

SAME DAY EVALUATION CLINIC (SDEC)

The Same Day Evaluation Clinic (SDEC) is for urgent and acute problems that need same day evaluation. Patients are prioritized by the seriousness of their problem. **The average wait time can be long so we recommend you call the SDEC Advice Nurse BEFORE you come in.**

SDEC ADVICE NURSE: 433-2778 Ext 7, 3 Advice Nurse Line is available Mon, Wed, Thurs and Fri from 0800-1500 and **Tuesday 0800 until 1230(New time)**. Call the Advice Nurse if you have a question that does not require a visit or if you are not sure about coming in. If there is no answer, the nurse is currently assessing a patient and we ask that you please call back.

SAME DAY EVALUATION CLINIC HOURS (TRIPLER)

MON, WED, THU, and FRI: 0800-1500 ***Exception: TUES 0800-1230 (NEW TIME)

AFTER HOURS: If you are **less than 20 weeks** pregnant go to the Emergency Room at Tripler. If you are **greater than 20 weeks** pregnant go to Labor and Delivery at Tripler.

Typical Non-Emergent problems seen in the SDEC include the following:

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| <input type="checkbox"/> Vaginal bleeding that could indicate miscarriage | <input type="checkbox"/> Cramping/pain in the abdomen or pelvis that does not go away or increases |
| <input type="checkbox"/> Repeated vomiting or diarrhea for greater than 24 hours | <input type="checkbox"/> Fever greater than 100.5 |
| <input type="checkbox"/> Burning on urination | <input type="checkbox"/> Problems that can not wait until your next appointment |

Go directly to Labor and Delivery at Tripler (After 20 weeks):

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|--|---|
| <input type="checkbox"/> Decreased or absent fetal movement after 24 weeks gestation | <input type="checkbox"/> Contractions more than 4 times in one hour if less than 36 weeks |
| <input type="checkbox"/> Water breaks, leaking/loss of fluid | <input type="checkbox"/> Severe abdominal pain |
| <input type="checkbox"/> Fall | <input type="checkbox"/> Minor car accident (fender bender) |
| <input type="checkbox"/> Heavy vaginal bleeding | <input type="checkbox"/> Severe headache with visual changes |

Labor and Delivery: 433-9900 or 433-5337 (24 hours)

Emergencies go directly to the Emergency Department (under 20 weeks or when clinic is closed)

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|--|--|---|
| <input type="checkbox"/> Major car accident | <input type="checkbox"/> Chest pain | <input type="checkbox"/> Difficulty breathing |
| <input type="checkbox"/> Broken limb (bones) | <input type="checkbox"/> Non-Obstetrical Emergency | |

Schofield Barracks Obstetrics: 433-2778 ext 3, 4

Schofield Barracks Military Sick Call: MON-FRI 0800-0830 (Active Duty in uniform has priority).

