

# PRENATAL PATIENT CARE OUTLOOK

Patients are able to start OB visits with Dr. Kelly Anderson as early as five to six weeks, or when they have a positive pregnancy test. Once the pregnancy has been confirmed, patients will begin the following timetable. *Every patient's story is different, this care outlook is just a sample outline.*

## START - 28 WEEKS

- Appointments every four weeks
- First initial ultrasound to confirm pregnancy
- Genetic Testing + labs at 10 weeks
- Anatomy ultrasound scan at 20 weeks

## 28 WEEKS - 36 WEEKS

- Appointments every two weeks
- Gestational Diabetes screening + labs
- Additional growth ultrasound at 28 weeks

## 36 WEEKS - BIRTH

- Appointments every week
- Additional growth ultrasound at 36 weeks

## UNIQUE CARE WITH MYRTUE

- Patients will see Dr. Anderson at every appointment
- Sneak peak looks at baby during every appointment
- All maternity physicians are available for delivery day or night. Unlike other medical centers, our providers do not have rotating delivery schedules. They will oversee your appointments and be present for your delivery.

*Dr. Anderson and her nurse, Amber, see patients in Myrtue's Surgery + Outpatient Specialty Clinic on Monday, Tuesdays, Thursdays, and Fridays.*

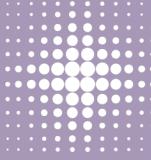
# SCHEDULE A TOUR WITH US!

Schedule a tour today to meet our exceptional nursing staff, explore our birthing suites, and ask questions.

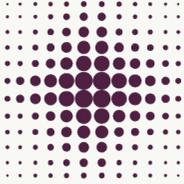
Contact our Birthing Center Manager, Michele Monson, RNC-OB:

- 712.755.4299
- [mmonson@myrtuemedical.org](mailto:mmonson@myrtuemedical.org)



 **MYRTUE**  
Medical Center



 **MYRTUE**  
*Birthing Center*

1213 GARFIELD AVE | HARLAN, IA 51537  
3RD FLOOR SUITE | 712.755.4244  
[MYRTUEMEDICAL.ORG](http://MYRTUEMEDICAL.ORG)

# BIRTHING CENTER

*Where Life's Story Begins!*

# MATERNITY PHYSICIANS



*Brian Anderson, DO*

- Harlan Clinic
- Elk Horn Clinic



*Scott Markham, DO*

- Harlan Clinic

# OB/GYN

*Kelly Anderson, DO, FACOOG*

Dr. Anderson dedicates her time and attention to ensure that all of her patients are well cared for at each prenatal visit and stage of their pregnancy. She is very passionate about teaching and supporting her patients throughout their entire journey.



**SCHEDULE AN APPOINTMENT BY CALLING 712.755.4516**

# BIRTHING CENTER'S SPECIAL FEATURES

- One-on-one individualized care
- Spacious and beautiful birthing suites
- Whirlpool for pain management and therapy
- Caring staff who support and help guide you through your birth plan
- Support options for both medicated and unmedicated births
- Knowledgeable staff and up-to-date equipment
- Your OB provider is with you through every step of your pregnancy, labor, and delivery journey
- Secure and relaxing environment
- Stocked snack bar for support person(s)

# BREASTFEEDING INFORMATION

Patients have the option to receive the services of our Internationally Board Certified Lactation Consultant, Cara Cacy, to assist with breastfeeding questions and to help promote a positive breastfeeding experience. The consultant is available for prenatal and postnatal visits and can be contacted by phone or email at 712.755.4482 and [ccacy@myrtuemedical.org](mailto:ccacy@myrtuemedical.org).



*Cara Cacy, IBCLC*

Internationally Board Certified Lactation Consultant + Car Seat Technician

# CARE FROM BEGINNING TO END

## CHILDBIRTH PREPARATION

There is a lot to learn about pregnancy and labor. Whether you are a first-time parent or adding a new member to your growing family, we offer birthing classes to all patients.

The Childbirth Preparation class offers an overview of what to expect and how to guide yourself through the phases of labor.

2024 CLASS SCHEDULE:  
JAN 20 | MARCH 16 | MAY 11  
JULY 20 | SEPT 14 | NOV 9

## THE PARENT NETWORK

The Parent Network is a community that welcomes all topics related to parenthood and offers support and advice for new and expectant parents. It provides a safe space for parents to connect with others and share their experiences. The group meets once a month in various locations in the Harlan area and offers open-door sessions where parents can discuss a range of topics related to parenthood.

## BIRTHING CENTER WEB-PAGE:

To register for Childbirth Preparation Class, or to see more Birthing Center services, scan here:

