





## Congratulations on Your Pregnancy

*The Department of Defense is proud to welcome you to our Obstetrical Services and will do everything possible to help ensure that you receive the very best prenatal care for both you and your baby. That's why we have implemented **Goal Oriented Prenatal Care.***

*With goal-oriented care, we design each visit to cover precise goals that are most appropriate to that specific time in your pregnancy. So no matter where you are located in the military system, you will receive all critical aspects of prenatal care at the appropriate time. We have eliminated practices that don't have sound scientific backing (such as taking urine at each visit and early pregnancy cervical checks) and added practices that have been shown to help ensure a healthy pregnancy (such as 20 week ultrasound and fetal movement counts). With this new approach, you will know what to expect and when to expect it.*

*This book will guide you each step of the way through your pregnancy. We have divided the contents by visits with additional material in alphabetical order in the resource section. Each visit section will include what to expect at your upcoming visit, any additional procedures and labs, signs to report, your weight, blood pressure, uterine growth, baby's heart rate, information on week related pregnancy concerns, breastfeeding, exercise and diet. We encourage you to read carefully each visit and related information prior to each appointment. There is space in each visit section to write down questions, record information and take notes as needed. Please ask your health care provider if you have any questions or concerns. In this way, you will be well prepared for each step in this very special journey!*

*Again, thank you for allowing us to take this journey with you!*

## Appointment List

Date	Time	Provider	Appointment Type	Location
			Initial Labs	Laboratory
			6–8 week visit	
			10–12 week visit	
			Genetic counseling (if indicated)	
			Cystic Fibrosis Carrier test (if not done prior & desired)	Laboratory
			16–20 week visit	
			Ultrasound (loose fitting clothes)	Radiology
			Triple Screen testing (if desired)	
			24 week visit	
			Class sign-up	
			28 week visit	
			Class sign-up	
			28 week labs	
			32 week visit	
			Class sign-up	
			36 week visit	
			Labor & Delivery tour	
			Admission papers to admission office	
			38 week visit	
			39 week visit	
			40 week visit	
			41 week visit	
		Post date testing	NST (twice-weekly)	
			Amniotic fluid check	
			42 week induction	Labor and Delivery

**Goal oriented visits:**

**6-8 Week Visit Goal:** Exchange information and identify existing risk factors that may impact your pregnancy.

To Do:

1. Read the next visit information and any additional related topics prior to your visit and write down any questions you may have.
2. Ask your family about any medical problems that exist in your family such as diabetes, cancer, hypertension, and genetic problems.
3. Fill out self- administered questionnaire in preparation for this visit.
4. Suggest reading: the HIV and Cystic Fibrosis Carrier Screen consent forms and think about whether you wish to have these blood tests performed.

**10-12 Week Visit Goal:** Determine current health status and work towards a healthy pregnancy.

To Do:

1. Read the visit information and any additional related topics prior to your visit and write down any questions you may have.
2. Wear easy to change out of clothing for physical exam.
3. Suggest reading: Common Discomforts and Annoyances and Triple (Maternal Serum Analyte) Screen consent form for next visit (16-20 week) and think about whether you wish to have this blood test performed.

**16-20 Week Visit Goal:** Work towards a more comfortable & safer pregnancy.

To Do:

1. Read the visit information and any additional related topics prior to your visit and write down any questions you may have.
2. Allow time for Ultrasound if scheduled with this appointment.

**24-Week Visit Goal:** Prevent Pre-term Labor for a safe and healthy baby.

To Do:

1. Read the visit information and any additional related information prior to your visit and write down any questions and concerns you may have.
2. Suggested reading: Pre Term Labor in Resource Pregnancy Section and local listing of classes in the Clinic and Hospital Section

**28-week visit Goal:** Monitor your baby and your progress and learn to count fetal movements.

To Do:

1. Read the visit information and any additional related topics prior to your visit and write down any questions and concerns you may have.
2. Follow instructions given to you for your 1-hour glucola test.
3. Suggested reading: Fetal Movement Counts under Testing and Monitoring in the Resource Pregnancy Section.

**32-week visit Goal:** Prepare for your baby's arrival.

To Do:

1. Read the visit information and any additional related topics prior to your visit and write down any questions or concerns you may have.
2. Fill out Fetal Movement Chart and bring with you to visit.
3. Suggested reading: Labor and Delivery in the Resource Section.

**36-week visit Goal:** Begin preparations for your hospital experience.

To Do:

1. Read the visit information and any additional related topics prior to your visit and write down any questions and concerns you may have.
2. Fill out Fetal Movement Chart and bring with you to visit.
3. Suggested reading: Labor and Delivery in the Resource Section.

**38-41 week visits Goal:** Preparing for the delivery and baby's arrival at home.

To Do:

1. Read the visit information and any additional related topics prior to your visit and write down any questions or concerns you may have.
2. Fill out Fetal Movement Chart and bring with you to visit.
3. Suggested reading: Postdate Pregnancy Plan and After the Baby in the Resource Section

**Resource Section:**

- **Clinic & Hospital Information**
- **Consent Forms**
  - Cystic Fibrosis Carrier Screen
  - Human Immunodeficiency Virus (HIV)
  - Triple (Maternal Serum Analyte) Screen
- **Pregnancy Information**
  - Active Duty Issues
  - Anatomy (front & side views)
  - Common Discomforts and Annoyances
  - Fetal Movement Count Charts (5 totaled)
  - Immunizations
  - Nutrition in Pregnancy
    - Food Pyramid
    - BMI Chart
    - Weight Gain Chart
  - Sexually Transmitted Diseases
  - Testing and Monitoring during pregnancy
  - True versus False Labor (Braxton-Hicks Contractions)
- **Labor & Delivery**
  - Labor & Delivery Basic Information
  - Birth Plan
- **After The Delivery**
  - Baby Equipment
  - Birth Control
  - Bottle Feeding
  - Breast-Feeding
  - Safety Tips for Baby
- **Common Terms**

**Suggested Additional Readings (available in your clinic):**

- Alcohol in Pregnancy
- Birth defects
- Breech
- Cystic Fibrosis (Carrier Screening) and (What if both are carriers)
- Drugs & Pregnancy
- Exercise
- Group B Streptococcus and your Pregnancy
- Having Twins
- Physical Training for the Pregnant Soldier
- Post Date
- Pre Term Labor
- Rh Factor: How it can affect your pregnancy
- Sickle Cell
- Smoking
- Sterilization
- Triple (Maternal Serum Analyte) Screen

**Websites:**

<http://www.nlm.nih.gov/medlineplus/> (general pregnancy and health)  
<http://www.healthfinder.gov> (general pregnancy and health)  
<http://www.modimes.org/> (general pregnancy, baby and health)  
<http://familydoctor.org/> (general pregnancy, baby and health)  
<http://mama.modimes.org/> (general pregnancy,baby and health)  
<http://www.childbirth.org/> (childbirth)  
<http://www.4women.org/>(women's health,nutrition and birth control)  
<http://www.lalecheleague.org/> (breast-feeding)  
<http://www.plannedparenthood.org> (birth control)  
<http://www.gotmom.org> (breast-feeding)  
<http://healthforces.org> (military and health care)

