



the
Chickasaw
Nation

The Chickasaw Nation Medical Center

Women's CLINIC

ISHKI' INCHOKMISHTO'
(HEALTHY MOTHERS)

MAKING A CARE PLAN

WHAT TO EXPECT DURING YOUR PRENATAL CARE EXPERIENCE:

Today's visit will establish your Women's Clinic care plan during your pregnancy.

- **AROUND 9 WEEKS:** an ultrasound will be scheduled to confirm your due date, followed by an appointment with our prenatal educator
- **10-12 WEEKS:** first official prenatal visit. A routine prenatal visit includes:
 - Check of mom's vital signs, including blood pressure, heart rate, respiration and temperature
 - Listen to baby's heartbeat
 - Measure fundal height (size of the uterus)
 - Patient education
 - Answer any questions and address any concerns
- **14 WEEKS:** routine prenatal visit
- **18 WEEKS:** routine prenatal visit, followed by blood collection for labs. You do not need to fast for these labs.

Labs that will be drawn are:

- Urinalysis with culture if indicated
 - Hgb A1C and eAG
 - Type and Screen
 - RPR
 - Rubella Titer
 - CBC
 - Chlamydia/GC
 - Hepatitis B
 - HIV
 - Urine drug screen
 - Your provider may add additional labs that are specific for you and your baby
- **22 WEEKS:** an ultrasound, followed by a routine prenatal appointment (This is when we may have the ability to tell you the sex of your baby!)
 - **25 WEEKS:** routine prenatal visit
 - **28 WEEKS:** blood is collected for labs, followed by routine prenatal visit (glucose lab completed at this time)
 - **30 WEEKS:** routine prenatal visit
 - **32 WEEKS:** routine prenatal visit
 - **34 WEEKS:** routine prenatal visit
 - **36 WEEKS:** blood is collected for labs, followed by prenatal visit which will include collecting cultures for Group B strep (GBS) testing
 - **37 WEEKS:** routine prenatal visit
 - **38 WEEKS:** routine prenatal visit and signing of admission and/or induction of labor consent forms
 - **39 WEEKS:** routine prenatal visit
 - **40 WEEKS:** routine prenatal visit
 - **41 WEEKS:** routine prenatal visit, if needed

PRENATAL LABS

After your first appointment, the lab will collect blood and urine for testing. Test results help us ensure the healthiest possible pregnancy for you and your baby.

The labs include testing for:

- Sexually transmitted infections (HIV, syphilis, hepatitis B, chlamydia and gonorrhea)
- Drug use
- Blood type
- Rubella immunity
- Urinalysis to check for infections
- Blood counts

There is no known safe level of alcohol, tobacco/nicotine or drugs (including marijuana) during pregnancy. If you are currently using these substances, we encourage you to stop right away. If you need help quitting, please let us know. We are here to help, not judge. Please avoid these substances throughout your pregnancy. This will keep both you and your baby healthy.

COMMON PREGNANCY CONCERNS

Nausea and Vomiting/Morning Sickness

It is normal to have some nausea and vomiting during pregnancy. This often begins before you are nine weeks pregnant and gets better by about week 14 of pregnancy. While this can be hard to deal with and impact your life, it is generally not harmful to your baby. Try these tips for mild nausea and vomiting:

- Take prenatal vitamins
- Adjust your mealtimes
- Change the types of foods you eat:
 - Use the BRATT diet: bananas, rice, applesauce, toast and tea
 - Increase your protein intake with dairy products like yogurt or cheese, nuts and seeds (and nut or seed butters like peanut or almond butter) and try protein powders or shakes
 - Avoid milk, citrus juices and citrus fruits
 - Limit fatty foods
 - Eat dry toast, a tortilla or crackers in the morning before you get out of bed

- Eat five or six mini meals each day rather than three larger meals
- Eat frequent bites of foods like nuts, fruits or crackers
- Drink fluids including soup between meals
- Consider trying these supplements:
 - Ginger capsules (250 mg 1 tablet 3-4 times per day)
 - Ginger candies
 - Ginger ale made with real ginger
 - Ginger tea made from fresh grated ginger
- Over-the-counter (no prescription needed) medications to try:
 - Vitamin B-6 (25 mg 3-4 times per day)
 - Doxylamine (Add to vitamin B-6 if it is not helpful on its own) – This can be found in sleep aids such as Unisom*. (Take ½ of a doxylamine tablet 3-4 times per day with vitamin B-6)
- Acupressure bands such as Sea-Band* or Relief Band*, which can decrease nausea
- Get plenty of rest

YOU SHOULD CONTACT THE WOMEN'S CLINIC IF:

- You have tried the above suggestions and continue to have nausea and vomiting that makes it difficult to eat and drink
- You notice you are losing weight

CALL THE WOMEN'S CLINIC IMMEDIATELY OR GO TO THE EMERGENCY ROOM IF:

- You believe you are becoming dehydrated
- You have not been able to keep liquids down for over 24 hours

***The Chickasaw Nation does not prefer the brands of medication listed above. The brand names are included in this document for reference and educational purposes only.**