

Obstetrics Advice Team Nurse

OB ADVICE TEAM NURSE: If you have a question that does not require a visit or if you are not sure about coming in, Team Nurses are available:

MON, WED, THU, and FRI: 0800-1500 & TUE: 0800-1100

If there is no answer, the nurse is currently assisting a patient. Please leave a message by phone or through Tricare Online Secure Messaging formerly known as Relay Health.

To sign up visit: <https://app.tolsecuremessaging.com/>

- In the search box for provider or facility type **Tripler OB** and choose your team.

If you have not had an OB Registration appointment or are not assigned a Team please call:

808-433-2778 Ext 3, 7, 3

OB Team Advice Nurse Phone Numbers:

Hibiscus Team Nurse: 808-433-3671

Ginger Team Nurse: 808-433-5933

Schofield Team Nurse: 808-43-8115

Plumeria Team Nurse: 808-4333337

Schofield, Makalapa, K-Bay Advice Nurse: 808-433-2778 Ext 3, 7, 3

**TAMC OB Appointments Scheduling:
1-888-683-2778, Option 3, 7, then 1 or
433-2778, Option 3, 7, then 1 (old number)**

**Appointments must be canceled at least 2 hours in advance.
For appointments between 2400- 0900, please cancel prior to close of business the previous duty day.

Same Day Evaluation Clinic (SDEC)

The Same Day Evaluation Clinic (SDEC) is a Walk-In clinic for urgent and acute problems that need same day evaluation. The SDEC Walk-In clinic is designed for patients with acute concerns related to being **less than 20 weeks pregnant**, are **greater than 20 weeks pregnant with non-obstetrical** acute concerns, are **postpartum**, or are **post-operative**. Patients are prioritized by the seriousness of their concerns. The SDEC is available:

MON, WED, THU, and FRI: 0800-1500 & TUES 0800-1100

The average wait time can be long. We thank you for your patience.

Typical Non-Emergent problems seen in the SDEC include:

- Vaginal Bleeding when less than 20weeks Pregnant
- Repeated Vomiting or Diarrhea for greater than 24hrs
- Vaginal Burning/Pain/Irritation
- Abdominal or Pelvic Cramping/Pain that does not go away or worsen when less than 20weeks Pregnant
- Fever greater than 100.4°F
- Post-Surgical Infection/Pain

After Hours: If you are **less than 20 weeks** pregnant go to the **Emergency Room at Tripler**.

Go directly to Labor and Delivery at Tripler if you are greater than 20 weeks pregnant for:

- Decreased or absent fetal movement after 28 weeks gestation
- Leaking of Vaginal Fluid/Bag of Waters have broken
- Fall
- Vaginal Bleeding
- More than 6 contractions in one hour if less than 36 weeks gestation
- Severe abdominal pain
- Minor car accident (fender bender)
- Severe headache with visual disturbances

Labor and Delivery Triage Phone Number: 808-433-9900

Emergencies go directly to the Emergency Department:

- Major Car Accident
- Broken Limbs/Bones
- Chest Pain
- Shortness of Breath/Difficulty Breathing
- Non-Obstetrical Emergencies

Updated 01/15/2020

Safe OTC (Over-the-Counter) Medication List for Pregnancy

Now that you are pregnant, you may be wondering about what medications are safe to use. If you become ill and require medication, you must take something that is safe to use during pregnancy. The following is a list of medications that are FDA Pregnancy category A or B. If you are currently on any medications or would like to take a medication not on this list, check with an OB Provider to make sure it is safe. Many of these over the counter medications are available through the Tripler outpatient pharmacy self-care program. **The flu shot is safe and recommended during pregnancy.** Check with a provider before receiving any other vaccinations.

