



[www.NFLWC.com](http://www.NFLWC.com)

# OB Patient Packet 3

- *Weeks 29-40* •

# NOW OFFERING:

## Maternal RSV Vaccine

Respiratory Syncytial Virus (RSV) is a common and highly contagious respiratory virus, and it's the number one reason babies are admitted to the hospital after birth.

But there's hope. The FDA has approved the maternal RSV vaccination manufactured by Pfizer, and the vaccine has been endorsed by the Centers for Disease Control and Prevention, the American College of Obstetricians and Gynecologists, and the American Academy of Pediatrics. Called Abrysvo, this vaccine can help protect infants from birth through 6 months of age from RSV.

### **How does it work?**

The vaccine is given to pregnant women who are between 32 0/7 through 36 6/7 weeks gestation. Receiving the vaccine helps your body create RSV antibodies, which are passed to your baby in the womb. Your baby is then born with your antibodies in their system, helping to protect them from RSV after birth.

### **Who is eligible?**

North Florida Women's Care now offers the vaccine to pregnant women between 32 0/7 weeks and 36 6/7 weeks gestation. This will be administered seasonally, from September through January, when RSV infections are at the highest incidence.

If you're interested in receiving this vaccine, ask your provider at your next appointment or call us at 850-877-7241 to schedule an appointment.





## PREPARATION FOR LABOR

North Florida Women's Care providers **only** deliver at the TMH Women's Pavilion.

These are general labor guidelines:

1. You have painful contractions that occur every five minutes, last 45 to 60 seconds and are becoming harder.
2. You experience vaginal bleeding.
3. Your water breaks.
4. You notice a decrease in fetal movement (kick counts are not met).

If you are less than 35 weeks and these occur during our phone hours (M-Th 8 a.m. – 4 p.m., F 8 a.m. – 1 p.m.) please call our office and speak with our triage staff. If you are less than 35 weeks and these occur after hours, please proceed in person to the TMH Women's Pavilion Labor and Delivery Triage.

If you are more than 35 weeks along, there is no need to call us first. If any of the above occur, go directly to TMH Labor and Delivery Triage. Every patient will be assessed by a TMH Family Practice Certified Midwife, who will determine if you are in false labor or ready to be admitted. If you are in labor, the Midwife will update North Florida Women's Care provider who is on call for admission orders.

We prefer to individualize the management of each woman's labor; therefore, we do not *routinely* use episiotomies, general anesthesia or forceps. We will manage pain relief during labor according to your needs and/or desires.

Your spouse or support person is welcome to stay with you throughout your labor and delivery.

We welcome photographs and videotaping during labor. **It is our policy that the birth itself not be photographed or videotaped.** It is very distracting to the physicians and nurses who are responsible for your safety and well-being. We appreciate your cooperation with this policy.

Thank you for choosing North Florida Women's Care to share in the very special time!







# IRON

## for Healthy Blood

Everyone needs iron, especially:

- Pregnant women
- Breastfeeding women
- Women up to age 50
- Babies and children
- Teenagers

### Why is iron important?

Iron is a mineral that helps build healthy blood. If you don't eat enough foods high in iron, your blood could become low in iron. People who have low-iron blood usually are tired a lot and get sick more often. Children who have low-iron blood may not learn as well.

### How do you get enough iron?

You get iron by eating foods high in iron. Choose foods high in iron to include in your meals everyday.

### What foods have iron in them?

#### 🔴 BEST sources of iron

- Liver
- Beef
- Lamb
- Clams
- Shrimp



WIC Cereals and cereals with at least 45% iron per serving

#### 🔴 GOOD sources of iron

- Pork
- Chicken
- Turkey
- Light Tuna (not "white" tuna)
- Beans, Peas, Lentils
- Prunes, Prune Juice
- Potatoes with skin



#### 🔴 FAIR sources of iron

- Eggs
- Tofu
- Spinach
- Green Peas
- Molasses
- Breads
- Rice
- Other Cereals



### What helps your body use the iron in foods?

Eating even a small amount of **meat, fish, chicken, or turkey** will help your body use the iron in other foods. **Vitamin C** helps your body use the iron in grains and vegetables. Eat or drink a food high in vitamin C at the same meal that you eat a good or fair source of iron.

### What foods are high in vitamin C?

**These fruits:** oranges, grapefruit, watermelon, strawberries, cantaloupe, mango, and papaya. Fruit juices such as orange juice and grapefruit juice or fruit juices with 120% or more vitamin C per serving.

