



Special Delivery:

YOUR GUIDE TO Maternity Care

BEAUFORT MEMORIAL
CELEBRATES EVERY NEW LIFE
THAT STARTS AT OUR HOSPITAL.

WE WANT TO help babies and their mothers have the healthiest delivery possible. Our [board-certified physicians, nurse practitioners and certified nurse-midwives](#) are here to support you from day one and connect you to the resources you need throughout pregnancy, delivery and beyond.

COMPREHENSIVE PRENATAL CARE

Prenatal visits allow your maternity team to monitor your blood pressure and blood sugar and help detect complications such as gestational diabetes and preeclampsia. We'll also advise you on healthy behaviors, supplements you may need (such as iron and folic acid) and changes you may need to make to any medications you take during your pregnancy.

HELP FOR HIGH-RISK PREGNANCIES

Mothers-to-be who are older than 35, are carrying multiples or have certain medical conditions need extra attention during their pregnancies. Our OBGYNs have unique expertise in high-risk pregnancies, and our partnership with Medical University of South Carolina (MUSC) Health in Charleston connects them with maternal-fetal medicine specialists who handle complex prenatal and fetal health concerns.

SUPPORT FOR WHAT COMES NEXT

Our maternity team monitors mothers closely after childbirth to prevent or address the physical and emotional changes that occur in those crucial weeks after delivery. You'll also have access to support services, from new baby classes to breastfeeding help and more.

[Request an appointment with a member of our maternity team.](#)

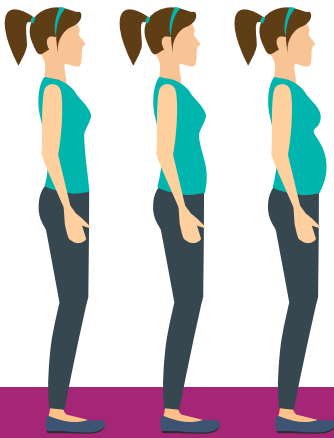


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Surprise!

YOUR BODY DURING PREGNANCY

YOUR BODY CHANGES THROUGHOUT THESE NINE MONTHS, SOMETIMES IN UNEXPECTED WAYS. HERE ARE A FEW THINGS YOU MAY EXPERIENCE EACH TRIMESTER.



FIRST TRIMESTER

Your "pregnancy glow"

- Increased blood circulation helps your skin look rosy and shiny.



Breast tenderness

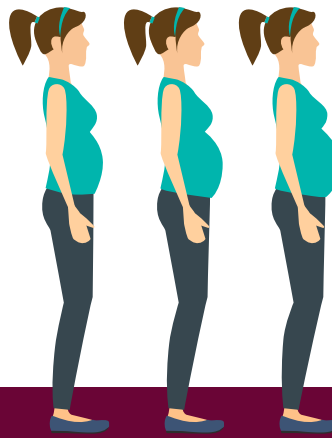
- Hormonal changes may initially make your breasts feel sore, but that may lessen as your body adjusts to the changes.

Heightened emotions

- Hormones can also trigger moodiness, forgetfulness or an inability to focus.

More frequent bathroom breaks

- Your kidneys process extra fluid due to increased blood volume, and that makes you urinate more often.



SECOND TRIMESTER

Improvements in how you feel

- Morning sickness and mood swings begin to taper off. Breasts feel less tender.

Skin changes

- Melasma (darkening of facial skin), stretch marks and increased sun sensitivity may occur.

Loose teeth

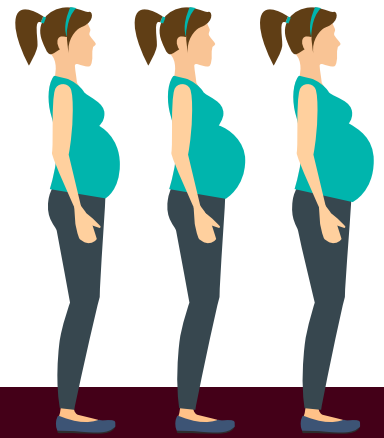
- Something not many women expect, pregnancy hormones can cause teeth to loosen.

Heartburn

- This may begin during your first trimester and continue or worsen during the second.

An active baby

- You'll begin to feel baby move toward the end of this trimester.



THIRD TRIMESTER

A need for napping

- Fatigue may increase as you enter the final weeks of pregnancy.



Varicose veins

- These appear for a number of reasons but often disappear after pregnancy.

Constipation and hemorrhoids

- Less pleasant side effects of pregnancy, these may get more intense in the third trimester.

Less movement of baby

- Your baby will be active at the beginning of this trimester but slow down as your due date approaches.

The board-certified OBGYNs at Beaufort Memorial Obstetrics and Gynecology Specialists can answer questions you have about pregnancy, labor and delivery. Schedule an appointment in Beaufort or Okatie by calling [843-522-7820](tel:843-522-7820).

Expertise on Your Side

YOU HAVE AN ENTIRE TEAM AT BEAUFORT MEMORIAL READY TO MAKE SURE YOU AND YOUR BABY GET THE CARE YOU NEED.

