



Mary's
Center

Prenatal Care Guide





Why is prenatal care important?

Health care during pregnancy is called prenatal care. It helps keep you and your future baby healthy. Your doctor, nurse, or midwife will monitor your future baby's development and do routine testing to help find and prevent possible problems. These regular checkups also help you to learn how to ease with the most common and symptoms of pregnancy and resolve any doubt you can have.

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Mission and Philosophy

At Mary's Center, our healthcare team takes care of pregnant people and their babies. We track health progress through regular check-ups, tests, ultrasounds, and share advice on eating healthy.

We know that being pregnant can be an emotional experience. Our team works to create a strong relationship with pregnant people and their partners. We communicate regularly to help families make confident choices about their care and needs.

Our team provides care that is kind and understanding of different cultures. We pay attention to all aspects of the individual and baby. Our goal is to give families a positive experience for the birth of their child.



Services

- ✓ Regular check-ups, evaluations, and screenings to monitor your health and your baby's health and development.
- ✓ Schedule/Refer
 - Early pregnancy ultrasounds
 - Anatomy ultrasounds
 - Fetal well-being check-ups
- ✓ Help develop a personalized birth plan, so you feel calm and confident about your labor and delivery.
- ✓ Resources and information about
 - Each stage of pregnancy
 - Labor and delivery
 - Lactation
 - Postpartum care and follow-up
 - Proper nutrition and exercise
- ✓ Assessment with Family Support Worker to support with any barrier and/or needs you may face, and to contact with internal or external services such as dental, mental health, nutrition, transportation, domestic violence and other.



Locations and Clinic Hours

Washington, D.C.

Adams Morgan

2333 Ontario Road, NW
Washington, DC 20009

[Sonography Clinic](#)

Petworth

3912 Georgia Avenue, NW
Washington, DC 20011



Fort Totten

100 Gallatin Street, NE
Washington, DC 20010

Maryland

Silver Spring

344 University Blvd, West
Silver Spring, MD 20901

[Sonography Clinic](#)

Adelphi

8908 Riggs Road
Adelphi, MD 20783



Medical & Laboratory Hours DC and Maryland

Monday - Friday: 9:00 am – 5:00 pm
Saturday & Sunday: Closed

Contact Information

We are accepting new patients!

Appointment Line

(844) 796-2797

- ✓ 6:30 am-8:00 pm daily, including weekends and holidays.
- ✓ Request an appointment online through the Patient Portal or Healow App.

For more information:
patient.portal@maryscenter.org

After Hours/Nurse Lines

(202) 745-3123

- ✓ For current Mary's Center participants contacting a nurse.
- ✓ If you are having a behavioral health crisis: ☎ **988**



For emergencies:
call 911



SPEAK-UP & Report Line

(844) 237-8634

Your opinion is important. Share any comments (good or bad) anonymously and confidentially. Report on our website:
maryscenter.ethicspoint.com



Patient Portal

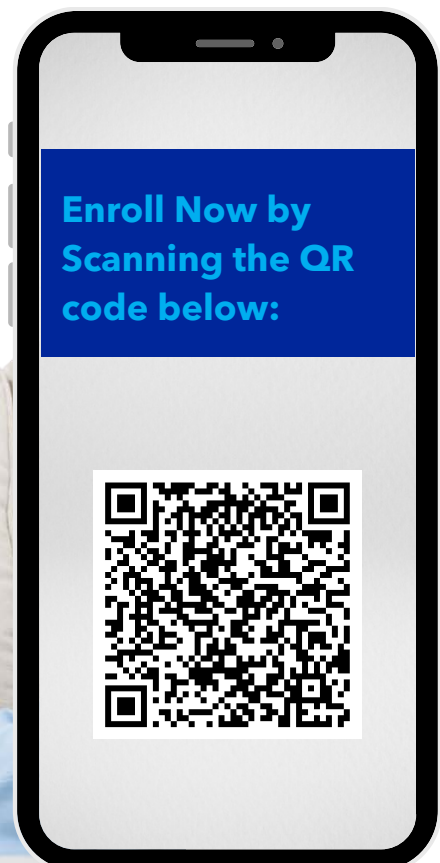
Mary's Center's Patient Portal is a secure, convenient, and easy way to access your health information.

Here's what you can do with our portal:

- Communicate with your provider
- Get reminders
- Manage your appointments
- Access your test results
- View your medications and request refills

Para más información:

patient.portal@maryscenter.org



Insurance and Billing



Mary's Center accepts Medicaid, Medicare, and most Washington, DC and Maryland insurance plans. If you are not sure if we take your insurance, please refer to our website or call us at **(844) 796-2797**.