**These vegetables:** tomatoes, tomato juice, broccoli, cabbage, and green peppers.

Try adding one of these fruits or vegetables high in **vitamin C** to your meal the next time you eat a **good** or **fair** source of iron. For example, add strawberries to your cereal, or drink orange juice or grapefruit juice with your eggs and toast.

### Why do some children and adults have low-iron blood?

**Children who drink too much milk and do not eat enough foods high in iron can have low-iron blood.** Children 2 to 5 years old should drink about 16 to 24 ounces of 1% lowfat or fat free milk per day.

**Some people have low iron blood because they eat too many foods high in sugar and fat.** They fill up on these foods and do not eat as many foods high in iron. Foods high in sugar and fat such as soda, fruit drinks, candy, and chips have little or no iron in them. Eat less of these foods and choose more foods high in iron.

**Tea, regular coffee, and decaffeinated coffee** can keep your body from using iron. If you drink coffee or tea, drink it in moderation and between meals instead of with meals.

### What about iron drops or pills?

People with low-iron blood sometimes need to take iron drops or pills. Follow your doctor's instructions if you are given iron drops or pills. Make sure you keep eating foods high in iron.

**CAUTION:** Keep iron pills and vitamin pills with iron out of the reach of children. Pills with iron could be **deadly** to children if they ate too many by accident!



★ **COOKING TIP:** To help add iron to your food, use a cast iron pan when you are cooking "acid foods" like tomatoes.

**Ways to increase iron:** \_\_\_\_\_

\_\_\_\_\_



WIC is an equal opportunity provider.



DH 150-94, 8/10

# Car Seats



Car seat safety checks are held at the locations below. A car seat is legally necessary upon discharge from the hospital. It is best to have the seat installed prior to your delivery date.

## Tallahassee Police Department Traffic Unit

850-891-4261

234 East Seventh Avenue, Tallahassee, FL 32303

- ✓ Free installation
- ✓ Free inspection

By appointment only. Scheduled for every Wednesday from 10 – 11 a.m.

## Leon County Sheriff Office Traffic Unit

850-922-3490

2825 Municipal Way, Tallahassee, FL 32304 (off Appleyard Dr.)

- ✓ Safety checks only.

X They walk the family through the installation process but do not install car seats.

Appointments scheduled for Fridays from 8:30 – 10:30 a.m.

## Leon County Emergency Medical Service

850-606-2100

911 Easterwood Drive, Tallahassee 32311

- ✓ Free installation
- ✓ Free inspection

By appointment only.



# Bring to the Hospital

When you arrive at the hospital you will only need to bring in a small bag containing your labor supplies. Please leave all other luggage in the car. These other items can be retrieved after the delivery. Please leave all valuables at home.

## Labor and Delivery Supplies for Mom

- Important phone numbers
- Note paper and pencil
- Photo ID and insurance cards
- Camera and extra batteries
- Playlist of music for labor
- Toothbrush and toothpaste
- Hairbrush, hair clips or hairbands
- Lip moisturizer, Chap Stick
- Socks
- Slippers or comfortable shoes
- Pillows (if you will want more than what is offered)
- Bathing suit top or extra comfort bra for laboring tubs
- Contact lens case and solution, eyeglasses
- Baby book for footprints
- Lotion or powder for massage
- Snacks and drinks (ask your nurse about eating or drinking during and after labor)
- Birth ball and/or other labor aids (the Women's

Pavilion has birthing balls available, please ask the nurse if you are interested)

## Additional items

- Money for parking – parking is \$1.00 per visit. There is no parking attendant so ones are best to have on hand. You may also purchase parking tokens inside the Women's Pavilion.
- Money for vending machines. Vending machines are available when the gift shop is closed. The gift shop may not be able to provide change.

