

I Think I am Pregnant

If you think you are pregnant, make an appointment with your primary care manager (PCM) for a pregnancy test. If the test is positive, your PCM will submit a referral to the OB services. 48-72 hours after this visit, you call Tricare at 1-866-645-4584 (1-866-MILHLTH) to make your initial OB appointment at the military clinic of your choice. There are four OB Clinics on the Southside of Hampton Roads. They are located at

- Naval Medical Center Portsmouth
- Naval Station Norfolk (Sewell's Point Clinic)
- Little Creek NAB (Boone Clinic)
- Dam Neck Annex.

Much of this first appointment will be your intake interview and education about being pregnant. You will need to know the approximate date of the end of your last menstrual period, have a list of any medications you routinely take (prescription, nonprescription medicines, herbal supplements, homeopathic medicines and vitamins) and of course your medical records. The medical staff will tell you when to make your next appointment. It will generally be once a month for the first 8 months for an uncomplicated pregnancy.

From your initial appointment until 6-8 weeks after the birth of your child, the OB clinic will be your primary care manager and provide all routine care. After that time you will go back to your original PCM.