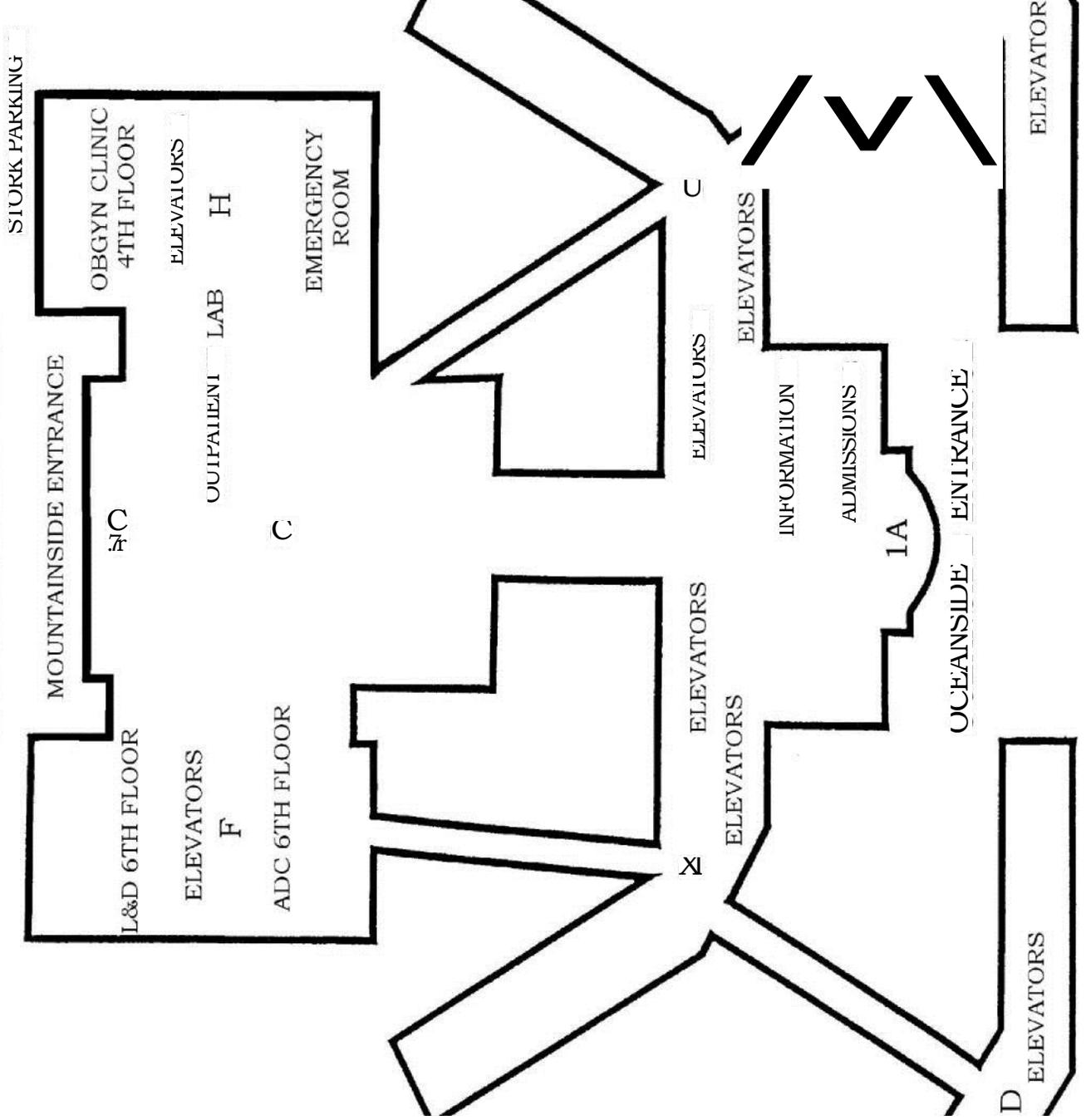
Tripler Military Sick Call: MON, TUES, WED, THU, FRI 0800-0900 (Active Duty in uniform has priority).

****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.**

To leave a message for a provider, call 433-2778 Ext 7,1

TAMC OB Appointments Scheduling: 433-2778 Ext 7,1

KIPLER ARMY MEDICAL CENTER



**Tripler Army Medical Center and Schofield Barracks OB Clinic
Uncomplicated Pregnancy Guidelines**

6 – 8 Weeks	32 Weeks
OB Registration Prenatal Vitamins Referrals/Consults Glucose Screening (if indicated)	Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height, Fetal Kick Counts Request Stork Parking Permit
10 – 12 Weeks	36 Weeks
OB Physical (45 minutes) Checks: History & Physical Pap Smear if indicated Fetal Heart Tones Cystic Fibrosis screening (see pg 149, 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 weeks	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 or view online	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.

Medication List (over the counter) 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 we feel are safe for you to use during pregnancy. 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. **The flu shot is safe and recommended during pregnancy.** Check with a provider before receiving any other vaccinations.

