

MATERNITY CARE

Welcome to General Leonard Wood Army Community Hospital OB Clinic maternity care.

1. A valid Military ID card is your access to the care system. Be sure to bring it with you every time you come to the hospital.
2. Husbands, significant others, or support persons are welcome to come to your appointments. Children are welcome to accompany their Mom to appointments if supervised by another adult. However, if a painful or other procedure that may expose you will occur, we recommend that you do not bring your children. The clinic staff is unable to watch your child for you. You may bring your newborn with you to your postpartum appointment.
3. In the OB Clinic there are several providers including OB GYN physicians and Certified Nurse Midwives. Most of your appointments should be with that provider. All providers provide care on Labor and Delivery by a call roster. The provider on call will be the one attending your delivery.
4. You schedule all your OB appointments by **calling** the TriCare at 866-299-4243, unless told to do otherwise. You will need an OB physical soon after your Registration appointment; then you are usually seen every 4 weeks until 36 weeks, then again at 38 weeks; then weekly until delivery. When arranging childcare to cover appointments usually plan 1 to 2 hours. You may bring snacks and drinks to the waiting area.
5. For emergencies or acute illness, which cannot wait for your next routine OB appointment, you should go to the Emergency Room if you are less than 20 weeks pregnant or to Labor and Delivery if you are 20 weeks or more pregnant. Some symptoms which should be seen promptly: **vomiting** or **diarrhea** for more than 24 hours, **urinary tract infection, flu, or migraine headache** NOT controlled by medications. If you have a problem not directly related to pregnancy, see your Primary Care provider. If you just have questions, make a list and bring it to your appointment or call the clinic and leave a message for your provider's nurse. A provider or nurse will return your call. If no one calls you back within 24 hours, call the Head Nurse (see phone numbers). Be sure that the phone number you leave is correct and in service.
6. After 28 weeks pregnancy fetal movement is a very important way to monitor your baby. If your baby is not passing the Fetal Movement Count (10 movements in 2 hours in the evening) **COME TO LABOR AND DELIVERY IMMEDIATELY.** (Call 596-0444 to let them know you are coming).
7. OB Records – Please notify the clinic if you change your name, address or phone number as soon as possible. Verify your name and address with the clerk when you check in for an appointment. If you leave the area during your pregnancy, come to the OB Clinic to **sign out your OB records to take to PAD** (Patient Administration) to obtain a copy of the records. (PAD usually needs 1 or 2 days to make a copy)
8. **MEDICATIONS – OVER THE COUNTER –**
 - a. Tylenol-- 2 tabs regular strength or 1 extra strength capsule every 4 hours.
 - b. Sudafed 30 mg 1 to 2 every 8 hours for congestion
 - c. Actifed 1 tablet every 8 hrs for congestion.
 - d. Mucinex 400 mg every 6 hours for congestion
 - e. Chlortrimeton 4 mg every 8 hours for allergy.
 - f. Benadryl 25 mg every 8 hours for allergy.
 - g. Cepacol Lozenges 6 per day as needed for sore throat.
 - h. Robitussin Expectorant 2 tsp. Every 6 hours for cough
 - i. Emetrol 1 tablespoon as needed for nausea and vomiting
 - j. Vitamin B-6 50 mg every 8 hours for nausea
 - k. If you are taking prescribed or OTC medications regularly, please bring them to your OB physical appointment and review all your medications with your OB provider.

DO NOT TAKE- Naldecon, Entex, Dimetapp or other medications containing Phenylpropanolamine(PPA). DO NOT TAKE --Motrin, Ibuprofen, Aleve, Naproxen, NSAIDS or Aspirin unless prescribed by your OB provider.
 - l. Herbs- more than 2 cups of herbal tea is medicinal, discuss what you are using with your OB provider. Some herbs should not be used during pregnancy, especially tinctures or capsules.