## Mom's Bag

- Nightgowns or pajamas and robe (button down or nursing wear for breastfeeding)
- Underwear
- Nursing bras
- Nursing pads
- Toiletries (shampoo, soap, deodorant)
- Comfortable clothes to wear home
- Breastfeeding pillow
- Slip on shoes (for walking around the room)

## Partner's Bag

- Sleepwear
- Clothes
- Toiletries
- Snacks and drinks
- Photo ID (visitors will need to provide security with ID in exchange for a visitors pass, this includes partners)

## Baby's Bag

- 2 to 3 outfits
- Special outfit for baby's first photo
- Onesies
- 3 receiving blankets
- 1 heavy blanket during winter months
- Newborn hat
- Newborn socks

## Don't Forget the Car Seat

Florida law requires the use of a car seat for all infants. Children should be rear-facing in the back seat from birth to 1 year old. You will need to have the base of your car seat installed before you are ready for discharge from the hospital. Please know how to use your car seat prior to discharge. The Women's Pavilion staff is not responsible for installing your car seat.



## Information for Your Stay

### *Baby's Starter Pack*

The Family Care Unit will provide you with all personal hygiene supplies you will need for your baby during the hospital stay. This will include diapers, wipes, bay wash, etc. Any items you have left in this pack are yours to take home.

For your convenience your baby will be dressed in a hospital issued baby t-shirt. If you would prefer, you can bring your baby's own newborn sized clothing, such as onesies and baby blankets. Don't forget the baby's going home outfit. You will be given a complimentary Sleep Sack swaddle (wearable blanket) upon the baby's discharge from the Women's Pavilion.

We encourage all moms to participate in the TMH Sweet Peas group for access to other community information and resources. If you are not a member but would like to be, please visit [TMH.ORG/SweetPeas](http://TMH.ORG/SweetPeas).

### *Family Care Unit Quiet Time*

1 pm - 3 pm daily

"Quiet Time" is a block of time that new parents can bond with their newborn or just take a nap. The Family Care Unit nurses will try not to disturb you unless it is absolutely necessary for prescribed care. Delivering and learning about a new baby can be very tiring for new parents. This uninterrupted time helps with your rest and recovery. Please encourage your visitors to visit before 1 pm or after 3 pm.

In order to respect this bonding and rest time for our new moms, please limit visitors to the father or one support person during this time.





# SKIN-TO-SKIN CONTACT



TALLAHASSEE  
MEMORIAL  
HEALTHCARE

TALLAHASSEE MEMORIAL **Women's Pavilion**

## BENEFITS FOR BABY

- \* Reduces crying and agitation: Your baby's cortisol (stress hormone) is measurably lower after 20 minutes of skin to skin
- \* Accelerates brain development by helping your baby to spend more time in "quiet sleep," which has shown to enhance organization patterns in the brain, as well as decrease baby's stress response
- \* Touch is a powerful sense! Your baby will hear your heart rate, recognize your smell and feel safe
- \* Helps regulate and maintain your baby's temperature
- \* Encourages your baby to latch on and breastfeed
- \* Improves quality of sleep

## COMMON MISCONCEPTIONS:

- The only benefit is bonding
- Swaddling a baby is better for the baby and calms them down more so than skin-to-skin
- It is only for moms that are breastfeeding
- Only the baby benefits

## Your baby's first encounter!

### BENEFITS FOR PARENTS

#### for **MOM**

- Reduces risk of postpartum depression
- Boosts your milk production
- Releases oxytocin in your body, which in return, helps with pain tolerance, reduces both your blood pressure and cortisol (stress hormone) levels
- Helps you develop a special bond with your baby

#### for **DAD**

- Helps calm your nerves
- Helps you develop a special bond with your baby
- Helps you learn your baby's cues, such as when he/she is hungry or tired

#### SOURCES:

<http://www.kangaroomothercare.com/fathers-skin-to-skin.aspx>,  
[http://www.nbc.ca/index.php?option=com\\_content&id=82:the-importance-of-skin-to-skin-contact-&Itemid=17](http://www.nbc.ca/index.php?option=com_content&id=82:the-importance-of-skin-to-skin-contact-&Itemid=17)  
<http://nuroobaby.com/skin-to-skin/>

# Childbirth Educators of Tallahassee



## Are you getting ready for baby?

- ✓ Talk about baby names...
- ✓ Gather your baby supplies...
- ✓ Nap, nap, and nap some more...
- ✓ Register for Childbirth Education Classes!



## What will I gain from attending classes?



- Learn what to expect at the end of your pregnancy.
- Understand the process of birth.
- Explore tools that might make you more comfortable during labor.
- Try various comfort measures with guidance from our educator.
- Learn about your pain medication options.
- Meet other expecting parents.
- Connect as a family!

**Limited Space - Register Early**

## FAQs

**When are classes offered?** We offer a 4 session series (typically on Tuesdays and Thursdays, OR a weekend 2-day intensive (Friday evening and Saturday).

