Preconception/Prenatal Information

Preconception/Prenatal information links:
- http://www.cdc.gov/ncbddd/pregnancy_gateway/during.html
- http://www.marchofdimes.com

Reproductive Health and the Environment:
- http://www.arhp.org/topics/enviro-repro-health

To help ensure a healthy pregnancy, arrange prenatal care with an OB provider. First appointments are usually scheduled at 8 – 10 weeks after your last menstrual period. Contact the provider of your choice when pregnancy is confirmed.

Mount Nittany Physician’s Group
Dept. of OB/GYN
1850 East Park Avenue
Suite 301
State College, PA 16803
814-237-3470

Geisinger Medical Group
Grayswoods
132 Abigail Lane
Port Matilda, PA 16870
814-234-5021

Robert E. Szabo, MD
251 Easterly Parkway
State College, PA 16801
814-272-5511

To find a participating provider with Aetna, go to http://www.aetna.com/docfind/custom/studenthealth/index.html

DANGER SIGNS OF PREGNANCY COMPLICATIONS

While most pregnancies are uncomplicated be aware of the following and respond accordingly.

Possible Ectopic (Tubal) Pregnancy
(These symptoms may occur near the sixth week of pregnancy.)
- Sudden intense pain, or persistent pain or cramping in the lower abdomen, usually localized to one side or the other.
- Irregular vaginal bleeding or spotting with pelvic pain when your period is late, after an unusually light period, or after a positive pregnancy test.
- Fainting or dizziness lasting more than a few seconds.

Possible Miscarriage
- Your last period was late, and bleeding is now heavy, possibly with clots or clumps of tissue; cramping is more severe than usual.
- Your period is prolonged and heavy 5-7 heavy days.
- You have low abdominal pain and fever.
- You have fluid leaking from the vagina or unusual vaginal discharge and odor.
- You have low abdominal pain with back pain.
- You have pain with urination, are urinating more frequently and have a strong urge to urinate, then cannot initiate urination.

Contact your health care provider immediately or go to a hospital emergency room if you develop any of these danger signs of pregnancy complications.
Additional Local Services

Nutrition

University Health Services
201-G Student Health Center
University Park, PA 16802
814-863-7414

Clinic offers appointments to review individual concerns and help in developing diet plans.

WIC

A federally funded food supplement and information program for Women, Infants and Children
814-234-8621

Childbirth Education Association

An organization promoting education on choices in childbirth and parenting
814-237-4232  http://www.ceaofstatecollege.org/

La Leche League

An international organization that promotes breast feeding  LLLStateCollege@gmail.com

Child Development & Family Council of Centre County

Provides child care for infants through school age children.
814-238-5480

Student Parent Child Care Subsidy Program

PSU’s Office of Human Resources offers a child subsidy program for qualifying low-income undergraduate student parents enrolled in a degreed program at all 24-PSU locations. Funding for graduate student families is available at the University Park campus location.
www.childcaresubsidy.psu.edu