

## Congratulations on Your Pregnancy!

Welcome to the Women's Healthcare Unit (WHCU) at Perry Memorial Hospital. We are a team of doctors and nurses all dedicated to making your birth experience a warm, comfortable and joyous experience. A wonderful little person is about to enter your life and as an expectant parent you're probably feeling a mixture of anticipation, excitement, and maybe even a little fear.

We believe the more you know about labor and birth the better you will be able to deal with the challenges each may bring. The caring and professional Women's Healthcare staff would like to provide you with all the information and support you need to feel more relaxed and confident in the days prior to, during and following the birth of your child. That is why here at the WHCU we offer you private prenatal classes that cover many of the topics in which you may have questions. If you are experiencing the joys of childbirth for the second time around, we also offer a refresher course. Your pregnancy will be much more enjoyable if you know what to expect and the WHCU staff would love to meet you!

We invite you to call us to schedule a tour of our birthing unit and set up a time for your private prenatal classes. It is best if you schedule this at least 4-8 weeks prior to delivery or around 7 months. You will also need to set up a time about 2-3 weeks before your delivery date to do your preadmission interview. This is a time to get a jumpstart on some of the paperwork that is related to your hospital stay before the day actually arrives for delivery. Most women find that completing this beforehand creates a smoother admission when it is time for the delivery of your baby. We also offer an infant CPR class that can be completed during your delivery stay at the hospital or added to your prenatal class.

In the time leading up to your visit with us, we encourage you to take advantage of the wealth of information that is available to you. In this packet, we have given you a head start in the right direction to not only being an educated new parent, but also an educated healthcare consumer. Please take the time to look at this information. We have also included a few websites that contain a tremendous amount of information that you can discover on your own.

We can't wait to hear from you and look forward to helping you discover the joys of childbirth. Thank you for choosing our healthcare team to assist you in opening this special chapter in your lives!



**Perry Memorial Hospital**

Princeton, Illinois