Medication	Dose	Uses
Tylenol	1-2 tablets every 3-4 hours	Headache, fever, pain
Sudafed	1-2 tablets every 4-6 hours (x3 days maximum)	Stuffy nose, sinus
Mucinex	As directed	Congestion
Robitussin	1-2 teaspoon every 4-6 hours	Cough
Cepacol lozenges	As directed	Sore throat
Mylanta	2-4 tsp between meals & bedtime	Heartburn, indigestion
Maalox	2-4 tsp between meals & bedtime	Heartburn, indigestion
Rolaids	As directed	Heartburn, indigestion
Tums	As directed	Heartburn, indigestion
Zantac	150mg at bedtime	Heartburn, indigestion
Milk of Magnesia	1-2 teaspoon at bedtime	constipation
Metamucil	2 tbsp in 8oz fluid twice daily	Constipation
Unisom	1/2 tab every night	nausea
Vitamin B6	25mg 3x/day	nausea
Emetrol	1-2tbsp every 15mins, max of 5 doses	Nausea, vomiting
Benadryl	As directed	Allergies
Clotrimazole (Mycelex 7)	As directed	Vaginal yeast infection

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 the Puget Sound Blood Center 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.

If my child later develops leukemia, would the donated cord blood be available for transplant? Would it be available for other members of our family?

No. Umbilical cord blood contains the same kinds of cells as those found in bone marrow. Leukemias are cancers of the bone marrow cells. Transplanting the same cells back would allow the cancer to start again.

The best source of cells is normal cells from someone else. Donated cord is not stored for use of family members as this is a public bank.

When do I have to decide? How do I arrange to donate? The decision should be made by your 6th month. Your provider can give you more information. If you would like to donate call **Hawaii Cord Blood Bank at 983-BANK** and they will guide you through the process.

Classes Offered by Tripler Army Medical Center

If you have any comments, please drop us a line at www.tamc.amedd.army.mil. Click on the ICE link to access the Interactive Customer Evaluation. You can also access the OB/GYN website if you click on the offices link. There you will find patient education and the virtual L&D Tour. **Please ensure that your address and phone numbers are up to date in DEERS so that your provider can contact you if needed.** You can access the DEERS website at www.dmdc.osd.mil and update your information as needed.

****Classes may be scheduled through the OB Clinic, call a month or more in advance.****

Prenatal Class	Online http://www.tamc.amedd.army.mil	Online	Recommended for 1 st time moms, take early in pregnancy. Covers the physical changes associated with pregnancy, nutrition, exercise, self care, fetal growth and development.
Breastfeeding (Take at 34-37 weeks)	Monday 1700-1900	Meet at 5B1 Classroom Take Ocean-side elevator 5 th floor and follow posted signs	Provides information and tips for successful breastfeeding to include positioning, latching, preventing sore nipples, and feeding schedules.
Labor & Delivery Tour (Take after 28 weeks)	Monday, Wednesday 1400-1500 Tuesday & Thursday 0900-1000	Check-in OB clinic waiting room	Pre-registration completed at admissions office Oceanside after 28 weeks.
Childbirth Education Class (Take after 28 weeks)	Tuesdays and Thursdays 1600-1930	Conference Room 10 th Floor Oceanside	Two Class Series Tuesday and Thursday. TUESDAY: Anatomy & Pregnancy Topics • Pain Theories • Pre-Labor Signs • Onset & Stages of Labor • Comfort Measures • Labor Positions THURSDAY: Interventions • Pain Medications • Cesarean Birth • Postpartum • Newborn Procedures & Appearance • Basic Breastfeeding
Sibling Class	2nd & 4 th Wednesday 1630-1800	Conference Room 5A026 on 5 th floor Oceanside	Helps to prepare the soon to be big brother or sister for helping mom with the new baby. For children 2 years of age and older. Call 433-6808 to schedule.

Community Resources

Childbirth classes are recommended between 28-32 weeks. Class schedules & fees are subject to change, please call to confirm.

► **Childbirth Preparation Classes:** www.hawaiichildbirthprofessionals.com

Check out this website regarding Lamaze and Bradley childbirth classes.