Medication	Dose	Uses
Tylenol	As directed per package; Do not exceed 3,000 mg in 24	Headache, fever, pain
Sudafed	As directed per package; Avoid in first trimester	Stuffy nose, sinus
Robitussin (D or DM)	As directed per package	Cough
Benadryl	As directed per package; Max 300mg in 24 hours	Allergies
Tums	As directed per package; Do not exceed 6 tablets in 24	Heartburn,
Pepcid	As directed per package	Heartburn
Simethicone	As directed per package	Relief of bloating/gas
Miralax	As directed per package; Do not exceed 7 days of use	Constipation
Colace	100 mg once a day as needed	Relief of hard stool
Clotrimazole	Recommended 7 day course versus 3 day	Vaginal yeast infection
Mylanta	As directed per package; Do not exceed 60 mL in 24 hours	Heartburn,
Maalox	As directed per package	Heartburn,
Roloids	As directed per package; Do not exceed 7 tablets in 24	Heartburn,
Zantac	150mg at bedtime	Heartburn,
Mucinex (D or DM)	As directed per package	Congestion
Metamucil	As directed per package	Constipation
Unisom	12.5 mg (½ tab) at night	Nausea
Vitamin B6	25 mg three times a day; Max 75 mg in 24 hours	Nausea
Emetrol	As directed per package; Max of 5 doses	Nausea, vomiting
Cepacol lozenges	As directed per package	Sore throat

***Avoid** aspirin, Motrin®/ibuprofen, tetracycline, and Accutane® during pregnancy.

Umbilical Cord Blood Donation

What is umbilical cord blood donation? What will the umbilical cord blood be used for? After the delivery of the baby, the excess umbilical cord blood is collected from the discarded umbilical cord and placenta. It is then donated to a state wide public cord blood bank. It is stored at Bloodworks North West in Seattle, WA until it is needed. The umbilical cord blood can be used in place of bone marrow for life saving transplants in patients with cancers such as leukemia.

How much will it cost? Who can donate?

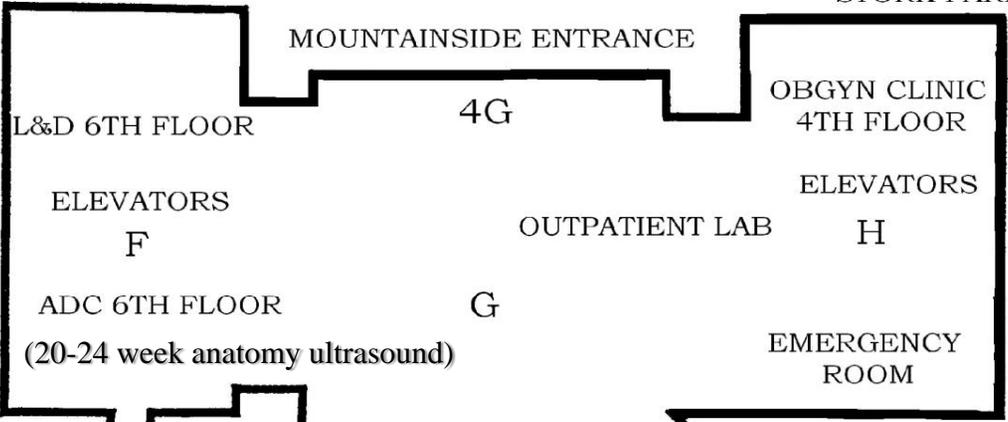
Since the umbilical cord blood is donated to a public cord blood bank and not privately stored, there is no cost. Healthy moms over age 18 having a normal pregnancy are eligible to donate.

When do I have to decide? How do I arrange to donate? You may download off their website www.hcbb.org, call HCBB at 983-2265 or request for a registration packet in Labor and Delivery.

