

# Welcome to the USNHO OB Clinic

## Congratulations on your pregnancy!!

We would like to welcome you to our clinic. Our goal is to provide you with safe, satisfying care in a professional and pleasing manner. We are staffed with Obstetricians who are board certified or board eligible and Certified Nurse-Midwives. We provide for eligible beneficiaries on Okinawa and are the High-Risk referral center for the Pacific Rim. Our hospital has the only Neonatal Intensive Care Unit (NICU) located in the western Pacific staffed by Air Force Neonatologists. As you can see, we provide care for everyone whether you are experiencing a high or low risk pregnancy.

After initial paperwork has been started, your visits will follow the schedule below unless a health care provider recommends a different schedule:

### **6-8wks:**

Nurse intake appt, initial labs. Review paperwork.

### **1<sup>st</sup> Provider OB appt around 10-12 wks.:**

Review your medical history, review your labs, and have an exam including an ultrasound. Ensure all issues are addressed.

Schedule your anatomy scan with the Radiology Department around 18-20 wks.

Complete blood work for Serum Integrated Screen if requested (part 1)

### **16-20wks:**

Review BP, weight, fundal height, fetal heart rate and any new labs.

Complete blood work for Serum Integrated Screen if requested (part 2)

Decide if you want testing for Down Syndrome, Trisomy 18 and Neural tube defects (15-20 wks.)

### **\*18-22wks: Ultrasound at Radiology-Requires Appointment!\***

### **23-25 wks.:**

Review BP, weight, fundal height, fetal heart rate, ultrasound report and any new labs.

Start registering and planning for your little one!

1hr Glucose Check (24-28wks)

### **27-29wks:**

Review BP, weight, fundal height, fetal heart rate and any new tests.

If you are Rh negative, pick up your RhoGam form and bring it to lab when doing your labs.

TDAP Immunization.

Sign up for Childbirth Education Classes at the front desk!!

### **31-33wks:**

Review BP, weight, fundal height, fetal heart rate and any new tests.

Start to think about birth control for after the baby comes.

Pick up your preadmission package, birth plan, and packing list from the front desk.

Register for the Birth Registration Class located on 1<sup>st</sup> Floor.

Ensure you are signed up for classes which are recommended to be taken between 30-36 wks. of your pregnancy.

Start thinking about a birth plan.

### **35-37 wks.:**

Review BP, weight, fundal height, fetal heart rate and any new tests.

Do your GBS testing.

Get your bag packed with preadmission paperwork!

**38-39wks:**

Review BP, weight, fundal height, fetal heart rate and any new tests.

Check your cervix to see if you are dilated. (Not needed for scheduled cesarean deliveries.)

**40-41wks:**

Review BP, weight, fundal height, fetal heart rate and any new tests.

Check your cervix to see if you are dilated. (Not needed for scheduled cesarean deliveries.)