



The Women's Health Clinic

Your Pregnancy and Access to Care

IMPORTANT TELEPHONE NUMBERS

BASSETT APPOINTMENTS
907-361-4000

FT GREELY AIDE STATION
907-873-4974

FAMILY MEDICAL CENTER
DELTA JUNCTION
907-895-5100

LABOR AND DELIVERY
907-361-5158

EMERGENCY ROOM
907-361-5911

NEW PARENT SUPPORT
907-353-4200

PATIENT REPRESENTATIVE
907-361-5291

REFERRALS
907-361-1813 opt 2

TRICARE WEST
1-888-874-9378

The Women's Health Clinic congratulates you on your pregnancy. Your pregnancy matters to us and we are here to provide you with the best prenatal care around; the quality care you deserve. There are always questions about how to access care. We hope this newsletter will serve as a guide in establishing your prenatal care.

...Quality Care You
Deserve

Fort Greely

Most family care is rendered at the Family Medical Center located in Delta Junction. Pregnancy tests are available per appointment at the Family Medical Center for family members, or you can purchase one per the local pharmacy.

Soldiers needing a pregnancy test report to sick call between 0700 and 1100 hours, Monday through Friday, at the Fort Greely Aide



Station.

Once receiving confirmation of a positive pregnancy test, you may book your first prenatal appointment. Prenatal patients from Fort Greely have a choice of prenatal care at the Family Medical Center in Delta Junction or at BACH in Fort Wainwright. If at anytime your pregnancy becomes high risk, then prenatal care must be rendered at BACH.

Your first appointment will be the New OB Orientation to obtain a patient history, review labs, and provide you with learning resources. The number to the Family Medical Center is 907-895-5100.

Fort Wainwright

Pregnancy tests are available

at Bassett Army Community Hospital, in the Family Practice Clinic on a walk-in basis from 0800 to 1100 hours and 1300 to 1500 hours Monday thru Wednesday and Friday; on Thursday 1300 to 1500 hours. Test results can be communicated to you within 24 hours.

You may book an appointment with the Women's Health Clinic once receiving confirmation of a positive pregnancy test.

Your first appointment will be for New OB Orientation. The phone number to the Women's Health Clinic is 907-361-4000.

Once booked for an appointment it will be important for you to get lab work done at least one week before your New OB orientation.

SAFE MEDICATIONS DURING PREGNANCY

Tylenol ®

Tylenol PM ®

Benadryl ®

Sudafed ®

Saline Nose spray/drops

Robitussin (plain) ®

Mylanta ®

Maalox ®

Tums ®

Metamucil ®

Preparation H ®

Anusol ®

Tucks ®

B6

Unisom ®

OB Orientation & Your OB Physical

New OB Orientation

This is a 30 minute one on one meeting with a nurse to establish your prenatal records, obtain blood labs, receive prenatal vitamins and review:

- Patient history
- First trimester of pregnancy
- Clinic policies
- Community resources
- Schedule New OB Physical appointment and needed referrals



New OB Physical

30 minute appointment at approximately 10-12 weeks gestation in order to:

- Review medical & genetic history
- Provide a physical along with pap and cultures if due
- Hear fetal heart tones (if possible)
- Review nutrition & weight gain
- Obtain referrals and consults for existing health issues

Pregnancy Complications

Pregnancy complications can happen at any time. Please access medical care accordingly if you are experiencing pregnancy complications:

- Newly diagnosed pregnancy to 19 weeks should access the Emergency Room
- 20 weeks of pregnancy or greater should access Labor and Delivery.

Pregnancy Dangers and Complications

- Bright red vaginal bleeding
- Severe cramping
- Vomiting and unable to keep liquids down for over 24 hours
- Fever unrelieved by Tylenol
- Decreased fetal Movement after 28 weeks
- Think your water broke

Ultrasounds

Your first authorized ultrasound is routinely done at 18 to 20 weeks of pregnancy. Scheduling the ultrasound for this time in pregnancy gives the provider information on how your baby is growing. The ultrasound technician may be able to tell you if you are having a boy or a girl at this time.

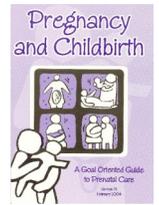
Ultrasounds other than the 18 to 20 week ultrasound are done as medically indicated.



Ultrasounds to only find out if it is a boy or girl are not authorized. Patients can seek 3D ultrasounds at their own expense.

Pregnancy & Childbirth

Given at the New OB Orientation, this book is a great resource to those commonly asked questions that arise all through out pregnancy. There is a review of information on discomforts of pregnancy, nutrition, prenatal growth and development, danger signs, labor process, and much more. It is helpful to bring this book to every appointment and record your progress.



Active Duty Pregnancy Profiles & Physical Fitness



Pregnancy Profiles

Pregnancy profiles are given during the New OB orientation.

Physical Fitness

Regular exercise promotes maternal well being. Unless your Healthcare Provider has cautioned you against exercise due to a specific medical problem, you may enjoy most activities you did before pregnancy. You may stretch, swim, jog, or even do aerobics as long as you are comfortable doing that activity. As you get further along in your pregnancy, you may have to change your activities; check with your Healthcare Provider.

The Parent Review

Register for free weekly e-mails providing up to date information in regards to your pregnancy and the first three years of your baby's life.

www.theparentreview.com

