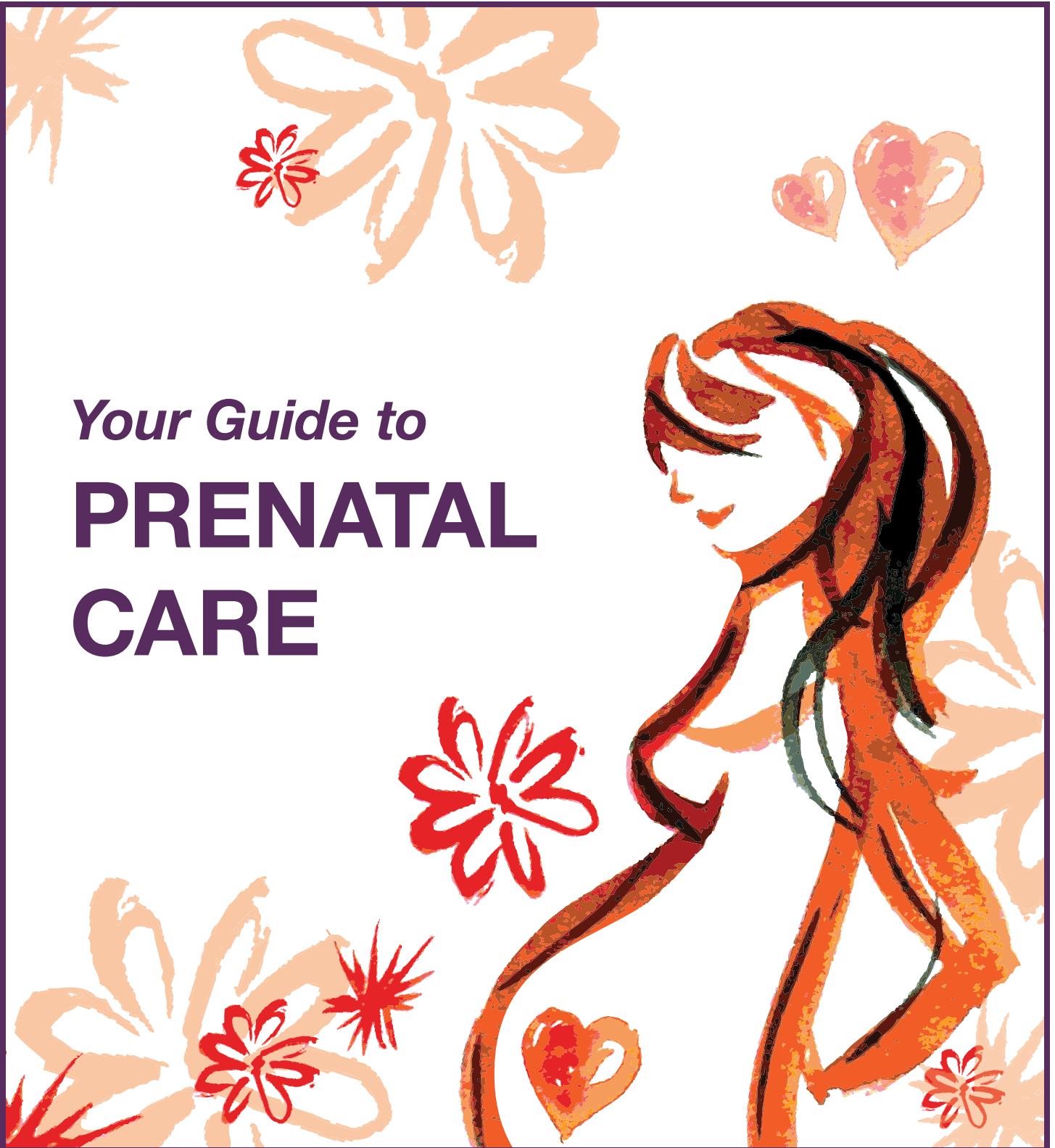


Your Guide to
**PRENATAL
CARE**



Walter Reed
National Military
Medical Center

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IMPORTANT TELEPHONE NUMBERS

Acute Care Clinic	(301) 295-1438
Antepartum Testing.....	(301) 319-5046
Barquist AMC Appointment Line	(301) 619-7175
Behavioral Health.....	(301) 295-0500
Breast Care Center	(301) 295-3899
Child Development Center	(301) 400-1910
Colposcopy.....	(301) 295-2760
Command Duty Office	(301) 295-4611
Emergency Room	(301) 295-4810
Fort Belvoir CH OB Clinic	(571) 231-3442
Genetic Counseling.....	(301) 319-5050
GYN Clinic.....	(301) 400-2140
GYN Nurse Line	(301) 400-2671/2672
GYN Oncology	(301) 400-1257
IRMAC (Appointing Call Center).....	(301) 295-6289
IUD	(301) 319-2953
Kimbrough ACC OB Clinic	(301) 677-8938
Labor and Delivery.....	(301) 319-5000
Laboratory.....	(301) 295-2100
Lactation	(301) 295-6168
Malcom Grow MC&SC OB Clinic.....	(301) 981-1110
Maternal Fetal Medicine (for complicated OB questions/appts)	(301) 319-5050
Nutrition	(301) 295-4065
OB Clinic	(301) 295-5552
Obstetric Nurse Line	(301) 295-6937
Patient Administration	(301) 295-2126
Pediatric Clinic	(301) 295-4900
Pharmacy	(301) 295-2124
Pharmacy Refill	(301) 319-3434
Physical Therapy.....	(301) 295-4880
Radiology (Ultrasounds).....	(301) 295-5050
Reproductive Health, Infertility.....	(301) 400-2432
Social Work.....	(301) 295-1719
TRICARE Nurse Advice Line	(800) TRICARE (874-2273), Option 1
Urogynecology.....	(301) 400-2468
WRNMMC Operater.....	(301) 295-4000

ACUTE CARE: Urgent Care is available in the clinic daily. Please call the Acute Care Clinic to discuss your symptoms with a nurse. If you are instructed to leave a message, the nurse will return your call as soon as possible. You may also call the TRICARE Nurse Advice Line.

AFTER HOURS, WEEKENDS & HOLIDAYS: If you are greater than 20 weeks pregnant, please call Labor & Delivery 301-319-5000. If less than 20 weeks, please call the Emergency Room at (301)295-4810.



PRENATAL CARE

