

The Women's Health Center

Winn Army Community Hospital
Department of OB/GYN

Congratulations on Your Pregnancy!!

The Women's Health Center 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 prenatal care and how to access the Winn system. We hope that this newsletter will help serve as a guide in establishing your prenatal care.

Prenatal care is available at both Winn Army Community Hospital at Fort Stewart, and Tuttle Army Health Clinic at Hunter Army Airfield. Patients choosing to receive care at Tuttle Army Health Clinic will need to make appointments, such as ultrasounds and fetal monitoring via the Women's Health Center, at Winn Army Community Hospital.

Pregnancy tests are available by coming to the Women's Health Center,



fourth floor at Winn Army Community Hospital, and requesting one. Active Duty Soldiers are required to have a blood serum pregnancy test per the laboratory. Civilian spouses may confirm pregnancy with a home pregnancy test or by a hospital urine test. Pregnancy test results, generated within the hospital, can be communicated over the telephone by calling the Women's Health Center the following day.

Once your pregnancy is

confirmed please establish your OB Orientation Appointment via the Winn Appointment line by dialing 435-6633 or 1-800-652-9221. Follow the prompts for Winn OB/GYN "New Ob Orientation". This is usually around 6-8 weeks of pregnancy.

If you are new to the area, or transferring your OB care from another facility, Use the telephone prompts to set up an appointment to transfer your care. Please bring any records you have from your previous provider to this appointment.

...Quality Care You Deserve

All prenatal care appointments, for both Tuttle Army Health Clinic and The Women's Health Center are made by dialing the Winn Army Community Hospital appointment line.

OB Orientation & Your OB Physical

New OB Orientation

This is a 1 1/2 to 2 hour session to establish your prenatal records, obtain blood labs, receive prenatal vitamins and review:

- First trimester of pregnancy
- Clinic policies
- TRICARE Information
- Community resources
- Receive New OB Physical appointment with a provider



New OB Physical

This is a 40 minute appointment at approximately 10 to 12 weeks gestation in order to:

- Review medical & genetic history
- Provide a physical
- Hear fetal heart tones
- Review nutrition & weight gain
- Obtain referrals and consults for any existing health care issues

IMPORTANT TELEPHONE NUMBERS

WINN APPOINTMENTS
435-6633

TUTTLE APPOINTMENTS
1-800-652-9221

LABOR AND DELIVERY
435-6550/6784/6785

EMERGENCY ROOM
435-6666

NEW PARENT SUPPORT
766-5063/5058

NEW PARENT SUPPORT HAAF
912-315-6816/315-2746

PATIENT REP
435-6143/6225

HEALTH BENEFITS
435-6716/6230

TRICARE
1-800-444-5445

SAFE MEDICATIONS DURING PREGNANCY

Tylenol

Tylenol PM

Benadryl

Sudafed

Saline Nose spray/drops

Robitussin (plain)

Mylanta & Maalox

Tums

Tagamet, Pepcid AC

Metamucil

Preparation H

Anusol

Tucks

B6

Unisom



The Acute Care Clinic

Monday through Friday 0730-1100 hours

The Acute Care Clinic, part of the Women's Health Center, is designed to promptly address primary care issues and pregnancy complications for obstetrical patients. This clinic takes the place of what was once known as a walk-in clinic/sick call.

Accessing the Acute Care Clinic is done per a telephone consult which will then be communicated to an OB Triage Nurse. The Triage Nurse will either give you more self-care information on how to treat your symptoms, book an appointment that same day, or give you an appointment for the following day. Appointment booking is based on the urgency of your signs and symptoms.

To Access the Acute Care Clinic:

- Dial 435-6633 or 1-800-652-9221
- Press 1 on your telephone pad for Winn Army Community Hospital
- Press 5 on your telephone pad for OB/GYN
- Press 2 on your telephone pad to access the receptionist
- Leave a message with the receptionist
- The OB Triage Nurse will call you to discuss your signs and symptoms and develop a plan of care

Pregnancy Complications after Clinic Hours

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

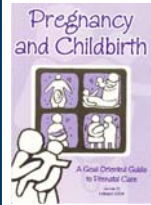
- Newly diagnosed pregnancy to 19 weeks should access the Emergency Room after clinic hours.
- 20 weeks of pregnancy or greater should access Labor and Delivery after clinic hours

Pregnancy Dangers and Complications

- Bright red bleeding/ gush of fluid from the vagina
- Four or more severe cramping episodes in one hour
Regardless of rest, hydration, or emptying bladder
- Persistent severe headache, severe nausea, and vomiting
- Fever greater than 100.5° F
- Inability to keep down liquids

Visit the Hospital Website for more information:

<http://www.winn.amedd.army.mil>



Pregnancy and Childbirth

a Goal Oriented Guide

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.

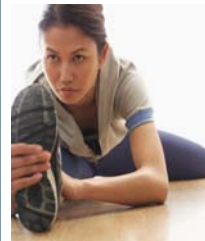
Active Duty Pregnancy Profiles & Physical Fitness



Pregnancy Profiles

A 30 day limited profile can be given to a pregnant Soldier upon confirmation of pregnancy by their primary care provider. Their pregnancy profile will be given at the New OB Physical Appointment.

Physical Fitness



Pregnancy/Postpartum Physical Training (PPPT) is a program endorsed by the Surgeon General and directed by the Division Surgeon for Fort Stewart and Hunter Army Airfield. The program is designed to help maintain a pregnant or postpartum Soldier's health and fitness, under the guidance of the U.S. Army Center for Health Promotion and Preventative Medicine (CHIPPM) and the American College of Obstetrics and Gynecologist (ACOG). Educational classes, beneficial in promoting well woman health, are also given through out the PPPT program.

Fort Stewart PPPT POC: MSG Green 767-7473/7472

Time: Monday through Friday at 0630

- Monday & Wednesday at Jordon Gym
- Tuesday & Thursday at the Quick Track/Cottrell Field
- Fridays at Newman GYM pool

Hunter Army Airfield PPPT POC: SSG Rivera 315-2425

Time: Monday through Friday at 0630

- Physical training at Hunter Gym
- Educational classes at 260th Soldier Support Center