

Pregnancy Navigator

Your personal guide on this amazing journey.

Congratulations, Mom!

You've waited your whole life for this, and we couldn't be more excited to share this journey with you. Your Pregnancy Navigator, a service provided exclusively at Our Lady of Lourdes Women's & Children's Hospital, is with you through all maternity. Moms at every stage - whether it's your first baby or a new addition to your growing family - can benefit from the attention, expertise and knowledge our Pregnancy Navigator provides.

YOUR PREGNANCY NAVIGATOR WILL ASSIST YOU WITH:

- Selecting an OB-GYN or Certified Nurse Midwife
- Personalized facility tour
- Creating a birth plan
- Connecting you with available resources based on your needs
- Education on prenatal testing, prenatal class enrollment and pre-registration
- How and when to select a pediatrician

Meet Your Navigator

Schedule a personal tour of our facility, sign up for free prenatal classes and more by calling **(337) 470-BABY (2229)**.



Visit LourdesRMC.com/expecting to discover more.



Our Lady of Lourdes
WOMEN'S & CHILDREN'S HOSPITAL

Check your GPS!

(Guide to Pregnancy Success)

Pregnancy is a marvelous journey filled with excitement, wonder, discovery and preparation. There's a lot to know, many great destinations along the way, even more to remember and, it seems, just no time to get it all done. Appointments, tests, classes - your Pregnancy Navigator will help you make sense of it all and assist you in creating your very own GPS (Guide to Pregnancy Success)!

Whether it's your first pregnancy or you are welcoming an addition to the family, each journey is special and unique. We provide multiple resources along the way to enhance your experience and help you focus on what's most important, building that special bond that will last a lifetime.

Education, Support & Beyond



Breastfeeding support is available in all our inpatient departments 24/7. Breastfeeding, dietitian and social worker support is available Monday-Friday in our Healthy Moms and Certified Nurse Midwifery clinics for expecting moms and those who already returned home with their little bundle of joy.



Your **Pregnancy Navigator** helps you develop your GPS and stay on course to ensure your pregnancy journey is everything you envision. She also can answer the big questions - and the little ones, too - you've been meaning to ask.



Personalized Tours provide a glimpse at your stay with us. A Registered Nurse will guide you through the Labor & Delivery Suites, Postpartum Suites and other settings in the hospital.



LourdesRMC.com/expecting is your one-stop resource. Get details on the free prenatal classes we provide. Find an Obstetrician or Pediatrician. Pre-register for your stay with us and much more.



Take the first step today on this amazing journey together. Call (337) 470-BABY (2229) to access all the services and amenities we designed just for you. Contact your Pregnancy Navigator, schedule a personalized tour of our facility or sign up for free prenatal classes.



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