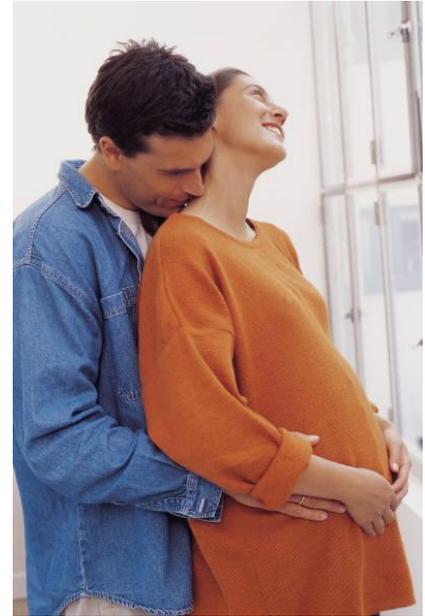


## Your Pregnancy and Access to Care

Congratulations on your pregnancy! Our growing military family is important to MEDDAC Alaska. We, in a collaborative effort with the Air Force Third Medical Group look forward to providing you with the best prenatal care around; the quality care you deserve. There are always questions concerning prenatal care and safety in early pregnancy. The following is a general overview on these and other commonly asked questions.



### Fort Wainwright

#### Women's Health Clinic 907-361-4000

Pregnancy tests are available at Bassett Army Community Hospital (BACH), 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 from 1300 to 1500 hours. Test results can be communicated to you within 24 hours.

Once receiving confirmation of a positive pregnancy test, you may book an appointment with the Women's Health Clinic in BACH. Your first appointment at the Women's Health Clinic will be a New OB (obstetrics) Orientation to obtain a patient history, review labs, and provide you with learning resources. Labs ordered for you upon contacting the Women's Health Clinic must be completed prior to the New OB Orientation.

### Fort Greely

#### Family Medical Center 907-895-5100

#### Fort Greely Aide Station 907-873-4974

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 a New OB Orientation to obtain a patient history, review labs, and provide you with learning resources.

## **Fort Richardson**

**Troop Medical Clinic 907-384-0600**

**Women's Health Services, Elmendorf AFB 907-580-5808**

Prenatal care is rendered by Women's Health Services, Third Medical Group in Elmendorf AFB. Pregnancies must be confirmed per hospital pregnancy test. Pregnancy tests for active duty soldiers are available at the Troop Medical Clinic in Fort Richardson, Monday through Friday, 0630 to 1530 hours. Your pregnancy results will be communicated to you per a Healthcare Provider within 24 hours. Family members can obtain a pregnancy test Monday through Friday 0745 to 1600 hours at the Women's Health Services, Third Medical Group, in Elmendorf AFB. A call back number will be given to you in order to obtain results.

Once receiving confirmation of a positive pregnancy test, Women's Health Services will provide a packet for you to complete. Upon completion of the packet, you will be scheduled for two appointments; the OB Orientation Class and an obstetrical physical. These two appointments are to provide you with information on routine prenatal care as well as to review your medical history, labs, and identify medical issues that could impact the pregnancy.

### **Determining the Due Date**

The average pregnancy period is 40 weeks. Your due date is calculated by using the first day of your last menstrual period. The average menstrual cycle occurs every 28 days. Women who have irregular menstrual cycles, use birth control pills, or cannot remember their menstrual periods will have to rely on measurements obtained by their health care provider such as size of uterus, fetal heart tones, and ultrasound to acquire the best due date.

Remember that your "due date" is only an educated guess. Do not get discouraged if your due date comes and goes and your baby still has not arrived. To calculate your due date:

- 1) Find the first day of your last menstrual period
- 2) Count nine months forward
- 3) Add seven days

### **Exercise**

Regular exercise promotes maternal and fetal 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.

### **Safe Over-the-Counter Medications While Pregnant**

During your pregnancy you may safely use the following over the counter medications, as directed by the manufacturer:

Nausea-	B6, Unisom ®, Emetrol ®
Headaches and Pain-	Tylenol ®, Tylenol PM ®

Cough-	Robitussin ® (no alcohol)
Nasal Congestion-	Sudafed ®, Saline nose spray, Benadryl ®
Constipation-	Metamucil ®, Fiber-All ®, Milk of Magnesia ®
Indigestion-	Tums ®, Roloids ®, Maalox ®, Mylanta II ®
Hemorrhoids-	Preparation H ®, Anusol ®, Tucks Pads ®

### **Cigarettes, Street Drugs, and Alcohol**

You are strongly encouraged to stop smoking, drinking, or using any recreational drugs while you are pregnant. These substances have been known to cause birth defects, low birth weight, and/or mental retardation in the newborn. Your Healthcare Provider can assist you in quitting.

### **Caffeine**

Caffeine is found in coffee, tea, soda, and chocolate. Studies have shown that excessive amounts of caffeine during the first 13 weeks of pregnancy may not be good for the pregnancy. Excessive caffeine is defined as the amount of caffeine found in three or more cups of coffee per day. Caffeine will cause you to urinate more often, which can cause you to dehydrate. Caffeine can also decrease your calcium which is an important element in pregnancy and while breastfeeding. Drink plenty of water, keep your caffeine down to 2 beverages a day, or try decaffeinated drinks.

### **Dental Hygiene**

Studies suggest that the same bacteria that can cause gingivitis can also cause preterm contractions. It is very important that you keep up with your dental hygiene during pregnancy. Hormonal changes can cause your gums to swell and bleed more than usual. Keep up with your appointments every 6 months. Remember to inform the dentist that you are pregnant before any procedures are started.

### **Pregnancy Complications**

Pregnancy complications can happen at any time. Please access medical care accordingly if you are experiencing pregnancy complications. Newly diagnosed pregnant women up to 19 weeks should access the Emergency Room. If you are 20 weeks pregnant or greater you should access the Labor and Delivery Unit. Check for specific guidance from your Healthcare Provider. Some pregnancy dangers and complications include bright red vaginal bleeding, severe cramping, vomiting with the inability to keep liquids down for over 24 hours, and fever unrelieved by Tylenol ®.

Pregnancy can be a wonderful experience. MEDDAC Alaska is a team ready to take care of you and your family during this very memorable time in your life. We strive to educate you concerning your pregnancy, birthing experience, and routine healthcare in a manner that fosters a mutual responsibility between provider and patient. Remember to follow the advice of your Healthcare Provider, discuss your concerns, and enjoy a healthy pregnancy.