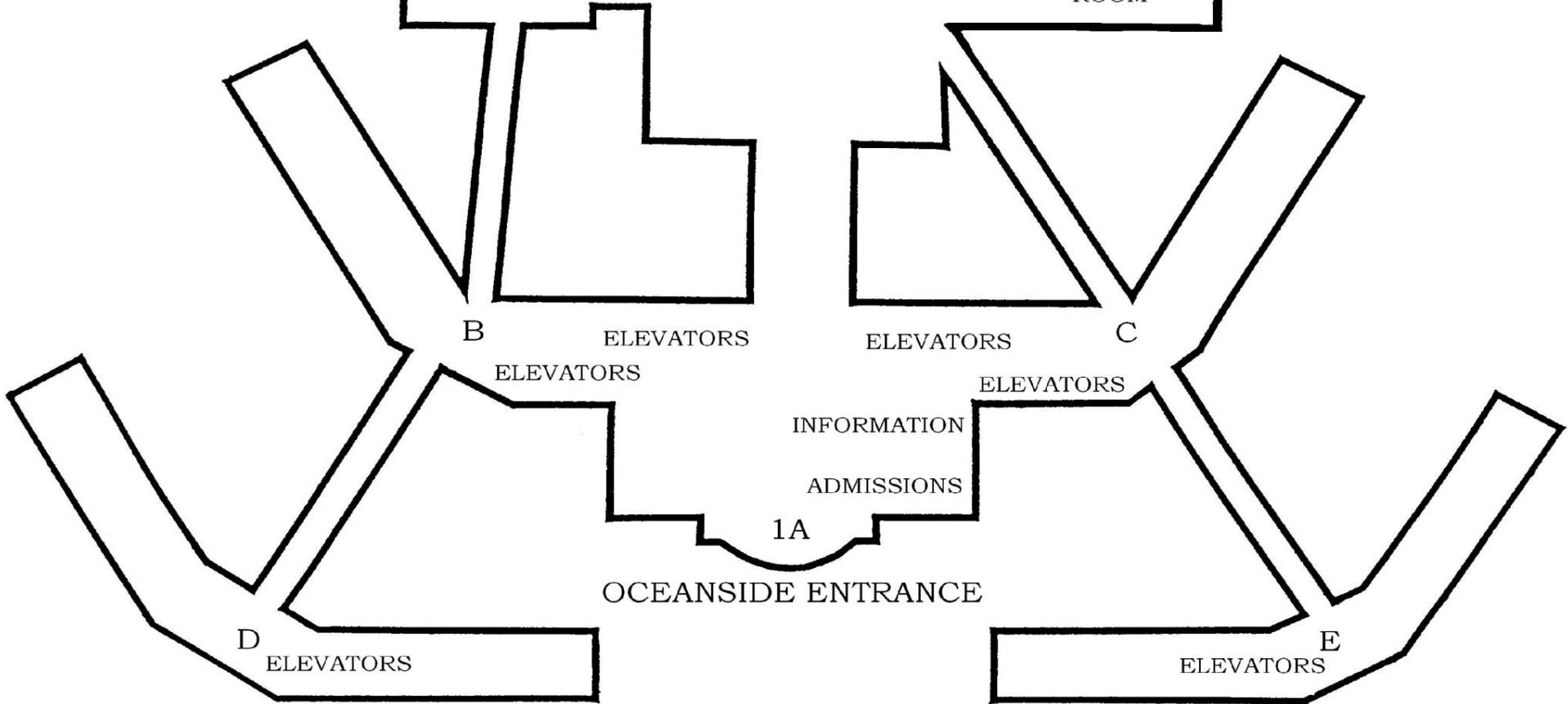
TRIPLER ARMY MEDICAL CENTER

STORK PARKING

MOUNTAINSIDE ENTRANCE



Tripler
Trolley



OCEANSIDE ENTRANCE

Tripler Army Medical Center OB Clinic

Congratulations on your pregnancy! This is an exciting time in your life, and we know it can get a little overwhelming with all of your upcoming appointments. Here's a general guideline of what to expect during your pregnancy. Keep in mind, some things may change as you progress.

6 – 8 Weeks	32 Weeks
OB Registration Prenatal Vitamins Referrals/Consults Glucose Screening (if indicated) 1 st Trimester Breastfeeding Education	Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height Breast Pump Prescription Request Stork Parking Permit (34+ weeks)
10 – 12	36 Weeks
OB Physical (45 minutes) Checks: History & Physical Pap Smear if indicated Fetal Heart Tones Cystic Fibrosis screening (see pg 151, purple book)	Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height Tests: Group B Strep Culture Cervical Exam (if desired) Review: Labor Issues
16 – 19 Weeks	38 Weeks
Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height, Fetal Movement, Genetic Screening	Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height
20 Weeks	39 Weeks
OB Anatomy Ultrasound @ 20-24 weeks At the Antepartum Diagnostic Center (Mountainside F elevator 6 th floor)	Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height
24 Weeks	40 Weeks
Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height 28 week labs ordered (glucola/CBC) Cord Blood Donation reviewed	Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height
28 Weeks	41 Weeks
Checks: Blood Pressure, Weight Fetal Heart Tones, Fundal Height Labs drawn and Glucose Screen Fetal Kick Counts Rhogam (if indicated) Review: Preterm Labor Precautions Sign up for L/D tour, Childbirth and Breastfeeding Education	Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height Cervical Exam Semi-weekly Non-Stress Test, Weekly AFI Schedule induction (if indicated)

Note: Twins clinic appointments are done in Antepartum Diagnostic Center (ADC) after OB PE or as indicated by Maternal Fetal Medicine Specialists.