9. **PHONE NUMBERS:**

- | | | | |
|---------------------------|----------------|---------------------|----------|
| a. APPOINTMENTS | 1-866-299-4234 | d. Labor & Delivery | 596-0444 |
| b. OB CLINIC | 596-1770 | e. Emergency Room | 596-0456 |
| c. Community Health Nurse | 596-0518 | f. LaLeche League | 336-5281 |
| g. Army Community Service | 596-0212 | | |

10. Breast Feeding support – is available from LaLeche League. Kathy Glueck is the leader. Please call 336-5281 for location and times. Bring babies with you! Also Lactation Educators are available in OB GYN Clinic, L&D and Nutrition Care.
11. Pregnancy preparation classes are recommended: **Pregnancy 1, Breathing Techniques, Breast Feeding, Infant Care and Infant CPR.** Call Health Promotions 329-1901 to schedule. Classes are through the Health Promotion Center located in the Technology Park, Bldg 2081.
12. Travel -- Discuss when you wish to travel and how your absences from the area will affect your prenatal care before setting your plans firmly. If you plan to drive more than 2 hours, plan to get out and urinate and walk around. Drink – Water, water, and more water! You fatigue more quickly, so shorter travel days less than 10 hours per day are better for mothers and babies. Also, the vibration from the vehicle can cause your uterus to contract. Swollen feet and legs are common with travel. If you are PCS or ETSing remember to carry a copy of your OB chart to your next OB provider.
13. WIC: Women, Infants, and Children. A federally funded nutritional supplemental program for pregnant women, new mothers, and children age birth to 5 years. Food vouchers received through this program may be exchanged for food products and formula. WIC is located in the local County Health Departments and appointments are required. Another location is at 55 Young St., Ft. Leonard Wood; MO (Call 329-3466 for appointment). You must obtain a WIC letter from the clinic clerks to take with you to your first appointment.
14. If you have questions, please call Renee Minkus, Head Nurse OB/GYN Clinic (573) 596-1770

INCORRECT UPRIGHT POSTURE

HEAD

Chin pushing forward. Eyes focus down

SHOULDERS AND CHEST

Slouching constricts the ribcage, makes breathing more difficult and causes indigestion

ABS, BUTT & UTERUS

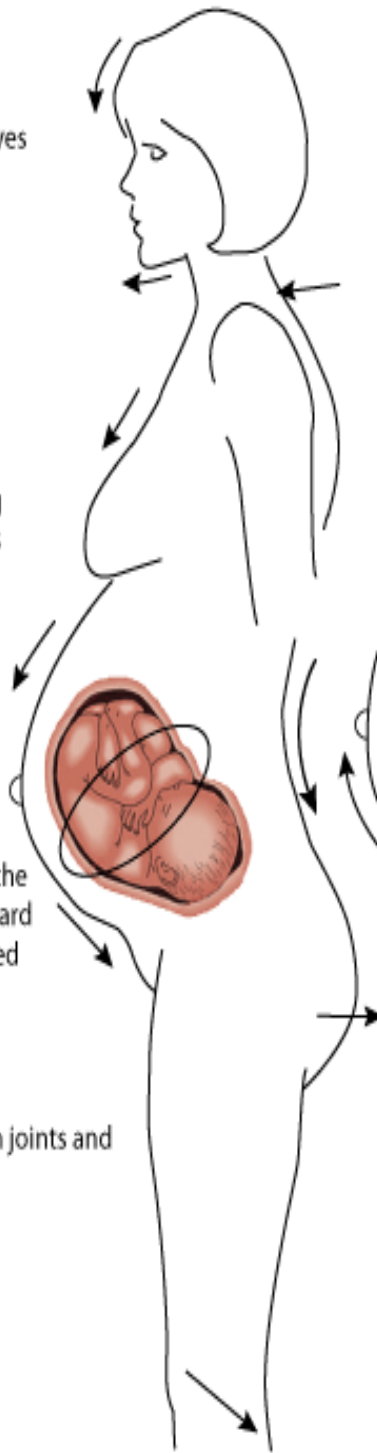
Slack muscles allow out the back and tilts pelvis forward causing backache, strained abdominals, and excess pressure on the bladder.

KNEES

If pressed back you strain joints and push pelvis forward

FEET

Weight on inner borders strains arches and calves causing leg aches.



CORRECT UPRIGHT POSTURE

HEAD

Lift through the crown of the head and keep chin lifted and ears in line with neck.