If you DO NOT have insurance

✓ Mary's Center sees all patients regardless of insurance status. We will help you determine if you can get insurance or any type of coverage.

✓ Washington, DC Residents - If you want more information on pregnancy or postpartum coverage:



202-727-5355



districtdirect.dc.gov/ua/



✓ Maryland Residents - If you want more information on pregnancy or postpartum coverage:



1-855-642-8572



marylandhealthconnection.gov/es



Mary's Center offers a Sliding Fee Scale if you do not have insurance and cannot afford to pay.

Meet the Team

Please visit the [Mary's Center website](#) to see our current team members!

Clinicians

You can receive care from an Obstetrician/Gynecologist, Physician Assistant, Certified Nurse Midwife, Registered Nurse, and/or Behavioral Health Clinician*.

What we do:

- ✓ **Pregnancy/Gynecologic Care**
- ✓ **Perinatal Mental Health Support**
- ✓ **Education and Resources**

Support Staff

You can receive additional support from a Family Support Worker, Perinatal Care Coordinator, and/or Obstetric Care Coordinator*.

What we do:

- ✓ **Social Services and Resources**
- ✓ **Guidance and Education**
- ✓ **Support overall wellbeing**



*on an as needed basis

First Trimester

(0 weeks -13 weeks and 6 days)



Appointments every 4 weeks (once a month)



Ultrasound between 6-9 weeks



Initial labs & bloodwork
Optional Genetic testing



Vaccines: Flu and COVID-19*



Paperwork

- ✓ Proof of Pregnancy for WIC*
- ✓ Letter for Dental Care

Prepare for Delivery

- ✓ Meet with a Family Support Worker to learn about pregnancy assistance programs.
- ✓ If you are assigned a Care Coordinator*, expect a call for additional pregnancy information.



*on an as needed basis

Second Trimester

(14 weeks and 0 days - 27 weeks and 6 days)



Appointments every 4 weeks, then every 2 weeks in the second half of the trimester



Ultrasound around 20 weeks



Labs and bloodwork between 15-20 weeks, again between 24-28 weeks



Vaccines: Tdap, RhoGam injection*, Flu and COVID-19*



Prepare for Delivery

- ✓ Choose the hospital you would like to deliver at.
- ✓ Discuss delivery plans with your healthcare provider.



*on an as needed basis

Third Trimester

(28 weeks and 0 days- 41 weeks and 6 days)



Appointments every 2 weeks, then every 1 week in the second half of the trimester



Ultrasound around 32 weeks



Labs and cultures at 36 weeks



Vaccines: RSV, Flu and COVID-19*



Paperwork

2 week turn-around with clinician signature

- ✓ **Letters for parental work leave (FMLA)**
- ✓ **Letter for D.C. Paid Family Leave***
- ✓ **Short Term Disability Forms***



Prepare for Delivery

- ✓ **Pack a hospital bag with clothes (for you and baby), toiletries, and a breast pump*.**
- ✓ **Bring insurance information and any necessary paperwork.**
- ✓ **Bring a carrier for your baby or install a carseat in your vehicle.**

*on an as needed basis

Hospitals: Labor and Delivery

Our providers work closely with the following hospitals:

Washington, D.C.

Adventist Howard University Hospital

2041 Georgia Avenue, NW
Washington, DC 20060

(202) 865-6100

Medstar Washington Hospital Center

110 Irving Street, NW
Washington, DC 20010

(202) 877-7000

Maryland

Adventist White Oak Medical Center Silver Spring

11890 Healing Way
Silver Spring, MD 20904

(240) 637-4000

University of Maryland Medical Systems Capitol Region (Largo)

901 Harry S. Truman Drive
Largo, MD 20774

(240) 677-1000



Postpartum Period

Care Schedule



1 week post-delivery*



2 weeks post-delivery



6 weeks post-delivery



Vaccines: Flu and COVID-19*



Next Steps



We are here to help! Your care team will offer the following services:

- ✓ Contraception and Reproductive Health
- ✓ Breastfeeding Support
- ✓ Postpartum Recovery
- ✓ Primary Care
- ✓ Pediatric Care (for baby)
- ✓ Cancer Screenings
- ✓ Routine Vaccinations

*on an as needed basis

Breastfeed with confidence!

Learn all the necessary steps to breastfeed your baby with this educational video.



Scan the QR code and watch the video



What will you learn?

- Breastfeeding Tips
- Breastfeeding Advantages and Benefits
- Increase and maintain milk production
- Latching and Positioning





Wishing you a happy and healthy pregnancy!

Thank you for choosing Mary's Center
for your health care services! We hope
you will benefit from this guide and
our expert care team during your
pregnancy.



maryscenter.org