

# www.NFLWC.com

# OB Patient Packet 3 Weeks 29-40

January 2024

# **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 March, 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.

# How to Record Kick Counts (28-40 weeks)

- Count fetal movement as least once per day.
- Try to count around the same time daily, within 1-2 hours after a meal. Early evening, after dinner is a good time.

# How to count the kicks:

- 1. Lie on your left side while counting.
- 2. Mark down your start time on the chart below.
- 3. Count ANY movement: kicks, rolls or "swishes."
- 4. Keep counting until you have counted 10 movements.
- 5. Ideally, you should feel 10 movements within two hours.
- 6. Mark the finish time and calculate the total time (in minutes) that it took to record 10 movements.
- 7. Call your doctor if: you don't feel your baby move all day, it takes progressively longer from day to day to reach 10 movements, or if it ever takes more than two hours to reach your 10 movement



Date/week	Start time	End time	Minutes to reach 10 kicks

# 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** PEAS **Prunes, Prune Juice** Potatoes with skin Beans FAIR sources of 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 <u>between</u> meals instead of <u>with</u> 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.



# **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.

# my hospital bag

# CHECKLIST

When you arrive at our Women's Pavilion for your delivery you will only need a small bag containing your labor supplies. Please leave all other luggage in the car. Your support person can bring in any other items after your delivery. Please leave all valuables at home.

# Labor and Delivery Items

- Photo ID and insurance cards
- □ Important phone numbers
- □ Note paper and pencil
- □ Your choice of music to labor with
- Toothbrush and toothpaste
- □ Hairbrush, hair clips or hairbands
- Lip balm
- Socks
- □ Slippers or comfortable shoes
- Pillows (if you will want more than the one or two we provide)
- Bathing suit top or extra comfortable bra for laboring tubs
- Contact lens case and solution or eyeglasses
- Baby book for footprints
- Lotion or powder for massage
- Snack and drinks (ask your nurse about eating or drinking during and after labor)
- Birth ball and/or other labor aids
   (Our Women's Pavilion has birthing balls available. Please ask the nurse if you are interested.)

# Don't Forget

□ Money for Parking

Parking is \$1.00 per visit. There is no parking attendant so single dollar bills are best to have on hand. You may also purchase parking tokens inside our Women's Pavilion.

### □ Car Seat

Florida law requires you to use a rear-facing car seat for all infants. The car seat base should be properly installed before baby is discharged from our hospital. Be certain to review all car seat instructions prior to your stay. The hospital staff is not responsible for installation.

# Mom's Bag

- Breastfeeding pillow
- □ Comfortable shoes to wear home
- Nightgowns or PJs and robe (button down or nursing wear for breastfeeding)
- Nursing bras
- Nursing pads
- Toiletries (shampoo, soap, deodorant)
- □ Slip-on shoes (for walking around the room)
- □ 1 heavy blanket during winter months

# Partner's Bag

- Photo ID (all visitors, including partners, must provide security with an ID in exchange for a visitor pass)
- Clothes
- Toiletries (shampoo, soap, deodorant)
- □ Sleepwear
- Snacks and drinks

# **Baby's Bag**

- Newborn hat
- Newborn socks
- Onesies
- Special outfit for baby's first photo
- □ 2-3 outfits
- □ 3 receiving blankets



Continued on next page





# TMH PREGNANCY & PARENTING CLUB

# Exclusive Savings For You and Your Family!

Join Tallahassee Memorial's premier pregnancy and parenting club to access our monthly newsletter filled with exclusive news, tips, resources and discounts curated for new and growing families in and around Leon County.

# Sweet Peas Partners Exclusive Offers Include:

- Child Care
- Parties, Picnics and Pastries
- Photography
- Premier Health and Fitness
- Retail
- Youth Sports and Water Safety

Register at TMH.ORC/SweetPeas or scan the QR code below with your smartphone.