Welcome to the Obstetrics (OB) Clinic at Walter Reed National Military Medical Center (WRNMMC)! Whether you are receiving your care from a Physician, Certified Nurse Midwife, or Nurse Practitioner, you are in good hands, and we are proud of the opportunity to serve you.

Who provides prenatal care?

For women who are enjoying a normal, low-risk pregnancy, the following options are available:

- **Obstetricians and OBGYN Resident Physicians** provide care for all pregnant women, including women who have high-risk concerns. Physicians are always available for consultation with certified nurse midwives (CNMs) and nurse practitioners (NPs).
- **Certified Nurse Midwives (CNMs) and Nurse Practitioners (NPs)** provide highly-skilled care to healthy, low-risk patients at WRNMMC and some of our branch clinics. CNMs are highly trained and skilled care providers who work in consultation with physicians. They provide prenatal care, deliver babies, and do a combined mom-baby postpartum visit 2-4 weeks after delivery.
- **Centering Pregnancy** is a model of prenatal care in which you start your prenatal care with an individual visit but have the rest of your visits in a group setting with 10-12 other women and their partners who are due at about the same time as you. Centering Pregnancy allows you to experience your pregnancy with a group of friends who are going through a similar experience. In group prenatal care, you will receive assessment, education, and support all in one setting.

Patients who are high-risk due to their own health, or who develop a high-risk condition during their pregnancy, must see an obstetrician or OBGYN resident physician for their prenatal care. Specialists are also available in the Prenatal Assessment Center (Maternal Fetal Medicine).

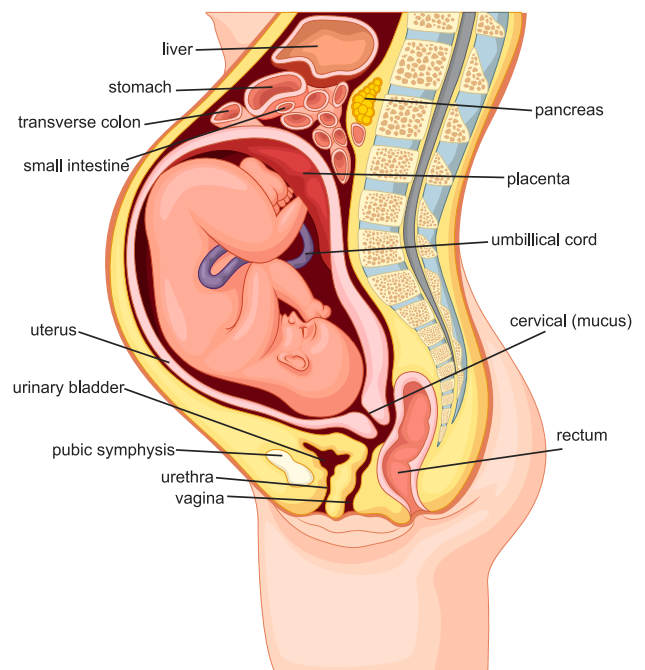
Our OB clinic strives to allow continuity of care (seeing the same provider) for clinic appointments if you desire. Simply ask to make each of your appointments with the same provider when available.