**How much do classes cost?** Class fee is \$120 and includes expecting mom and one partner. The fee includes the course materials, a workbook, free code to corresponding mobile device app, as well as a hospital tour.

**Where are classes held?** During COVID-19 we offer live online classes! Normally, we teach in the North Florida Women's Care lobby. NFLWC partners with us to offer excellent classes taught by certified educators accredited by Lamaze International.

**When should I register?** Register between 20-28 weeks to ensure you can get into a class that fits your schedule before baby arrives. Plan to complete classes before 36-37 weeks when possible.



[www.tallychildbirthclass.com](http://www.tallychildbirthclass.com)

# Benefits of Breastfeeding



While many people are aware that breastfeeding provides greater immunity for children against a variety of illnesses and infections (such as haemophilus influenzae meningitis, asthma and other respiratory illnesses, diarrheal disease, ear infections, bacteremia, botulism, urinary tract infections, and necrotizing enterocolitis), there are numerous other benefits for children, women and families.

## Children could benefit from:

- Higher IQ scores and better school performance from increased cognitive development.
- Decreased risk of obesity later in life
- Reduced risk of sudden death syndrome (crib death), childhood cancers, juvenile onset diabetes, ulcerative colitis, Hodgkin's disease and other chronic digestive diseases.
- Decreased incidence and severity of allergies.
- Visual, motor and oral development.

## Women could benefit from:

- Reduced risk of breast, ovarian and uterine cancer, as well as osteoporosis.
- Faster childbirth recovery due to decreased postpartum bleeding, increased uterine involution, less postpartum depression, and faster return to pre-pregnancy weight.

## Families might enjoy:

- Increased mother-child bonding.
- Economic benefits from *potentially* less money lost to medical care, formula, absenteeism from work (due to child illness). A family could potentially save \$1,000 - \$3,000 per year.

## Society could benefit from:

- Reduced waste of natural resources and water.
- Decreased garbage and pollution.

Since breastfed children are often healthier, society could also benefit from:

- More productive workplaces.
- Decreased tax dollars spent to subsidize dairy farming, free formula and healthcare programs.
- Reduced health insurance premiums.
- Decreased social costs of morbidity and mortality.



# Making More Milk: “Getting A Good Start From Day One”



## Hands Expression

1. Sit up and lean forward.
2. Gentle massage.
3. Form a “C” with fingers (about 1 inch from the areola).
4. PRESS BACK; COMPRESS; RELAX
5. Alternate from left to right, etc.
6. Collect in spoon or vial.
7. Hand express before or after a feeding and give baby extra.

## Breastfeeding

1. Sit up straight.
2. Begin with hand massage.
3. Hand express (start milk flowing; soften the breast; encourage the baby)
4. Remove blankets to allow for skin-to-skin contact.
5. Position baby nose to nipple.
6. Shape the breast for the baby.
7. Relax hold once baby is sucking well.

## Hands-on Pumping

1. Massage both breasts.
2. Double pump. Use the correct size flange.
3. Massage breasts while pumping back and forth with each breast.
4. Stop pumping and repeat massage.
5. Single pump or hand express.
6. Alternate from left to right, etc.
7. Be sure to massage outside dense areas of fullness until soft.

These techniques are “phoning in the order” to help establish long-term milk making. Frequent and complete emptying of the breast lays the foundation for future milk production. Using the combination of techniques—hand expression, breastfeeding, and hands-on pumping—helps effectively do this.

***Making Enough Milk, The Key to Successful Breastfeeding - Planning for Day One***  
***Jane Moreton, M.D.***



# LOCAL BREASTFEEDING RESOURCES

## **North Florida Women's Care:** 850-877-7241

Classes offered the third Wednesday of each month from 6 to 8 p.m. for NFLWC patients. Taught by International Board Certified Lactation Consultant Libbie Stroud, LPN, IBCLC. To register or to confirm insurance coverage, call North Florida Women's Care or email [breastfeeding@nflwc.com](mailto:breastfeeding@nflwc.com). Registration includes expectant mother plus one guest.

## **Tallahassee Memorial HealthCare Lactation Services:** 850-431-0468


**Women's Pavilion:** Postpartum inpatient breastfeeding support offered by an IBCLC, Certified Lactation Consultant (CLC) and/or every specialty trained Family Care nurse. For lactation needs after discharge, call 850-431-0468 for follow-up via phone, telemedicine or office visit.