TRIPLER ARMY MEDICAL CENTER

COMPLIMENTARY CLASSES



1ST TRIMESTER PRENATAL EDUCATION CLASS

Recommended in 1st Trimester

Learn about what to expect during this trimester to include prenatal appointments, nutrition, exercise and overall well-being

2ND TRIMESTER PRENATAL EDUCATION CLASS

Recommended in 2nd Trimester

Learn about what to expect during this trimester to include prenatal appointments, nutrition, exercise and overall well-being

LABOR AND DELIVERY TOUR

**Recommended in 3rd Trimester **

A walking tour through Labor and Delivery and the Mother-Baby unit. Take a look inside of a delivery room and find out what to expect when you arrive at the hospital. Pre-registration will be completed at the end of the tour.

CHILDBIRTH EDUCATION CLASS

**Recommended in 3rd Trimester **

Learn about your changing body during pregnancy, labor signs, stages of labor, comfort techniques, epidurals and newborn care

BREASTFEEDING CLASS

**Recommended in 3rd Trimester **

Learn about tips for successful breastfeeding to include positioning, latching, preventing sore nipples and feeding frequency

SIBLING CLASS

**Recommended for ages 2 years and older **
Helps to prepare the soon to be big brother or sister for helping mommy with the new baby.

To schedule, call 808-433-6808

TO SCHEDULE, CALL THE OB CLINIC APPOINT LINE AT 433-2778, OPTION 3, 7, THEN 1

Community Resources

- **The Children's Waiting Room at Tripler Army Medical Center by the Armed Services YMCA**
Short-term child care for children 6 weeks to 12 years old. Open Monday-Friday 0800-1200 and 1300-1545. \$10 Flat rate fee (up to 2 children) and \$15 flat rate fee (3 children or more). A Registration packet is to be filled out and Immunization records are needed. Call to make a reservation @ 808-433-3270
- **The Children's Waiting Room at Schofield Barracks by the Armed Services YMCA**
Short-term child care for children 6 weeks to 12 years old. Open Monday-Friday 0800-1200, 1300-1600 by appointment only, and closed Thursday afternoons. \$10 Flat rate fee (up to 2 children) and \$15 flat rate fee (3 children or more). A Registration packet is to be filled out and Immunization records are needed. Call to make a reservation @ 808-433-8410
- **Army New Parent Support Program 808-655-4ACS (4227)**
www.himwr.com/acs Visit the calendar to see available classes such as:
Boot Camp Training for New Parents, Parenting 101, Money Management, Anger and Conflict Solutions etc.
- **Airforce, Navy, Coast Guard New Parent Support Program 808-474-1999**
<http://www.greatlifehawaii.com/family-support/mfsc-class-schedule> Visit the link or see the Great Life Hawaii magazine to for available classes such as:
New Moms and Dads, Soothing Your Baby and Loving Touch, Positive Parenting, Healthy Relationships 101
- **Marine New Parent Support Program 808-257-8803**
www.mccshawaii.com/nps Visit the Calendar to see available classes such as:
Baby Boot Camp, Infant massage, Baby/Toddler Sign Language
- **American Red Cross of Hawaii 808-734-2101**
www.redcross.org/local/hawaii/take-a-class Visit the link or call for the schedule and fees for classes such as:
CPR and First aid training
- **Women Infants, and Children (WIC) 808-586-8175**
The Special Supplemental Nutrition Program for Women, Infants and Children (WIC), is a federally funded program which provides Hawaii residents with nourishing supplemental foods, nutrition education, breastfeeding promotion and health and social service referrals.
www.health.hawaii.gov/wic
- **Parents Without Partners**
The largest international, nonprofit membership organization devoted to the welfare and interests of single parents and their children.
www.parentswithoutpartners.org
- **Families Over-Coming Under Stress (FOCUS) 808-257-7774**
Provides resilience training to military children and families. It teaches practical skills to help families overcome common challenges related to a parent's military service, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story.
<https://focusproject.org/>
- **Domestic Violence Action Center 531-3771**
Here you will be able to find out information about services, get answers to questions about domestic violence, and find out ways to help or get help.
www.stoptheviolence.org
- **National Domestic Violence Hotline 1-800-799-SAFE (7233)**
Lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.
<http://www.thehotline.org>