How many visits will I have?

If you choose to enroll in a Centering Pregnancy group, your prenatal care will include one individual visit followed by nine group sessions. Each session is two hours long, and is lead by the same Certified Nurse Midwife or Nurse Practitioner.

If you are seeing a provider for one-on-one prenatal visits, we follow the nine-visit pathway below:

- **OB Intake (7-8 weeks):** Your first visit will start with an ultrasound to determine your due date. Together, we'll identify any risk factors that may impact your pregnancy, and decide what type of provider will follow your care. Then you'll have a one-on-one appointment with an intake nurse to review your medical history and go over any concerns you may have. You'll complete standard prenatal lab work (blood and urine), and schedule your New OB visit. You'll also receive a "Pregnancy and Childbirth" book and other important information to guide you through your prenatal care. After your lab work is complete, you'll go to Patient Administration (Bldg 10, 1st Floor) to pre-register for your delivery.
- **"New OB" visit (10-12 weeks):** You will meet your prenatal care provider who will review your medical history and do a complete physical exam. Your lab work will be reviewed, and a plan will be made for your prenatal care that is tailored to your health history. If you choose group care, you will transfer to Centering Pregnancy after this visit. Please do your best to complete the sample birthplan on page 20 to prepare for this visit.
- **16-20 weeks:** Your provider will check your weight, blood pressure, baby's heart rate and uterine growth. Your second trimester ultrasound will be ordered, and you will schedule your appointment with the Radiology Clinic at (301) 295-5050.
- **24 weeks:** Your provider will check your weight, blood pressure, baby's heart rate and uterine growth. Your lab work and ultrasound will be reviewed and questions answered.
- **28 weeks:** Your provider will check your weight, blood pressure, baby's heart rate and uterine growth. You'll have blood drawn to check for anemia and pregnancy diabetes. If you are RH Negative, you will get a Rhogam shot. You'll also go to the Immunization Clinic for your Tdap vaccine to protect your baby from whooping cough. Your provider will discuss your choices for birth control after birth, as well as how you plan to feed your baby, your baby's movement, and signs of preterm labor.
- **32 weeks:** Your provider will check your weight, blood pressure, baby's heart rate and uterine growth. We will discuss your birth plan to start preparing for delivery.
- **36 weeks:** Your provider will check your weight, blood pressure, baby's heart rate and uterine growth. You will have a test done for group B strep (GBS).
- **38 weeks:** Your provider will check your weight, blood pressure, baby's heart rate and uterine growth. You may have a cervical exam if desired, and signs of labor will be discussed.
- **40 weeks:** Your provider will check your weight, blood pressure, baby's heart rate and uterine growth. You may have a cervical exam. You can ask questions about what happens if you are overdue and an induction will be scheduled if necessary.



Note: Your provider may require additional visits if medically necessary.





CENTERING PREGNANCY PROGRAM

We are pleased to offer the Centering Pregnancy Program. The Centering Pregnancy Program is an alternative to receiving care in the clinic setting. This program is designed for women who:

- Are interested in learning as much as possible during their pregnancy
- Enjoy meeting other pregnant women
- Want to share their pregnancy experience with other pregnant women

Women interested in the Centering Pregnancy Program are placed in a group with 10-12 other pregnant women who are due to deliver about the same time. There are nine sessions of two hours each that are scheduled throughout your pregnancy. Each of these sessions will provide time for individual physical assessment (your weight, blood pressure, baby's growth, etc.), discussion about pregnancy, birth, and new babies, and time to share with the other women. The sessions will be led by a Certified Nurse Midwife or a Nurse Practitioner. Some sessions will have a special speaker, and sometimes we'll watch a pregnancy video. After your baby is born, there will be a postpartum 'reunion', which is a unique opportunity to share your birth story and your baby with the others in the group.

As part of this group you will get to know other pregnant women and be able to share some of your experiences. Many women who participate in this type of prenatal care develop strong and long lasting friendships with the women in their group. Your partner or other support person is welcome to attend with you. Please do not bring your other children with you as you will not be able to care for them during your visit.

We are excited about this program. It combines the three important parts of prenatal care: assessment, education, and support, in each visit. This means that you won't have to come for separate individual visits unless you have a medical issue/concern that needs to be addressed. All of your time spent here should be productive and fun!

How to Enroll:

After your initial OB visit, let your provider know if you want to join the Centering Pregnancy Program. You will receive a schedule of the sessions for the group you join. Sessions are held in the OBGYN Clinic at Walter Reed National Military Medical Center. You may also enroll in the Centering Pregnancy Program by contacting RN Kristi De Lisle at (301) 319-2593.