SHOULDERS AND CHEST

Draw shoulders back and down while you lift the rib cage up.

ABS, BUTT & UTERUS

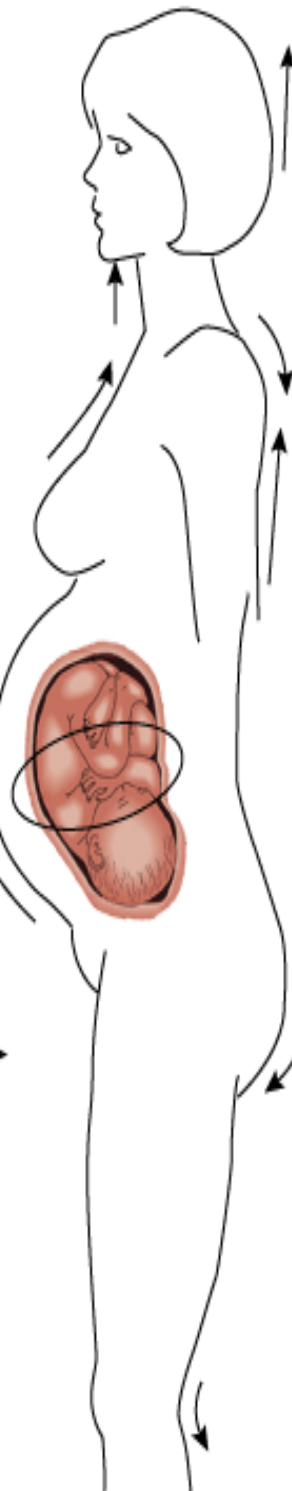
Contract abdominals to support baby, tuck butt under and tilt pubic bone slightly forward to center pelvic bowl.

KNEES

Bend knees to ease body weight over feet.

FEET

Distribute body weight over center of each foot.



Fact Sheet

Academy of General Dentistry

Pregnancy and Oral Health

How does pregnancy affect my oral health?

It's a myth that calcium is lost from the mother's teeth and "one tooth is lost with every pregnancy." But you may experience some changes in your oral health during pregnancy. The primary change is a surge in hormones—particularly an increase in estrogen and progesterone—which is linked to an increase in the amount of plaque on your teeth.

How does a build-up of plaque affect me?

If the plaque isn't removed, it can cause gingivitis—red, swollen, tender gums that are more likely to bleed. So-called "pregnancy gingivitis" affects most pregnant women to some degree, and generally begins to surface in the second trimester. If you already have gingivitis, the condition is likely to worsen during pregnancy. If untreated, gingivitis can lead to periodontal disease, a more serious form of gum disease.

Pregnant women are also at risk for developing pregnancy tumors, inflammatory, benign growths that develop when swollen gums become irritated. Normally, the tumors are left alone and will usually shrink on their own. But if a tumor is very uncomfortable and inter-

feres with chewing, brushing or other oral hygiene procedures, the dentist may decide to remove it.

How can I prevent these problems?

You can prevent gingivitis by keeping your teeth clean, especially near the gumline. You should brush with fluoride toothpaste at least twice a day and after each meal when possible. You should also floss thoroughly each day. If toothbrushing causes morning sickness, rinse your mouth with water or with anti-plaque and fluoride mouthwashes. Good nutrition—particularly plenty of vitamin C and B12—help keep the oral cavity healthy and strong. More frequent cleanings from the dentist will help control plaque and prevent gingivitis. Controlling plaque also will reduce gum irritation and decrease the likelihood of pregnancy tumors.

When should I see my dentist?

If you're planning to become pregnant or suspect you're pregnant, you

should see a dentist right away. Otherwise, you should schedule a check-up in your first trimester for a cleaning. Your dentist will assess your oral condition and map out a dental plan for the rest of your pregnancy. A visit to the dentist also is recommended in the second trimester for a cleaning, to monitor changes and to gauge the effectiveness of your oral hygiene. Depending on the patient, another appointment may be scheduled early in the third trimester, but these appointments should be kept as brief as possible.

Are there any procedures I should avoid?

