

Your Primary Care Provider is a member of the Red Deer Primary Care Network (RDPCN). A variety of health care professionals work for the RDPCN and provide health promotion, education and support to patients receiving care from local family doctors.

The RDPCN Pregnancy & Babies Registered Nurses work along with family Primary Care Provider to provide information, support and referrals for families who are planning a pregnancy, expecting a baby, or parenting a baby.

**Pregnancy and Babies Nurses are here to support you.
Call 403-314-3297 to make an appointment if you have questions about:**

- Managing nausea & vomiting in pregnancy
- Food safety and healthy eating
- Importance of dental health in pregnancy
- Routine tests/procedures i.e. genetic tests, blood work, ultrasounds
- Workplace hazards and safety
- Immunizations recommended in pregnancy
- Community supports during pregnancy and postpartum
- Common discomforts: constipation, heartburn, headaches, leg cramps, swelling
- Anxiety, depression or grief, and stress management
- Safe exercise
- Travelling while pregnant
- Birth fears
- Labour and delivery/Preterm labour
- Breastfeeding

Complete the [Pregnancy & Babies Appointment Form](#) if you would like more information about this service and to receive a phone call offering an appointment with a nurse. This form can be downloaded from the Red Deer Primary Care Network website (*under Individual Programs, Pregnancy & Babies*).

Complete the form and send to the RDPCN by one of the following methods:

- Mail to the address below
- Email to info@rdpcn.com
- Fax to 403-754-4374

You will be contacted by RDPCN scheduling staff to offer an in person or telephone appointment. If you have not heard from someone within 2 weeks after sending in the form, please call us at 403.314.3297.

www.reddeerpcn.com

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