If you have any questions, please ask us. We are here to help!

COMPLIMENTARY CHILDBIRTH CLASSES

1. Prepared Childbirth

One day, 6-hour class that addresses what to expect when having a baby at WRNMMC, comfort measures, false versus true labor, stages of labor, how support person(s) can help, pain control options, delivery methods, relaxation, breathing, cesareans, recovery and postpartum. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2nd LEVEL, to take you to the classroom.

2. Comprehensive Introduction to Breastfeeding

This 2-hour class includes how and when to feed and latch, how to tell if baby is getting enough, hunger cues, breast care, breastfeeding's benefits, mother care, special situations, common concerns, how support person(s) can assist, and WRNMMC support. Participants will practice feeding positions with dolls. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2nd LEVEL, to take you to the classroom.

3. Prepared Childbirth with Breastfeeding

Includes the one day, 6-hour Prepared Childbirth class (description above) plus the 2-hour Comprehensive Introduction to Breastfeeding class (description above). INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2nd LEVEL, to take you to the classroom.

4. Infant Care

This 2.5-hour class includes newborn appearance, WRNMMC newborn procedures, diapering, bathing, safety measures, and when to call the doctor. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2nd LEVEL, to take you to the classroom.

5. Sibling Education

During this 2-hour class, children learn about babies, tour Labor and Delivery, watch a film, hold a "baby," and do an activity. Parents learn WRNMMC's policy regarding children in Labor and Delivery, and how to incorporate another child into the family. Parents must remain with their child/children. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2nd LEVEL, to take you to the classroom.

6. Tour of Labor and Delivery (Tuesdays Only)

Tour of Labor and Delivery, Triage, Antepartum, Operating Rooms and Post-partum areas. You will also meet with a pediatrician, when available. INSTRUCTOR WILL MEET YOU AT THE WOMEN'S HEALTH: OBSTETRICS CLINIC waiting room, BUILDING 9, 2nd LEVEL, to take you to the classroom.

7. Infant Massage

Learn to calm and soothe your baby through nurturing touch. This class is for parents, caregivers and their babies up to one year of age. For more information, call (301) 319-4087 or email: usn.bethesda.nsabethesdamd.list.NNMC-FFSC@mail.mil

To register for classes visit: <https://www.apps.capmed.mil/prenatalclasses>



GENETIC TESTING

Maternity®21 PLUS

Your baby's genetic information enters your blood stream from the placenta. The Maternity®21 PLUS test examines this genetic information for certain chromosomal abnormalities that could affect your baby's health and development. As early as nine weeks into your pregnancy, the Maternity®21 PLUS test can identify:

- Down syndrome
- Edwards syndrome
- Patau syndrome
- Turner syndrome
- Klinefelter syndrome
- Triple X syndrome
- XYY syndrome



The Maternity®21 PLUS test can also detect whether you're having a boy or a girl.

There are other ways to get this information, such as serum screens and amniocentesis (withdrawing fluid from around your developing baby), but the Maternity®21 PLUS test is noninvasive and only requires a simple blood draw. Detection rates have also shown to be higher than serum screening.

If you receive a positive test result, you may be offered genetic counseling and/or diagnostic testing for confirmation of your test results.

Inheritest®

Inheritest® can help you prepare for pregnancy and parenthood. It's a carrier screening test that can help determine if your child is at risk for having a genetic disorder like cystic fibrosis.

While most babies are born healthy, disorders caused by genetic conditions sometimes occur. Genetic conditions are caused by mutations in our DNA.

Studies show that everyone is estimated to carry three to five genetic mutations. However, carrying a mutation does not typically cause any related disorders for the carrier, but it can mean that his or her children are at risk, even when there's no family history of any related disorders.

Inheritest® offers panel testing for as little as three hereditary disorders to as many as 110. Ask your doctor which panel may be right for you.



INFLUENZA (FLU) DURING PREGNANCY

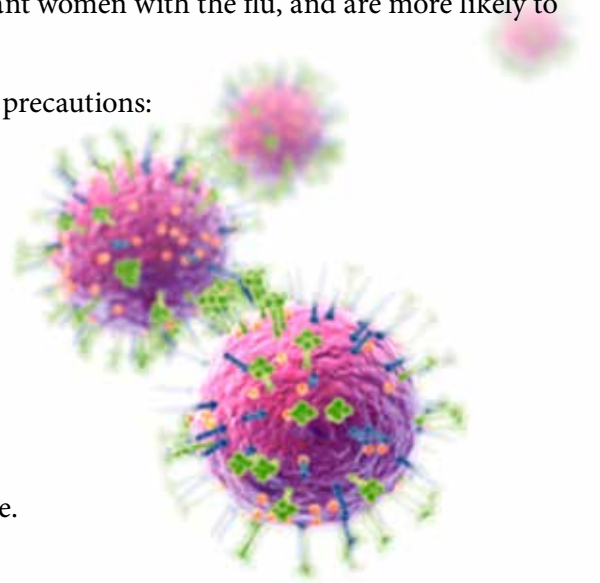
What is the best way to protect myself from the flu?

