

WELCOME TO MYRTUE MEDICAL CENTER

Congratulations on your pregnancy! We are thrilled that you have selected Myrtue Medical Center (MMC), along with our maternity providers, nurses, and the Birthing Center, to support and care for you and your family throughout your pregnancy and delivery. Our entire team is committed to providing you the most comprehensive prenatal, delivery, and postpartum care possible, and we will be with you every step of the way over the next nine months.

Your Maternity Provider

Here at MMC, we have our very own OB/GYN along with a Nurse Practitioner who offers obstetric support in the Women's Health Clinic, and three family practice providers who offer maternity services:

Outpatient Specialty Clinic:

- Kelly Anderson, DO, FACOOG, OB/GYN
- Jennifer Bruck, ARNP

Harlan Rural Health Clinic:

- Brian Anderson, DO
- Nathalie Francis, MD, MPH
- Scott Markham, DO

All maternity providers are available for your delivery, day or night. Unlike other medical centers, our providers do not have rotating delivery schedules. Unless an unexpected situation arises, your provider will be present during your delivery.

Appointments

Your prenatal appointments are arranged every four weeks initially until you reach 28 weeks. After that, appointments will occur every two weeks until you reach 36 weeks where you will then be seen weekly until delivery. Your support person is welcome to join you at all your prenatal appointments and ultrasounds, they are highly encouraged to come for the initial ultrasound, anatomy scan at 20 weeks, and the 36-week labor talk.

To schedule an appointment, you may call our scheduling department at 712.755.4516 or by using your MyChart Patient Portal. Within this folder, you will also find a card that includes the numbers of all maternity providers for any concerns that may arise throughout your pregnancy.

Myrtue's Birthing Center

When the special day comes, patients are welcomed into a comfortable and spacious room designed for delivering their baby, fostering an early bond with the newest family member, and to promote healing for mom after delivery. You will more than likely remain in this room from the moment you arrive in labor until you are ready to leave for home with your precious little one. A dedicated team of nurses offer 1:1 support and are prepared to offer family-centered care,

ensuring they are available to assist you with anything you need. They will remember your name and work hard to create a truly personalized birthing experience to help you achieve your birthing goals.

When you reach 28 weeks in pregnancy, you will have the chance to tour the Birthing Center, meet with our in-house Lactation Consultant, have your car seat checked and installed, and receive additional resources to help with your third trimester of pregnancy.

Additional Support + Resources

Medications: It is recommended that mothers take a prenatal vitamin daily, sometimes twice a day depending on the brand of vitamin. Tylenol can be used to relieve headaches, but it is best to avoid other medications until you consult your maternity provider. Within this folder, you will find a list of “Approved Medications.” If you have further questions, please reach out to your nurse or provider. If you are currently taking medication for a pre-existing condition, please notify the doctor’s office promptly to determine if you should continue or stop taking it.

Diet: A healthy, well-balanced diet is recommended during pregnancy. Average weight gain during pregnancy is 25-35 pounds depending upon your pre-pregnancy weight and your BMI.

If you are having problems with nausea and vomiting, try six small meals a day. You can also try eating crackers, tea, Jell-O, peppermint snacks, and juices, and avoid spicy foods.

Exercise / Activity: You may continue your current exercise regimen as long as you do not let your pulse exceed 140 beats per minute and you DO NOT push yourself to exhaustion. As you progress in pregnancy, a low impact exercise is recommended over a high impact one. Avoid getting over heated; this includes avoiding hot tubs and saunas.

You are able to find additional information, support, and resources at myrtuemedical.org under the Birthing Center webpage. You may also ask your maternity provider any questions you may have on any of your lifestyle habits.

Where Life’s Story Begins...

We, here at MMC, are very excited to join you on this journey to parenthood, and we are here for you every step of the way. Please do not hesitate to ask any questions or to call with any concerns, day or night.

Yours truly,

Myrtue’s Birthing Center Team

Brian Anderson, DO

Melissa Schmitz, LPN

Nathalie Francis, MD, MPH

Michele Monson, RNC-OB

Birthing Center Manager

Kelly Anderson, OB/GYN

Amber Greiner, RN

Scott Markham, DO

Alissa Eck, CMA