# SKIN-TO-SKIN CONTACT



### 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.nbci.ca/index.php?option=com\_content&id=82 :the=importantance-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

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.

# FAQs

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 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.



CERTIFIED CHILDBIRTH EDUCATOR LCCE

# 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 Monday of each month from 6 to 8 p.m. for NFLWC patients. Private sessions also available. 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 <u>breastfeeding@nflwc.com</u>. Registration includes expectant mother plus one guest.

**La Belle Breastfeeding Boutique:** Located in the Family Care Unit of the Women's Pavilion, La Belle Breastfeeding Boutique is your one-stop-shop for breastfeeding-related items, including breast pumps for Capital Health Plan members. Visit <u>TMH.ORG/LaBelle</u> to learn more.

**TMH Lactation Services:** TMH offers postpartum inpatient and outpatient breastfeeding support from certified lactation consultants. Call 850-431-0468 Monday through Friday from 9 a.m. - 3 p.m. to make an in-person or virtual appointment.

**Breastfeeding Support Group:** This weekly group, led by a TMH lactation consultant, allows you to socialize with other breastfeeding moms, weigh and breastfeed your baby. Visit TMH.ORG/BreastfeedingSupportGroup for details.

**Prenatal Breastfeeding Class:** \$30 per couple. Free for Capital Health Plan members. Visit TMH.ORG/Classes to register.

**Tallahassee Lactation Care (TLC):** 850–764–5517 (call or text) <u>tallylactation.com</u>

This is a private lactation consulting business. Provides in-office, in-home, or over-thephone 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. **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) <u>Carolynelifewithbabytallahassee.com</u> Specializes in breastfeeding twins, but serves all moms and provides post-partum Doula services.

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

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

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

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

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

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)

l<u>actationuncovered.com</u>

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

**Bold Birth:** (Leslee Boldman CD, CLC) <u>Leslee@BoldBirth.org</u> Bold Birth offers private prenatal breastfeeding education and in-home consultations. To book lactation support, please email.

### La Leche League of Tallahassee:

<u>www.lllflorida.com/tallahassee</u> 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

Standford University Breastfeeding resources: www.newborns.stanford.edu/breastfeeding

U.S. Department of Health and Human Services, Office on Women's Health: <a href="http://www.womenshealth.gov/breastfeeding/">www.womenshealth.gov/breastfeeding/</a>

A database of all medications that you can search to see if they are safe: <u>www.lactmed.com</u>

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



# HOW TO ORDER YOUR INSURANCE-COVERED BREAST PUMP:

**Capital Health Plan (CHP):** Breast pumps are distributed from TMH's Alexander D. Brickler Women's Pavilion. To receive your pump before the birth of your child, call Sherry at 850–431–4920. Otherwise, a nurse will coordinate delivery of your pump to your room in the Family Care Unit. Select from the following pumps:

- Spectra S9 Plus = Fully covered by CHP\*
- Spectra S1 = \$60 upcharge\*
- Spectra Synergy Gold = \$175 upcharge\*

\*Plans with a copay may be responsible for 25% of the cost.

**Sunshine Health:** Order your breast pump through Sunshine Health's preferred provider, Coastal Care, by calling 855-481-0505. Email breastfeeding@nflwc.com before ordering your pump so we can fax your prescription to Coastal Care.

**All Other Insurance Carriers:** Qualify for your breast pump through a durable medical equipment (DME) provider of your choice. The most common DME providers are Aeroflowbreastpumps.com, Edgeparkbreastpumps.com, and lactationnetwork.com. After you qualify, the DME provider will request a completed prescription form from North Florida Women's Care. Once the prescription is received, the DME provider will ship your breast pump to you.

# 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.

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

# HORMONAL

NONHORMONAL



EMERGENCY CONTRACEPTION When your birth control fails, there's something you can do. Please see reverse for more information about Plan B One-Step<sup>M</sup>.





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