Nonemergency procedures generally can be performed throughout pregnancy, but the best time for any dental treatment is the fourth through sixth month. Women with dental emergencies that create severe pain can be treated during any trimester, but your obstetrician should be consulted during



emergencies that require anesthesia or when medication is being prescribed. Only X-rays that are needed for emergencies should be taken during pregnancy. Lastly, elective procedures that can be postponed should be delayed until after the baby's birth.

Sources: Barbara J. Steinberg, DDS, Professor of Medicine and Surgery, Allegheny University of the Health Sciences, Philadelphia, Pa.; "The Pregnant Dental Patient," *Northwest Dentistry*, September-October, 1996; "Alteration in Female Sex Hormones: Their Effect on Oral Tissues and Dental Treatment," *Compendium of Continuing Education*, Vol. XIV, No. 12; *Periodontal Care Report*, Dental Products Report, April 1996; "Pregnancy and Oral Health," the American Dental Association. Visit the AGD's web site at www.agd.org



This information was compiled for you by the Academy of General Dentistry. Your dentist cares about long-term dental health for you and your family and demonstrates that concern by belonging to the Academy of General Dentistry. As one of the 35,000 general dentists in the United States and Canada who are members of the Academy, your dentist participates in an ongoing program of professional development and continuing education to remain current with advances in the profession and to provide quality patient treatment. You have permission to photocopy this page and distribute it to your patients.

Overview of Programs and Services

Army Community Services has a wide variety of programs, services and resources to assist expectant active duty and family member of all branches of the military service. Our offices are located at Bldg 470, Soldiers Community Service Center. Hours of operation are 0730-1630, Monday through Friday. The Information and Referral number, your direct link to all ACS programs is 596-0212.

Parent Education Classes

ACS offers parenting classes to enhance parents' abilities to interact more effectively with their children. Classes range from basic parenting skills to dealing with specific parent-child issues.

Couples/Marital Classes

ACS offers classes for couples to learn how to communicate better, enrich their marital relationship and discover conflict resolution methods.

Family Advocacy Program

This program offers support to military families regarding family and domestic issues. FAP has a wonderful resource library with books and videos on a wide variety of topics regarding family issues. These materials are available for checkout during business hours.

The House Next Door

This is an outreach program for military spouses who would like to get out of the house, meet new people and have fun! The House Next Door has quite a variety of services and classes available at no extra cost to include: ***Baby Bundles***- for new parents E-4 and below to get off to a good start with a bundle full of goodies, ***The Book Swap, Video Library, Patty's Playthings, Sew 4 You, Goodies to Go, Fancy Smancy Closet and Wednesdays are Wonderful***. Children are welcome. There is a monthly calendar available also. The House Next Door is located at 53 Young Street. For more information call Emmy Elliot at 329-4616 or 596-0212.

Fun Days, Play Mornings and Kids in Action

These are programs geared toward interactive time for parents and children from birth to preschool. Fun Days is offered by Parents as Teachers (PAT) and Play Mornings and Kids in Action are offered by the YMCA. If you would like more information, contact PAT at 573-452-2002 and Marge at YMCA 329-4513.

Consumer Credit Counseling Service

CCCS is a program dedicated to helping individuals develop, implement and maintain financial solutions to benefit themselves and their families. With the new addition to your family coming soon, this may be what you need to map out your finances. If you would like more information, call 329-2533.

Exceptional Family Member Program (EFMP)

The EFMP is a DoD program to assist the active duty member who has a family member with special needs through selective assignments and reassignment to ensure appropriate medical and/or educational services are available. It is a mandatory enrolment for active duty members who have qualifying family members. ACS's EFMP manager offers information and referral guides for appropriate services and available resources here at FLW as well as worldwide for relocation. The ACS has a library of books and videos to assist families in dealing with their family member's special need. The hospital EFMP administrative assistant assists families in getting eligible members enrolled and updated. You can reach the hospital EFMP administrative assistant at 596-0049.

American Red Cross

The American Red Cross is available to provide assistance to families in times of emergency, urgent health and welfare needs, critical accidents, illness or death. The ARC offers First Aid and CPR classes for infants, children and adults. You may contact the ARC at Bldg 470 at 596-0300.

