

Speak Up™

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- Never miss a prenatal doctor visit.
- Be sure your OB provider checks your urine for protein.
- Keep a record of your blood pressure so you will know if it changes.
- Count your baby's "kicks." After you eat a meal, lay down. Your baby should move about 10 times in an hour. If you do not feel your baby moving as normal, contact your OB provider.

—TIPS:—

Be aware of the signs of infection

New moms are at risk for infection. Call your OB provider if you experience any of these signs:

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The goal of Speak Up™ is to help patients and their advocates become active in their care.

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