Pregnancy can affect your immune system and put extra stress on your heart and lungs. As a result, you may have an increased risk of getting the flu and developing serious complications such as pneumonia. Pregnant women usually experience worse flu symptoms than non-pregnant women with the flu, and are more likely to require hospitalization for complications associated with the flu.

The best way to protect yourself against the flu is to take general precautions:

- good hand washing
- avoid anyone who is ill
- get adequate rest
- eat a healthy diet
- get your flu vaccine!

Antibodies that provide protection against the flu virus begin to develop in your body about two weeks after receiving the vaccine.



Is it safe to get a flu shot during pregnancy?

The Centers for Disease Control and Prevention (CDC) recommend flu shots with the inactivated (dead) virus for all women who are pregnant during flu season, as well as nursing mothers and mothers of children younger than 6 months. Because the flu shot is made from the dead (inactivated) influenza virus, it is considered safe during any stage of pregnancy.

When should I get vaccinated?

The peak flu season is usually November to March. October or November is the best time to get vaccinated, but you should still get vaccinated beyond the normal season. Flu season can begin as early as October and last as late as May or June.

PREGNANT WOMEN GET THE SHOT, NOT THE NASAL SPRAY!

MAKE SURE THE PERSON GIVING YOUR FLU SHOT KNOWS YOU ARE PREGNANT!

Who should not be vaccinated?

There are some women who should not be vaccinated. Do not get a flu shot if you have:

- a severe allergy to chicken eggs
- had a severe reaction to an influenza vaccination in the past
- developed Guillain-Barré syndrome within 6 weeks of getting an influenza vaccine previously
- a moderate or severe illness with a fever. Come back for the vaccine when you are recovered

To get your Flu Shot at WRNMMC, go to the Immunizations Clinic; America Building, 4th floor. During the months of October-November, the flu tent may also be available for flu vaccination. Patients can contact the Immunization Clinic for more information at (301) 295-4510.

OUTPATIENT LACTATION SUPPORT

All lactation support appointments take place in the Pediatric Clinic on the 4th floor of the America Building (19).

Private Appointments

Prenatal Appointments can be scheduled by calling (301) 295-6168. Lactation appointments are available if you have specific concerns about breastfeeding such as compatibility of medications with breastfeeding, previous breastfeeding issues, history of breast surgery, etc.

Early Mother-Baby Follow-Up Appointments can be made during your discharge from the hospital. You can ask your baby's doctor to schedule an appointment with the lactation nurse or you can make an appointment by calling (301) 295-6168.

Group Sessions

Breastfeeding Support Group sessions are for weight checks, general questions and concerns, and mother-to-mother support. A breastfeeding topic is presented at each group appointment such as "collection and storage of breastmilk guidelines" and "when will my baby sleep through the night". Please note: a private appointment is recommended for first-time lactation support or if you're having a specific concern (i.e., excessive weight loss, low milk supply).

Group appointments often include other women and their partners in the same room. If you're uncomfortable with this scenario, a private appointment is recommended.

Group sessions occur regularly:

- Mondays, 1200-1400
- Wednesdays, 0930-1130



OUTPATIENT NUTRITION SERVICES

Why Visit with a Registered Dietitian?

You should visit with a dietitian if you:

- Want to learn how to eat healthy during your pregnancy
- Have a history of excessive weight gain during pregnancy
- Have gestational diabetes
- Have a family history of diabetes
- Are a vegetarian or vegan
- Experience inadequate weight gain
- Have a poor appetite
- Are unable to tolerate foods
- Suffer from gastrointestinal discomfort (nausea, vomiting, constipation)
- Are a pregnant teen
- Are lactose intolerant
- Are carrying twins or multiples

Call 301-295-4065 for an appointment. NO REFERRAL NEEDED!

Location: Outpatient Nutrition Services
(Liberty Zone, Building 7, 3rd Floor)

Hours: Monday-Friday, 7:30 am – 4:00 pm

Ms. Asha Jain
Registered Dietitian
Certified Diabetes Educator

Mr. Bob Goldberg
Registered Dietitian
Certified Diabetes Educator

Ms. Carly Bragg
Registered Dietitian
Adult Weight Management Certification



BUDGET FOR BABY WORKSHOP

NAVY-MARINE CORPS RELIEF SOCIETY



Serving active duty and retired Sailors, Marines and their families

Learn:

- Information about benefits, pay entitlements and tax implications of parenthood
- Strategies for making good financial decisions
- Where to find other local resources and programs that provide assistance for families with newborns
- How to schedule an appointment for free, personalized family financial counseling to help adjust to the increased costs of a new family member

Eligibility

- Active duty or retired Sailors, Marines and their families
- Reservists on extended active duty of 30 days or more

A SPECIAL GIFT

Every participant receives a *Junior Sea Bag* filled with gifts and a baby blanket hand made by a Society volunteer (valued at \$80).