Community Breastfeeding Resources

Tripler Army Medical Center
Lactation Office: 808-433-3732

MILITARY FAMILY OUTPATIENT LACTATION CLINICS

Appointment required

**Outpatient Lactation Appointments, Classes & Groups are available to ALL DEERS eligible patients. Priority is AD, Prime, Select, Direct.
Call for an appointment today!*

Outpatient Tripler Lactation Clinic: Monday, Wednesday, Friday
Schedule appointments, Tripler OB Clinic 808-433-2778, option 3, 7 then 1
TAMC OB Clinic Location: Tripler OB Clinic, Mountain Side (4M)

Outpatient Schofield Lactation Clinic: Monday
Schedule appointments M-F from 7:30 am to 3:15 pm
Call the Tripler OB Clinic 808-433-2778, option 3, 7 then 4
Or Schofield Clinic direct 808-433-8131
OB Clinic Location: Schofield Barracks Clinic G

Outpatient Warrior Ohana Lactation Clinic: Thursday
Schedule appointments M-F from 8 am to 4 pm by calling Warrior Ohana
Clinic directly @ 808-433-5420, option 1
Appointment Location: 91-1010 Shangrila Street, Kapolei (plenty of parking)

MILITARY FAMILY MOMS & BREASTING SUPPORT GROUPS

No sign up required for groups, Closed on Federal Holidays

AMR Aliamanu Community Center: Fridays 10-1145 am
Location: 182 Kauhini Road, Honolulu 808-275-3850

Schofield Porter Community Center: Mondays 10-1145 am
Location: 1301 McCornack Road, Wahiawa 808-275-3770

New Parent Support Program MCBH Kaneohe: Thursdays @ 1000
Breastfeeding Basics & Beyond for all moms and moms-to-be
Location: MCBH CAARE Center (Bldg 216) 808-257-8803

Mothers Support Group MCBH Kaneohe: Thursdays (10 am-12 pm)
Support for breastfeeding and non-breastfeeding moms and children
Location: MCBH Kaneohe Chapel, Toddler Room

MILITARY FAMILY BREASTFEEDING CLASSES

Appointment required

Schedule appointments M-F from 7:30 am to 3:15 pm by calling
Tripler OB Clinic @ 808-433-2778, option 3, 7 then 1

Tripler: 2nd & 4th Monday (5-6:30 pm)
Location: Tripler, 10th Floor Conference Room

Schofield Barracks: 1st & 3rd Monday (5-6:30 pm)
Location: Schofield Barracks Clinic, Bldg 691, Conference Room ZZ

CIVILIAN BREASTFEEDING SUPPORT & GROUPS

Castle Medical Center: Mommy & Me Hui BFSG: 808-263-5400
Location: Wellness Center
1st Sunday & 3rd Friday of every month (11:15-12:30 pm)

Kapiolani Medical Center for Women & Children BFSG: 808-983-6007
1st Tuesday of every month (8-10:30 am), Conf. Rm 4, Diamond Head Tower

Women, Infants and Children (WIC): 808-586-8175
Lactation educators, breast pump loaners, counseling, classes

TRICARE BREAST PUMPS & SUPPLIES

TENS UNLIMITED INC.

Local Rep: Jeazel 808-722-0226
www.tensunlimited.com
Monday-Friday 0900-1700 (pick up in store or mailed)

Military Medical Supply / CalMed Hawaii

808-691-9973, 2850 Paa St. #110A, Honolulu, HI 96819
Monday-Friday only 0900-1700 (pick up in store or mailed)

BREASTFEEDING WEBSITES

kellymom: www.kellymom.com

Stanford University

www.med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html
<http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>

Office of Women's Health – Breastfeeding Education

www.womenshealth.gov/breastfeeding

La Leche League International: www.llli.org

American Academy of Pediatrics: www.healthychildren.org

Center for Disease Control (CDC):
www.cdc.gov/breastfeeding/index.htm

Mothering Multiples: www.karengromada.com

BREASTFEEDING FACEBOOK GROUPS

MCBH Breastfeeding Support Group
www.facebook.com/groups/617464774937362

Breastfeeders of Oahu
www.facebook.com/groups/breastfeedersofoahu/

Multiples of Hawaii – (Parents of multiples)
www.facebook.com/groups/alohamothersofmultiples