YOU'RE MORE THAN just a patient at Beaufort Memorial. Our physicians and certified nurse-midwives recognize that all women are unique, and our personalized approach ensures you and your baby get the right care from the right provider.

THE MEMBERS OF YOUR TEAM

Obstetricians and gynecologists, or OBGYNs, specialize in women's reproductive health and pregnancies. At Beaufort Memorial, our OBGYNs work alongside certified nurse-midwives, healthcare professionals with extensive medical training in helping women before, during and after birth. Nurse-midwives also help ensure pregnant women receive holistic care, support and education.

PREPARING YOU FOR DELIVERY

OBGYNs and nurse-midwives at Beaufort Memorial provide prenatal care. During these crucial visits, they will:

- Check your health and monitor your baby's growth.
- Give you advice about healthy eating, exercise and supplements you may need.
- Screen you for pregnancy-related conditions, such as gestational diabetes (diabetes that develops during pregnancy) and preeclampsia (high blood pressure during pregnancy).

ADVANCED CARE WHEN YOU NEED IT

Women older than age 35, carrying multiples or with certain pre-existing health conditions may require a higher level of care. Our board-certified OBGYNs see women with high-risk pregnancies to help them get additional screenings and tests they need, such as:

- Imaging exams to check a baby's heart rate and to monitor a baby's development
- Lab work and other tests to determine preterm labor risk
- Prenatal screening tests, including amniocentesis, chorionic villus sampling and cordocentesis, which can detect genetic conditions

Whether you work with an OBGYN or our certified nurse-midwives, our goal is to help all mothers get the care they and their babies need to get a healthy start in life.



COLLINS BIRTHING CENTER

For more than 75 years, Beaufort Memorial has helped Lowcountry families welcome their newborns. Our tradition of compassionate, comfortable and convenient care continues at the beautifully renovated Collins Birthing Center.

The Collins Birthing Center features spacious birthing and recovery suites with rockers and gliders as well as sofa beds for your spouse or support partner. Our nursery is equipped with the Hugs® security system to keep babies safe.

Expectant and new mothers have access to bedside registration, 24/7 anesthesia services, breastfeeding support, a dedicated operating room for cesarean sections and a Level II nursery that can serve babies born as early as 32 weeks.

[Learn more](#) about the Collins Birthing Center and [register for an in-person tour](#).



Our Team

Christopher B. Benson, M.D., FACOG
Tiffany Bersani, M.D., FACOG
Marlena Mattingly Masavage, M.D., FACOG
Gregory A. Miller, M.D., FACOG
Soldrea Thompson, M.D., FACOG, MBA
Maggie Bisceglia, CRNP
Peyton Erb, PA-C
Catherine Tambroni-Parker, CNM

Be Baby Smart(er)



EXPECTING A NEW ADDITION TO THE FAMILY?
BEAUFORT MEMORIAL IS HERE TO HELP YOU PREPARE
FOR WHAT'S COMING YOUR WAY.

IT'S PERFECTLY NATURAL to feel nervous about having a baby. But as with most things in life, knowledge is power. We designed our classes and support services to help you get ready for the big day, whether this is your first child or your fifth.

ENROLL IN BABY UNIVERSITY

A great place to start preparing for your new addition is by registering for one of our Baby University classes. Taught by experienced nurses, lactation consultants and other experts, our classes are available at no cost, whether you're delivering at Beaufort Memorial or elsewhere.

Our offerings include:

- **Prepared Childbirth.** This two-hour class covers everything you will need to know about the day you bring your baby into the world, including the stages of labor, pain management, different childbirth methods and more. We'll even tell you what you do and don't need to bring with you to the hospital on delivery day.
- **Breastfeeding Class.** Breastfeeding may be natural, but it doesn't come naturally to every mother. Our caring teachers discuss the basics of breastfeeding, what to expect in the early days of breastfeeding and techniques to improve breastfeeding success.
- **Baby Basics Online.** Unlike our other courses, this class takes place online, where parents have access to numerous videos and resources that cover baby bonding, bathing, car seat safety, circumcision, feeding, diapering, sleep safety and more. Once you sign up, you have 18 months of access to these materials.

EXTRA CREDIT

In addition to our Baby University classes, you have access to resources throughout your pregnancy and once you get home with your new baby. Whether through Beaufort Memorial or one of our local partners, it's easy to get extra prepared.

- **Breastfeeding support.** After heading home, you may still have breastfeeding questions. Our certified breastfeeding counselors and lactation-educated nurses answer questions 24/7 on our dedicated breastfeeding support line, available by calling [843-522-5147](tel:843-522-5147).
- **Infant CPR.** The American Heart Association sells an [infant CPR education kit](#) for \$45. The DVD, manual and other supplies you receive will teach you how to protect your newest family member. In-person classes are available through the Bluffton Township Fire District and the Town of Hilton Head Island Fire Rescue.
- **LifeFit Wellness Center.** If you need extra help with nutrition during pregnancy or losing weight after delivery, the wellness coaches and registered dietitians at our LifeFit Wellness Center can help. We also offer specialized prenatal massage therapy. Membership is required for some services.



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Ready to boost your baby know-how? [Register for a class today!](#)