Learn More

- Visit www.nmcrs.org/b4b
- Call the local NMCRS office: www.nmcrs.org/locations
- Contact us at volunteersupport@nmcrs.org



NAVY-MARINE CORPS RELIEF SOCIETY

Local Office

BETHESDA

Phone Number

(301) 295-1207

VISITING NURSE PROGRAM

NAVY-MARINE CORPS RELIEF SOCIETY



The Society offers free, in-home visits by Registered Nurses to active duty and retired Sea Service members and their families, widows and widowers. Our visiting nurses provide health education, resource referral and support for:

- Prenatal and postpartum concerns
- Newborn care and breastfeeding concerns
- Pediatric, adult, and geriatric health concerns

Society visiting nurses travel within a 50-mile radius of the local NMCRS office to visit clients in their homes.

Learn More or Request a Visiting Nurse

- Visit www.nmcrs.org/vn
- Call your local NMCRS office
- Email visitingnurse@nmcrs.org
- Call the Program Director at **(703) 696-0032**

Aug 2019



NAVY-MARINE CORPS
RELIEF SOCIETY

Local Office

BETHESDA 30

Phone Number

(301) 295-1207

SPECIALIZED COUNSELING AND PSYCHOTHERAPY

To Help You Meet Life's Challenges and Feel Well

Are You Experiencing:

- **Infertility**
- **Complicated Pregnancy**
- **Pregnancy Loss**
- **Transition into Motherhood**
- **Relationship Changes**

We help women with a range of issues including:

- Relationship difficulties
- Stress and mood issues
- Work and life transitions
- Grief and loss
- Trauma recovery
- And more

We have a special commitment to helping women with emotional and psychological issues related to reproductive health, including infertility, birth trauma, perinatal/infant loss, pregnancy and postpartum issues, and challenges associated with parenthood.

Our therapy approach is warm and collaborative, and integrates a variety of evidence-based techniques. We believe that a strong therapeutic relationship empowers women towards change and growth. We provide a safe and nonjudgmental space in which to express difficult thoughts/feelings and learn adaptive coping skills.

We can also assist with military and civilian resources for:

- Dependent Daughters
- Single Active-Duty Mothers
- Paternity
- WIC Program
- Doula/Night Nurse
- Support Groups
- Fisher House
- New Mom and Play Groups
- Military Separation Prior to Delivery

**Contact our Licensed Clinical Social Worker
(301) 319-2885**



pregnant & new mom support group



What I expected

-to love every minute
-to have a lot of support
-to be able to juggle different tasks
-to do things I used to without guilt



What I did not expect

- to feel isolated....
- to feel a loss of freedom....
- to want my old life back (some parts of it)....
- to feel insecure about my abilities as a parent (or anything for that matter)....



4th Tuesday of every month | FREE | Bldg. 19 | (301) 295-2857

BEHAVIORAL HEALTH CONSULTATION SERVICE

For Women's Health Patients

As a woman, your health care needs are unique and ever-changing. As a patient in one of our Women's Health clinics, you are eligible to receive Behavioral Health Consultation services.

Behavioral Health Consultation can provide assistance when behaviors, stress, worry, or emotional concerns impact your physical health, daily life or overall health and well-being.

Our Behavioral Health Consultant (BHC) works with your Women's Health provider to:

- Evaluate your unique needs
- Consider the physical, behavioral, and emotional aspects of your health concern
- Provide solution-focused interventions
- Help you determine a course of action that works best for you and your family

The BHC can help you reduce or better cope with symptoms associated with medical conditions, such as:

- Headaches
- Menopause
- Sleep
- Incontinence
- GI issues
- Infertility
- Cancer
- Chronic pain

The BHC can also help you and your Women's Health provider develop skills to effectively manage emotional or behavioral difficulties, such as:

- Tobacco cessation
- Pregnancy loss
- Worries/anxiety
- Alcohol misuse
- Sadness/depression
- Weight
- Baby blues
- Grief

What should I expect when I see the BHC?

Consultations with the BHC involve one to four appointments which are usually no longer than 30 minutes. At each appointment, you will be asked a few questions about your physical symptoms and any emotional or behavioral concerns, and you will discuss how these may be related.