Babywearing International of Oahu
www.facebook.com/groups/bwiofoahu/

NEW PARENT SUPPORT PROGRAM

Play mornings, parenting & infant massage classes, hospital grade pumps

Army: Schofield Barracks: 808-655-4227
FT Shafter: 808-438-4227

Joint Base Pearl Harbor-Hickam: 808-474-1999

Marine Corps: 808-257-8803

PHONE APPS

LactMed: Information on how drugs or dietary supplements can affect breastfeeding (*free app*)

The Wonder Weeks: Baby's mental development that will keep you informed about leaps & fussy phases (\$2.99)

Cook meat thoroughly

Wash fruits and vegetables

Pasteurized OK!

Advice About Eating Fish

What Pregnant Women & Parents Should Know

Fish and other protein-rich foods have nutrients that can help your child's growth and development.

For women of childbearing age (about 16-49 years old), especially pregnant and breastfeeding women, and for parents and caregivers of young children.

- Eat 2 to 3 servings of fish a week from the "Best Choices" list OR 1 serving from the "Good Choices" list.
- Eat a variety of fish.
- Serve 1 to 2 servings of fish a week to children, starting at age 2.
- If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.*

Use this chart!

You can use this chart to help you choose which fish to eat, and how often to eat them, based on their mercury levels. The "Best Choices" have the lowest levels of mercury.

What is a serving?



For an adult
4 ounces



For children,
ages 4 to 7
2 ounces

To find out, use the palm of your hand!

Best Choices EAT 2 TO 3 SERVINGS A WEEK			OR	Good Choices EAT 1 SERVING A WEEK		
Anchovy	Herring	Scallop		Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Atlantic croaker	Lobster,	Shad		Buffalofish	Rockfish	Tuna, albacore/white tuna, canned and fresh/frozen
Atlantic mackerel	American and spiny	Shrimp		Carp	Sablefish	Tuna, yellowfin
Black sea bass	Mullet	Skate		Chilean sea bass/Patagonian toothfish	Sheepshead	Weakfish/seatrout
Butterfish	Oyster	Smelet		Grouper	Snapper	White croaker/Pacific croaker
Catfish	Pacific chub mackerel	Sole		Halibut	Spanish mackerel	
Clam	Perch, freshwater and ocean	Squid		Mahi mahi/dolphinfish	Striped bass (ocean)	
Cod	Pickeral	Tilapia				
Crab	Plaice	Trout, freshwater				
Crawfish	Pollock	Tuna, canned light (includes skipjack)				
Flounder	Salmon	Whitefish				
Haddock	Sardine	Whiting				
Hake						
				Choices to Avoid HIGHEST MERCURY LEVELS		
				King mackerel	Shark	Tilefish (Gulf of Mexico)
				Marlin	Swordfish	Tuna, bigeye
				Orange roughy		

*Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.

www.FDA.gov/fishadvice
www.EPA.gov/fishadvice





DEPARTMENT OF THE ARMY
HEADQUARTERS, TRIPLER ARMY MEDICAL CENTER
1 JARRETT WHITE ROAD
Tripler AMC, Hawaii 96859-5000

**ANTEPARTUM DIAGNOSTIC CENTER
MATERNAL FETAL MEDICINE DIVISION
DEPARTMENT OF OBSTETRICS & GYNECOLOGY**

MCHK-OB

04 MAY2018

SUBJECT: OBSTETRICAL ULTRASOUNDS

Aloha and congratulations on your pregnancy!

The Antepartum Diagnostic Center (ADC) provides ultrasounds for all pregnant women receiving care at Tripler Army Medical Center. We are staffed with Board Certified Maternal-Fetal Medicine (MFM) physicians, specialized obstetrical sonographers, a women's health nurse Practitioner, genetic counselor, High-risk registered nurse and licensed practical nurse. Our specialty services include: Multiple gestations clinic, MFM Complicated Obstetrics, Antenatal Testing, genetic classes, counseling and testing, and ultrasound.