Information and Referral

This program assists active duty members and their families by supplying them with information about Fort Leonard Wood and the local area. For more information, call 596-4321.

Relocation Readiness

This program provides relocation information for in and out processing active duty members and their families. The Loan Closet has a wide variety of household items for temporary loans to include cars seats and high chairs. For more information, contact 596-4347/4349.

Army Emergency Relief

This program provides financial assistance to active duty and their family members in the form of no-interest loans, grants or combination of both. All request for assistance will be assessed by the AER officer to determine if the request is valid. A commander's signature/approval is required before a loan can be issued.

Financial Readiness

With the extra-added cost of raising a child on a limited income, information on budgeting for baby and investing for education expenses may become high on your list of priorities. This program offers confidential one-on-one financial budget counseling on an appointment type basis to assist you. For more information, call 596-1610. The **Food Pantry** offers a 3 day supply of food, diapers and formula to active duty and family members who may be experiencing financial difficulty. The **Furniture Donation** program provides free furniture to families who may need assistance.

WIC/ Bureau of Nutritional Service

This is supplemental program for pregnant women, infants and children under the age of 5 who have nutritional needs. To see if you are eligible, please contact your local WIC office to set up an appointment.

For more information on any of these programs and services, please contact the Army Community Service at 596-0212.

Pregnancy Links and Related Sites

Breastfeeding

www.breastfeeding.com

A commercial site that offers breastfeeding information and support.

www.lowmilksupply.org

Site that offers more breastfeeding information and support through lactation consultant locators, blogs and up to date information.

www.bfar.org

Sister site to the lowmilksupply.org, includes specific information for women who have had nipple or breast surgery.

www.lalecheleague.org

La Leche League was founded to give information and encouragement, mainly through personal help, to all mothers who want to breastfeed their babies. While complimenting the care of your provider, it recognizes the unique importance of one mother helping another to perceive the needs of her child and to learn the best means of fulfilling those needs. This site provides information, local meetings and support for both professionals and the public worldwide.

www.gotmom.org

GotMom.org was created by the American College of Nurse-Midwives to provide breastfeeding information and other resources for mothers and families.

Pregnancy and Birth

www.spinningbabies.com

Discusses optimal positioning for you and your baby to make labor easier.

www.childbirth.org

This website is for consumers of pregnancy care and information. Good consumer education is needed to understand options and how to get the best possible care that are essential to a healthy pregnancy. There are many links for education and information on many topics facing families.

www.modimes.org

The mission of the March of Dimes is to improve the health of babies. The site presents useful information about pregnancy and newborns. The March of Dimes helps pregnant women know what and what not to worry about when it comes to having a healthy baby. Through the Pregnancy and Newborn Health Education Center, women can get free one-on-one, confidential answers to their questions about preconception, pregnancy, newborn screening and related topics.

www.nal.usda.gov/fnic

The Food and Nutrition Information Center (FNIC) is located at the National Agriculture Library (NAL), part of the US Department of Agriculture. These organizations collect and disseminate information about food and human nutrition. Click on topics A-Z for information on nutrition during pregnancy and breastfeeding.

Women's Health

www.plannedparenthood.org

The largest voluntary reproductive healthcare organization. Has many links to family planning, early pregnancy detection, women's health, pregnancy and parenting.

www.4women.org

This website is the entry into a wealth of Federal and other women's health resources. It allows the user to link to, read and download a variety of women's health related materials by federal agencies and the private sector. The goal of the website is to ensure a healthier future for all American women.

Parenting and General Health

www.familydoctor.org

This is a link from the American Academy of Family Physicians with consumer information on a variety of health topics. Can be used for the whole family.

www.noah-health.org

NOAH provides access to high quality full-text consumer health information in both English and Spanish that is accurate and unbiased.

www.nlm.nih.gov/medlineplus/pregnancy.html

This website provides a large variety of information from the National Library of Medicine. MEDLINEplus has extensive information from the National Institutes of Health and other trusted sources on over 500 diseases and conditions. More information of pregnancy and women's health are offered.