How is this service different from a Behavioral Health Clinic or mental health appointment?

The Behavioral Health Consultation Service for Women's Health Patients is not specialty care. It is part of the comprehensive multidisciplinary care provided within our Women's Health clinics. The BHC does not provide traditional psychotherapy. If you request, or would benefit from traditional therapy, the BHC will recommend specialty mental health services for you.

Note: Documentation of the assessment and recommendations from the BHC will be written in your medical record. A separate mental health record will not be kept when you see the BHC.

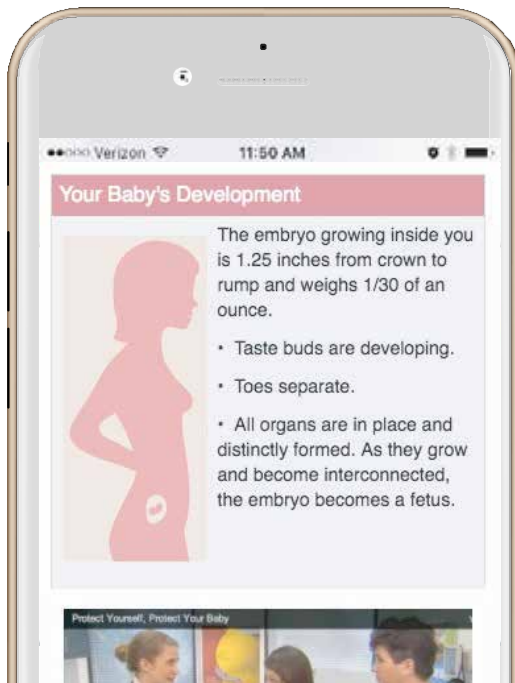
Communications with your BHC may not be entirely confidential. Your BHC will make every effort to protect your privacy, however, the BHC must report information when you or another person is in danger.

If you are interested in a consultation with the BHC, please call your Women's Health provider or call (301) 400-1921 to schedule an appointment.



Know what to expect.

Sign up for interactive, mobile messages to guide you through pregnancy and parenting.



86% of patients who enroll feel more connected to their hospital

Our weekly emails help you:

- Know what to expect when you deliver and what's normal for your baby
- Receive evidence-based health information directly from your care providers
- Stay connected to your hospital through your child's third birthday

“So encouraging. It's above and beyond what I expected from our hospital!”

It's easy to sign up!

**Text code WRMC to:
617-580-3050**

**You can also sign up at:
dodparenting.org**





RADIOLOGY CLINIC INFORMATION AND FAQ'S FOR EXPECTANT MOTHERS

OB ultrasounds can be technically challenging, and each examination may take up to one hour. All ultrasound scans are interpreted by a radiologist. Routine reports will be available to the ordering physician within 24 hours.

Q. What can I expect from an OB ultrasound taken in the Radiology Clinic?

A. First Trimester: At this early stage of pregnancy, transvaginal (through the vagina) sonography is often required to best visualize early gestational and fetal structures.

Second Trimester: This stage of pregnancy comes with many exciting milestones, e.g. feeling the baby's first kick, thinking about names for your baby, or seeing the baby for the first time. It's an amazing experience! The ultrasound exam performed at this stage involves a comprehensive detailed exam of fetal anatomy to ensure your baby is growing appropriately. The exam is divided into two parts:

Part 1 – The technologist thoroughly evaluates your baby, and acquires standard images for the radiologist. Only you (expectant mother) and one adult are allowed in the room. No children are allowed.

Part 2 – A brief real-time scan is performed. Family members, including children, are allowed in the room.

Q. Will I find out the gender of my baby?

A. Determining gender is not a required part of the diagnostic evaluation. Upon personal request, and depending on your baby's position and stage of development, the sonographer may be able to determine the gender of your baby.

Q. Will I get a CD/DVD or picture of my baby?

A. A printed picture of your baby may be given to you; however, no personal cameras or other filming devices are allowed in the exam room.

Q. Do I need to do anything to prepare for an OB ultrasound in the Radiology Clinic?

A. Yes! **First Trimester OB ultrasound exams:** Drink 30 oz. of water 30 minutes before your appointment time, and do not empty your bladder. **Second and Third Trimester OB ultrasound exams:** Drink 16 oz. of water 30 minutes before your appointment time, and do not empty your bladder.

Radiology Clinic Appointment Etiquette

- Arrive 15 minutes before your scheduled appointment.
- Since we do a thorough examination of your baby, we may not be able to fit you in if you're late.
- Late arrivals may be rescheduled.



DEPARTMENT OF DEFENSE



www.TRICAREonline.com



Appointments



Health Record



Rx Refill



**Service Separation/
Retirement**



Secure Messaging



Nurse Advice Line

The TRICARE Online Patient Portal is the Department of Defense's online patient-focused portal providing access to online health care information and services to any TRICARE patient, who is at least 18 years old, and receives care at a military hospital or clinic.