Anatomical ultrasounds are performed between 20-24 weeks of the pregnancy. The ultrasound is a critical medical diagnostic screening procedure. If we are able to identify the sex of your baby during the ultrasound and you wish to know, we will tell you, but the purpose of the anatomy ultrasound is to evaluate all of the fetal anatomy and rule out bilih defects. Images for personal use will be provided when possible. Personal recording devices such as video cameras and cell phones are not allowed.

For patient and staff safety reasons, at the time of your appointment, all children **under the age of 12** must be accompanied by another adult and will only be permitted in the exam room as time allows, after the diagnostic evaluation is complete. Your appointment will need to be rescheduled to another time when child care is available. Please arrive with a **full bladder** and avoid food and drinks **high in sugar or caffeine**.

The ADC is located on the 6th floor (6F309), Mountainside, next to Labor and Delivery. Our hours are, Monday, Wednesday, Thursday and Friday 0800-1200; 1300-1600. Tuesdays we are open 0800-1200 and closed in the afternoon for training. We are closed on all Federal Holidays and selected Training Holidays. Our clinic phone number is (808) 433-2850. If you are unable to reach us, we have a voicemail that is checked during the hours of operation and all calls are returned within 24 hours.

Whether your pregnancy is low or high-risk, our goal is to make your pregnancy an exciting and enjoyable experience. We look forward to seeing you and your family.

-MAJ(P), MC
CHIEF, ANTEPARTUM DIAGNOSTIC
CENTER AND MATERNAL-FETAL
MEDICINE DIVISION

Dealing with Nausea and Vomiting in the First Trimester of Pregnancy

The first trimester...UGH! Why do I feel so crappy??

The first trimester of pregnancy can be very difficult for many women. You don't feel pregnant. There's no belly there yet. You can't feel any baby kicking. You just feel TIRED, emotional, and YUCKY. Not Fair! So what's going on with this?? It's all about the HCG – Human Chorionic Gonadotropin, or the pregnancy hormone that your body is cranking out to get your pregnancy well established as your body builds the placenta that will take over much of the work in a few weeks. While HCG levels are high, your tummy is extra sensitive to stomach acid and gets easily upset. Frequent nausea and occasional vomiting is normal in the first trimester. However, there ARE ways to make it better!

Tips for handling nausea and vomiting in the first trimester.

∞ NEVER LET YOURSELF GET HUNGRY

It's important to always have a little something in your stomach. Snack every 2 hours that you are awake and try to eat normal meals when possible. Eat what appeals to you. The hungrier you are, the worse the nausea will get and the more likely you will be to vomit the next time you eat. So, don't let yourself get too hungry! Carry snacks and drinks with you everywhere! Invest in some healthy easy snacks – like nuts, granola bars, cheese sticks, fruit, etc.

∞ STAY WELL HYDRATED

Even if you aren't able to eat much, keep yourself hydrated with water. If water doesn't appeal to you, other drinks are OK too, such as sports drinks (NOT energy drinks). Just avoid acidic drinks like orange or grapefruit juice, sodas, diet sodas, and coffee. Skim milk can be very soothing to the stomach. A little tea is OK, but make sure it isn't too strong. Try to avoid very sweet drinks. You should try for approximately 1 gallon of total fluids per day. Some women find it easier to drink after they eat first. Try to get most of your fluids between meals and snacks. Sip a little at a time, throughout the day.

∞ DON'T GET OUT OF BED IN THE MORNING WITHOUT HAVING A SNACK FIRST

One great way to avoid morning sickness...and a whole day of ickiness to follow is to be prepared. Set a glass of water and some crackers or a granola bar next to your bed at night before you go to bed. When you wake up in the morning – don't move yet! Gingerly reach over and take a few sips of water and eat a few crackers while still resting in bed. Lay back down and rest for another 5-10 minutes until the crackers absorb some of the acid in your stomach. Then SLOWLY get up and move. Eat breakfast as soon as you can.

∞ TAKE YOUR PRENATAL VITAMIN WITH FOOD

And never on an empty stomach. Some women find it helpful to have a snack before bedtime and take their prenatal vitamin then. That way they can already be asleep if there is any stomach upset. There are other formulations of prenatal vitamins that you can buy at the pharmacy or grocery store that can work too if you can't tolerate the prenatal vitamin your provider prescribed. Just check the ingredients and make sure they are made by a reputable company. You want a minimum of 400mcg (micrograms) of folic acid or folate per day. This helps prevent some birth defects.

