ Depression
- ☐ Bleeding
- ☐ Healthy baby

# PACKING A HOSPITAL BAG

Packing your bag for your hospital stay is like packing for a weekend trip, in most cases. It's never too late or early to start thinking about what to pack. During your stay, we will provide: a toothbrush, toothpaste, comb, soap, shampoo, body lotion, towels, socks, a set of baby clothing, a baby wrap (only for use during your hospital stay) and diapers. Here are additional tips on what to bring with you to the hospital:

**Don't forget to bring:**

- |  |  |
|--|--|
| <input type="radio"/> A night gown                   | <input type="radio"/> Cell phone and charger |
| <input type="radio"/> A robe or sweater              | <input type="radio"/> Slippers               |
| <input type="radio"/> Personal items                 | <input type="radio"/> Change of clothes      |
| <input type="radio"/> Eyeglasses                     | <input type="radio"/> Insurance information  |
| <input type="radio"/> A maternity bra – no underwire | <input type="radio"/> Birth plan             |
| <input type="radio"/> Nursing pads                   |  |

## MY PROVIDER:

## NOTES:

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Clinic Stamp

**JOHN H. STROGER, JR. HOSPITAL OF COOK COUNTY**

1969 West Ogden Avenue  
Chicago, IL 60612



**COOK COUNTY  
HEALTH**

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