**Milk With Mommy Breastfeeding Support Group:** 850-431-4928. Free, Wednesdays at 10:30 a.m. at the Family Care Unit inside the A. D. Brickler Women's Pavilion. IBCLC present. Welcomes pregnant and breastfeeding moms and partner/supporter and babies. No appointment necessary. Park in the P5 garage. Use main entrance. Security will check you in and provide directions to the classroom. Requires photo ID for security.

**Prenatal Breastfeeding Class:** 850-431-4915. \$30 for mom and supporter. Free with Capital Health Plan.

## **Tallahassee Lactation Care (TLC):** 850-764-5517 (call or text) [tallylactation.com](http://tallylactation.com)

This is a private lactation consulting business. Provides in-office, in-home, or over-the-phone breastfeeding help from an IBCLC for a fee. Affordable prenatal breastfeeding class for pregnant women and their partners/supporters. Classes are the last Wednesday of every month from 6:30-8:30 p.m. Weekly free support group every Monday (except holidays) from noon-1 p.m.

A woman with dark hair tied back, wearing a white lab coat, is shown from the chest up, looking down at a baby she is holding. The baby is wrapped in a white blanket with a colorful pattern. The background is softly blurred, suggesting an indoor setting like a clinic or office.

**Russell Homan, MD, IBCLC** (International Board Certified Lactation Consultant)  
Canopy Pediatrics, 850-701-9652. Can address issues such as “tongue tie,” mastitis, thrush, latching and other breastfeeding-related concerns.

**Life with Baby: Tallahassee Doula Services and Lactation Support**

(Carolyn Reierstad, IBCLC, Doula)

[Carolyn@lifewithbabytallahassee.com](mailto:Carolyn@lifewithbabytallahassee.com)

Specializes in breastfeeding twins, but serves all moms and provides post-partum Doula services.

**Little Lactation Lady** (Tiffany Morris, IBCLC)

[LittleLactationLady.org](http://LittleLactationLady.org)

Offering in-home, in-office, and virtual lactation care to Perry, Madison, Live Oak and other surrounding counties.

**Tupelo Lactation Services** (Ashley Morgan, IBCLC)

[TupeloLactation.com](http://TupeloLactation.com)

Offering in-home and virtual lactation visits for Tallahassee and South Georgia.

**Nurture Love Grow** (Libbie Stroud, LPN, IBCLC)

[NurtureLoveGrow.com](http://NurtureLoveGrow.com)

Offering in-home and virtual lactation visits for Wakulla, Franklin, Gadsden, Liberty and Leon Counties. Free breastfeeding support group every Tuesday, 6:15 - 7:15 p.m.

**Health and Lactation** (Laura Dearman, IBCLC)

[healthandlactation.com](http://healthandlactation.com)

Offering lactation and infant feeding care and support in Tallahassee and telehealth visits worldwide, including a free support group at 1 p.m. every Wednesday at GentleHands Playspace, located at 6615 Mahan Dr. Suite 102, Tallahassee.



**Lactation Uncovered, LLC** (Amy Fritsch, RN, IBCLC, CLC)

[lactationuncovered.com](http://lactationuncovered.com)

Offering one-on-one lactation visits, group support and resources in Tallahassee. Visit the website for more information.

**Bold Birth:** (Leslee Boldman CD, CLC)

[Leslee@BoldBirth.org](mailto:Leslee@BoldBirth.org)

Bold Birth offers private prenatal breastfeeding education and in-home consultations. To book lactation support, please email.

**La Leche League of Tallahassee:**

[www.lllflorida.com/tallahassee](http://www.lllflorida.com/tallahassee)

Virtual meeting calendar available on website.

**Supplemental Nutrition Program for Women, Infants and Children (WIC):**

**Gadsden County:** 850-875-7200, ext. 2

Prenatal and postpartum individual breastfeeding education and support with CLCs and breastfeeding peer counselors.

- **Prenatal Breastfeeding Classes:** 9 a.m., Wednesdays at second prenatal appointment. Partner/supporter welcome.
- **Postpartum Breastfeeding Classes:** 9 a.m., Fridays at first postpartum appointment. Partner/supporter welcome.