∞ GINGER

It can really help! Ginger Ale is a good option (but not too much, it's very sweet). Try to choose the kind that actually contains real ginger root, not artificial flavoring. Other ways to use ginger is the chew ginger candies (real ginger containing) or make your own ginger tea. Buy ginger root, peel the rind off and slice into thin slices. Drop the ginger slices in a pitcher of water and let it soak in the fridge. The ginger flavored water is low in sugar and great for nausea! If you hate the taste of ginger, you can take it as a supplement, up to 250mg per day of ginger supplement is safe.

∞ SLEEP

One of the defining characteristics of the first trimester for most women is being very, very tired all the time. The call of the couch is strong! It's OK to give in. Go ahead and sleep. Just make sure you try to snack a little first and have your snacks close at hand to nibble as soon as you wake up. And when you have enough energy, try to get some exercise.

∞ FOODS

Better food for dealing with nausea and vomiting are plain and primarily carbohydrates. Some good options are: bagels, baked potatoes, bananas, bread, crackers, cream of wheat, dry cereal, mashed potatoes, oatmeal, pears, plain noodles, and plain rice. (Once you start feeling better, scale back on these foods. They are not very nutritious in general and are high in calories. You don't want to gain too much weight in the 2nd and 3rd trimester.) Avoid fatty or oily food – they often make symptoms worse. Spicy or acidic foods can also be hard to tolerate.

∞ MEDICATIONS:

- Vitamin B6 – Tripler has 50mg tabs or you can buy them at any pharmacy. Break the tablets in half and take by mouth in divided doses (25mg) 3 times a day (maximum dose is 75mg per day). It works best if you take smaller doses more often (i.e. 3 times a day) but if you can't remember to do that, you could just take 1 tablet in the morning and half a tablet in the evening instead. It will take a few days for the Vitamin B6 to work well, so give it at least a week to get the best effect. Continue taking it until about 13-14 weeks gestation or when you are feeling better. Very safe in pregnancy and is first line treatment.
- Unisom Sleep Tabs (Doxylamine Succinate 25mg) – You will have to buy this at the pharmacy or grocery store – we do not carry this in the Tripler Pharmacy. It's important to check the ingredients list on the Unisom label – they make some with Doxylamine Succinate and another kind with a different medication. You want the one with doxylamine succinate (very important)! Take ½ to 1 tab with 1/2 tab of Vitamin B6 by mouth at bedtime. Although it's a sleep aid, that one little pill really helps with the nausea throughout the following day. It's very safe and is a first line treatment for nausea in pregnancy. Make sure you have at least 8 hours available between the time you take it and when you need to be awake and alert because you may still be sleepy.

There are other medications that can help with nausea if you've tried all of the remedies listed and they haven't helped, but you need to speak to your provider before getting a prescription.

When is pregnancy vomiting too much vomiting?

Some women get very severe nausea and vomiting in the first trimester and it can even continue throughout the pregnancy. This is called hyperemesis gravidarum. If you are unable to keep any food or fluids down for 24 hours, you might have this problem. Hydration is very important in pregnancy and if you are unable to keep enough fluids in your stomach you can become very dehydrated and this is dangerous. Watch your urine – if your urine is getting dark yellow (except for right after you take your prenatal vitamin) or if you are not peeing much at all, this is another sign that you are getting dehydrated. Dehydration also causes dizziness and exhaustion. It is very important that you come into the hospital for evaluation and treatment if this is happening. Don't wait until your next clinic appointment for treatment, **THIS CAN BE AN EMERGENCY**. If you've tried all of the vomiting prevention and management steps discussed above and you are still unable to keep down food and fluids, please come in for evaluation.

If you are **less than 20 weeks gestation**, please use our Same Day Evaluation Clinic (SDEC), but if it is nighttime or on the weekend, go to the Emergency Room. If you are **20 weeks gestation or more**, go to Labor and Deliver on the 6th floor F-wing for evaluation, they are open 24 hours a day.

OB CLINIC HOURS: MON, WED, THU, FRI from 0800-1500 and TUE from 0800-1200