Use your Premium DoD Self-Service Logon, Common Access Card, or Defense Finance and Accounting Services myPay credentials to securely access capabilities 365x24x7!

MOBILE ACCESS IS HERE!

Scan the code below and bookmark the mobile site today!



TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

MEDICAL RECORDS

WE WOULD LIKE TO KNOW!

- **Are you PCSing before delivery?**
- **Will you be changing you provider before delivery?**
- **Will you need your records for traveling or in the event of an emergency?**

It may take up to 30 days for you to receive a copy of your OB records. We want to simplify the process for you. As soon as you know that you'll need a copy of your records, please follow the process explained below.

1. Fill out a DD Form 2870 (Authorization for Disclosure of Medical or Dental Information). You can download a fillable PDF at:

<http://www.esd.whs.mil/Portals/54/Documents/DD/forms/dd/dd2870.pdf>



2. Send the completed DD Form 2870, along with a copy of your ID, to the WRNMMC Outpatient Record Correspondence Office by **fax at (301) 400-1910**, or mail to:

Outpatient Record Correspondence Office
4494 North Palmer Rd.
Bldg. 3, Room 1051
Bethesda, MD 20889

For more information, please call the Outpatient Record Correspondence Office at (301) 400-3075, or visit:

Outpatient Record Correspondence Office
Walter Reed National Military Medical Center
Building 3, 1st Floor, Rm 1051

Maryland WIC

Better Nutrition Brighter Future



First Thursday of Each Month
9am-12pm

For An Appointment
Call (301) 319-4087

Fleet and Family Support Center
NSA Bethesda

Does your food budget need a boost?

ARE YOU?

- A pregnant woman
- A new mother
- Have infants or children under 5 years old
- A Montgomery or Prince George's County Resident

THEN:

- Come meet a WIC representative.
- Get your questions answered.
- Get a pre-certification to enroll in the WIC program.
- Gross income, family size, and military deductions will be considered for eligibility

For more information contact:
New Parent Support Program
(301) 319-4087
usn.bethesda.nsabethesdamd.
list.NNMC-FFSC@mail.mil
(Subject line "WIC")



NSA BETHESDA
FLEET & FAMILY
SUPPORT CENTER



This is a sample birth plan designed to help you decide your preferences during the labor, delivery and postpartum experience and to communicate these desires to your health care provider and nursing staff. Every birth plan should to be discussed with your health care provider to ensure the safety and feasibility of your requests. Remember also, that birth plans can change during labor- this is merely a statement of preferences and not a legally binding contract.

Patient's Name:

Significant Others Name:

Comments:

First stage of labor:

Environment: check as many as you would prefer.

_____ Dim lights

_____ Peace and quiet

_____ Bringing music and a CD player

_____ Bringing aromatherapy (no candles)

Mobility:

_____ I wish to be able to move around and change position at will throughout labor** _____

Freedom to move in bed only (up to bathroom only)

Hydration:

_____ Heparin/Saline lock is required in labor

_____ Clear fluids allowed in labor **



Monitoring: **

- Intermittent monitoring **
- Continuous external monitoring

Pain Relief Options:

- Non-Medicinal: Positioning; shower; heat or cold therapy; massage; acupressure **
- IV Medication
- Epidural

Visitors:

- My partner only
- 2-3 of my closest friends and family.

Second stage of labor:

Pushing: This will also depend on if you are medicated, how your labor is going, and the health of your baby.

- Choice of positions **
- I would like my partner and/or nurse to support my legs as necessary.

Baby Care:

- I would like to have my baby placed on my stomach/chest immediately after Delivery if not in immediate distress
- Place baby on the warmer and clean up before being brought to me

Cord Cutting:

- Partner to cut cord
- I am a cord blood donor and have made arrangements



Eye Care:

_____ Delayed for _____ minutes

_____ Immediate

Feeding Baby:

_____ Breast feeding only

_____ Bottle feeding only

Circumcision:

_____ For cultural or religious reasons will be done outside the hospital

_____ Done in hospital

_____ Decline

Complications: Unfortunately not all mothers will deliver vaginally. If you have a planned or unplanned non-emergent cesarean birth, you can still discuss some options with your physician.

_____ Partner present

_____ Breastfeeding as soon as possible

Remember in the event of an emergency, regarding your health or the health of your unborn baby we will do our best to keep you informed, but we may need to modify birth plan.

**** (Item noted with stars) we will try to respect wishes as long as patient's well-being, baby's well-being, and staffing permits. If any of these three items are not met, the plan will have to be re-evaluated.**

Mailing Address

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