**Leon County:** 850-606-8300

Serves Leon, Wakulla, Franklin, Taylor, Madison and Jefferson Counties. Prenatal and postpartum breastfeeding support provided by CLCs, breastfeeding peer counselors, and nutritionists.

- **Breastfeeding Support Groups:** Women, their babies, and their partners/supporters are welcome. Women not on WIC are welcome.

**Tallahassee:**

Southside Clinic in WIC office: 872 West Orange Ave., Mondays from 10-11 a.m.

Roberts and Stevens Clinic classroom: 1515 Old Bainbridge Rd., Tuesdays from 10-11 a.m.

**Monticello:** Jefferson County Health Dept: 1225 West Washington St., Mondays at 10 a.m.

**Madison:** Madison County Health Dept: 218 Southwest 3rd Ave, Thursdays at 10 a.m.

**Perry:** Taylor County Health Dept: 1215 Peacock Ave., Tuesdays at 10 a.m.



**Capital Area Healthy Start Coalition:** 850-488-0288

<https://capitalareahealthystart.org/>

**Prenatally:** They provide education to all pregnant women on the benefits of breastfeeding as well as one-on-one trainings on how to breastfeed. This includes latching, positioning, feeding cues, how to tell if baby is getting enough to eat, storing pumped milk, how their families can support them, and other pertinent topics. They use handouts, guides, videos and visual aids (baby dolls, breast models, etc.).

**After baby is born:** They provide in-home, face-to-face support and education to moms. This includes answering questions, supporting and encouraging moms, and troubleshooting breastfeeding problems. If the problem looks like it's a medical issue or something beyond the coordinator's expertise, they refer the mom to other local resources (such as an OB, WIC, an IBCLC, etc.).

## Websites

**Stanford University Breastfeeding resources:**

[www.newborns.stanford.edu/breastfeeding](http://www.newborns.stanford.edu/breastfeeding)

**U.S. Department of Health and Human Services, Office on Women's Health:**

[www.womenshealth.gov/breastfeeding/](http://www.womenshealth.gov/breastfeeding/)

A database of all medications that you can search to see if they are safe:

[www.lactmed.com](http://www.lactmed.com)

This site is a wonderful resource with a variety of topics including, but not limited to breastfeeding:

[www.kellymom.com](http://www.kellymom.com)



# BIRTH CONTROL—

## *A short guide to exploring your many options*

*Because there are many options, please see your healthcare professional to discuss which birth control method is appropriate or right for you.*

HORMONAL

NONHORMONAL

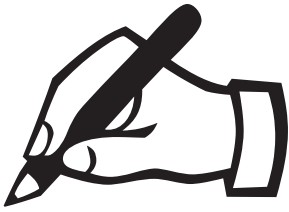
Birth Control	How to Use	Prescription Needed	Protects Against STDs
Monthly oral contraceptive (the Pill) 	Take 1 pill every day as directed	Yes	No
Extended-regimen oral contraceptive 	Take 1 pill every day for 3 months as directed	Yes	No
Patch 	Apply to skin and change weekly	Yes	No
Vaginal ring (hormonal) 	Insert monthly and leave in place for 21 days	Yes	No
Injection 	Get injections every 3 months	Yes. Injections given in healthcare professional's office or clinic	No
Hormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to 5 years	Yes. IUC inserted in healthcare professional's office or clinic	No
Implantable hormonal contraceptive 	Implanted under the skin of the arm and can remain for up to 3 years	Yes. Implanted in healthcare professional's office or clinic	No
Spermicide 	Apply every time before sex	No	No
Diaphragm 	Insert every time before sex. Keep in place for 6 hours after sex	Yes	No
Contraceptive sponge 	Insert vaginally. Effective for 24 hours. Keep in place for 6 hours after sex	No	No
Cervical cap 	Insert every time before sex. Keep in place for 6 hours after sex	Yes	No
Female condom 	Insert every time before sex	No	Yes
Male condom 	Partner must wear every time during sex	No	Yes (latex or synthetic only)
Nonhormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to 10 years	Yes. IUC inserted in healthcare professional's office or clinic	No
Female sterilization ("tubes tied") or male sterilization (vasectomy) 	No action required after surgery	No. Performed surgically	No

## EMERGENCY CONTRACEPTION

*When your birth control fails, there's something you can do.*

Please see reverse for more information about Plan B One-Step™.

Notes...



A series of horizontal lines for writing, consisting of 25 evenly spaced lines that span the width of the page.



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