

Peachtree Women's Clinic

Patient Education & Recommended Resources

pwcnorthside.com

We believe that informed patients are empowered patients. This guide brings together trusted resources, educational links, and care information to support you at every stage of your health journey — from pregnancy to preventive care and beyond.

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1. Pregnancy & Maternity Resources

Supporting you through every trimester and beyond. Here are trusted resources to help you feel informed, prepared, and cared for.

Pelvic Floor Physical Therapy

Pelvic floor physical therapy helps strengthen the muscles that support the bladder, uterus, and bowels — especially important during pregnancy and postpartum recovery.

- Urinary leakage
- Pelvic pain or pressure
- Postpartum healing
- Core strength

[Learn more at Northside.com](https://www.northside.com)

Maternity Classes

Childbirth and parenting classes can help you feel confident and prepared for delivery and newborn care.

- Labor expectations
- Pain management options
- Newborn care basics
- Breastfeeding

[Register for classes](#)

Virtual Women's Center Tours

Take a virtual tour to become familiar with your delivery environment before your big day.

[Take a virtual tour](#)

Breastfeeding Support

Breastfeeding provides important health benefits for both mother and baby. Support and education can improve success and confidence.

[Breastfeeding resources](#)

Northside Baby Bump App

The Northside Baby Bump App offers tools and education throughout your pregnancy journey.

- Weekly pregnancy updates
- Contraction timer
- Kick counter
- Feeding tracker

[Download the app](#)

OB Education Add-Ons

Induction of Labor

Labor induction is recommended when it is safer for the baby to be delivered rather than continue the pregnancy. Methods may include medications to soften the cervix or IV medications to stimulate contractions.

[Labor Induction | ACOG](#)

Preparing for Cesarean Delivery

A cesarean section (C-section) is sometimes necessary for a safe delivery. Recovery typically involves 4–6 weeks of healing, activity restrictions, and incision care.

[Cesarean Birth | ACOG](#)

Additional Instruction Handouts

Your provider may also give you printed instructions for:

- 1-Hour Glucose Challenge Test (GCT)
- Tdap Vaccine in Pregnancy

2. Contraception Options & Education

There are many safe and effective birth control options available. Choosing the right method depends on your health, lifestyle, and reproductive goals. Our providers are here to help you find the best fit.

Long-Acting Reversible Contraception (LARC)

Highly effective, low-maintenance options — and reversible whenever you're ready.

Hormonal IUDs	Non-Hormonal IUD	Implant
Mirena (up to 8 yrs) Kyleena (up to 5 yrs) Liletta (up to 8 yrs)	Paragard (up to 10 yrs)	Nexplanon (up to 3 yrs)

Short-Term Hormonal Methods

Flexible options that you control on a daily, weekly, or monthly basis.

Birth Control Pills — Taken daily — many formulations available to suit your needs.

Patch — Applied weekly for convenient, consistent hormone delivery.

NuvaRing — A vaginal ring replaced monthly.

<https://www.nuvaring.com/>

Annovera — A vaginal ring used for a full year.

<https://www.annovera.com/>

Non-Hormonal Alternatives

Phexxi

An on-demand, hormone-free contraceptive gel applied before intercourse.

[Learn more at phexxi.com](https://www.phexxi.com)

Natural Cycles

A fertility awareness app cleared by the FDA as a form of birth control — ideal for those seeking a hormone-free, digital approach.

naturalcycles.com

Questions about which method is right for you?

Each method varies in effectiveness, non-contraceptive benefits, ease of use, and reversibility. Our providers are happy to walk through your options and help you choose the best fit for your health goals and lifestyle.

3. Surgical & Hospital Procedures

We provide comprehensive care for a variety of gynecologic conditions. Understanding your procedure can help reduce anxiety and support a smoother recovery.

Endometrial Ablation

A minimally invasive procedure used to treat heavy menstrual bleeding by removing the uterine lining.

[NovaSure Patient Brochure](#)

Hysteroscopy

A procedure that allows your provider to look inside the uterus using a small camera to diagnose or treat abnormalities such as polyps, fibroids, or irregular bleeding.

[Hysteroscopy | ACOG](#)

Laparoscopy

A minimally invasive surgical technique using small incisions to evaluate and treat pelvic conditions such as endometriosis or ovarian cysts.

[Laparoscopy | ACOG](#)

Hysterectomy

Surgical removal of the uterus, performed for conditions such as fibroids, chronic bleeding, or pelvic pain.

[Hysterectomy | ACOG](#)

LEEP Procedure

Used to remove abnormal cervical cells and prevent progression to cervical cancer.

[LEEP | ACOG](#)

Sterilization

A permanent form of contraception. Both surgical and non-surgical options may be available. Our team will review the options that are right for you.

[Sterilization | ACOG](#)

Preparing for Surgery

Before your procedure, please:

- Follow pre-operative instructions carefully
- Review GLP-1 medication guidelines if applicable
- Arrange transportation and support for your recovery
- Understand recovery expectations and restrictions
- Attend all scheduled follow-up visits

A detailed Preparing for Surgery handout will be provided by your care team.

4. Office Procedures

Many gynecologic evaluations and minor procedures can be performed safely and conveniently right here in our office.

Colposcopy

A detailed exam of the cervix following an abnormal Pap test result. A small camera allows close examination of cervical tissue.

[Colposcopy | ACOG](#)

Endometrial Biopsy

A quick in-office procedure to sample the uterine lining, often used to evaluate abnormal bleeding or other uterine concerns.

[Endometrial Biopsy — Overview](#)




Saline Infusion Sonogram (SIS)

An ultrasound procedure using a small amount of saline to evaluate the uterine cavity for polyps, fibroids, or other abnormalities.

[Sonohysterography | ACOG](#)

5. Routine Screening & Vaccines

Preventive care and routine screening are essential for disease prevention and early detection. Staying current with recommended screenings is one of the most powerful things you can do for your long-term health.

 <p>Pap Smear Starting at age 21 Cervical Cancer Screening</p>	 <p>Mammogram Routine start at age 40; earlier in certain circumstances Mammogram Guidelines ACOG</p>	 <p>Colonoscopy / Cologuard Ask your provider which colorectal screening method is right for you <i>Talk to your provider</i></p>
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Vaccines

Staying up to date on recommended vaccines is an important part of preventive care. Talk to your provider about which vaccines are appropriate for your age, health history, and life stage.

Common vaccines discussed at our office include:

- Influenza (annual)
- Tdap (tetanus, diphtheria, pertussis) — especially important in pregnancy
- COVID-19 and boosters
- HPV vaccine (if not previously completed)
- Pneumococcal vaccine (age-dependent)
- RSV vaccine (if applicable)

6. Recommended Podcasts

We love recommending expert-led podcasts as a convenient way to learn more about women's health, reproductive wellness, and overall wellbeing — on your own time, at your own pace.

Ovary Active

A podcast focused on empowering women with accurate, engaging information about reproductive and hormonal health. Approachable, informative, and always evidence-based.

[Listen on Apple Podcasts](#)

You Are Not Broken

Hosted by a physician, this podcast addresses women's sexual health, hormones, and common concerns with honesty and evidence-based guidance. A must-listen for any woman ready to advocate for her own care.

[Listen on Apple Podcasts](#)

Have questions about any of these resources?

Our team is always here to help. Don't hesitate to ask your provider or call our office — we're honored to be part of your care.

[**pwcnorthside.com**](http://pwcnorthside.com)