► **Pregnancy Wellness Classes (Childbirth Preparation) and Free Stork Classes 432-2260 through Kaiser Permanente**

Classes are offered at various Kaiser locations on Oahu. Stork Classes are designed for the expectant mother and her partner between 16-20 weeks. Pregnancy Wellness classes should start no later than 28-32 weeks and are offered in four, 2 hour sessions and cover Labor and Delivery, pain-control methods, cesarean section, postpartum care of mother, coping skills for new parents, newborn care, beginning breastfeeding, baby feeding needs and various other topics. Class day and times vary by location.

► **Queen's Medical Center 547-4823**

Expectant Parents Series, series of six classes covering L&D process, postpartum, infant care, breastfeeding, and more, \$85 per couple per series or \$25 per class. Lamaze Classes, series of 5 classes, \$109 per couple. Call for schedules.

► **Mom's Basic Training and Dad's Baby Boot Camp**

Infant care classes for new moms and dads in one 3 hour session. Pearl Harbor 474-1999 ext 6102. Marine New Parent Support Program 257-8803. Army New Parent Support Program 655-4ACS.

- ▶ **American Red Cross on Hickam Air Force Base 449-0166**
Infant/Child/Adult CPR and Healthy Pregnancy/Healthy Baby classes. Call for costs, dates, and times.

- ▶ **American Red Cross at Diamond Head 734-2101**
CPR and First aid training. Call for class schedule and cost.

- ▶ **CPR Courses**
American Medical Response 487-4900, H.A.N.D.S 292-4466, Last Minute CPR & First Aid 841-4100 or 671-4100, Heartline Hawaii 833-4604, HeartSavers 382-8487

- ▶ **Navy and Marine Corp Relief Society 423-1314 Pearl Harbor or 254-1972 Kaneohe Bay Class:**
Budgeting for Baby & Bringing up Keiki, free to all pay-grades, receive a free layette for attending. Visiting nurse for 2 week well baby check also available. Call for class schedule.

- ▶ **Hickam AFB Family Life Skills Classes 449-0175**
Parenting classes for all branches of the service. Call for schedule.

- ▶ **Hickam AFB Family Support Center 449-0300**
What to Expect Class for Air Force expectant parents, receive a free layette and books for attending. Call for schedule.

- ▶ **Fish and Mercury During Pregnancy**
<http://www.epa.gov/mercury/advisories.htm>

- ▶ **WIC (808) 586-8175**
Women, Infants and Children nutrition program helps pregnant women, new mothers and young children eat well and stay healthy. Contact you local WIC office to see if you qualify. Questions? Call George at Tripler Army Medical Center Social Services at 433-6606. www.hawaiiwic.com for more information.

- ▶ **Joint Military Family Abuse Shelter 24 Hour Crisis Line 1-800-342-9647** *The Joint Military Family Abuse Shelter provides a safe, comfortable environment for individuals and families experiencing abuse or the threat of abuse.*

- ▶ **Domestic Violence Shelter Hotline 841-0822**

- ▶ **Parents Without Partners 262-6442**

- ▶ **The Baby Hui 735-2484 or 1-888-895-2484**
Meet other parents in your community with children your child's age
www.thebabyhui.org

- ▶ **The Children's Waiting Room by the Armed Services YMCA**
Short-term care for children 6 weeks to 12 years old. Open Monday, Tuesday, & Thursday 0800-1200, 433-3270 at Tripler or at 433-8410 at Schofield. Located near Pediatrics in the Well Baby waiting room in Tripler. At Schofield, 433-8410, Monday-Friday 0800-1200 in the Pediatrics Clinic, Building 680. Call for appointment. Immunization records needed. Volunteers needed.

Breastfeeding Resource List

Check out these websites to learn more about breast pumps, nursing, nursing bras, slings, infant care supplies, and other products.

www.ameda.com	www.medela.com
www.whittlestone.com	www.whisperwear.com
www.aventamerica.com	www.lactationconnection.com
www.mobywrap.com	www.breastpumps4less.com
www.earthbaby.com	www.alternativebaby.com
www.babyflair.com	www.borntolove.com
www.decentexposures.com	www.parentingconcepts.com
www.parentsafely.com	www.mayawraps.com
www.baby-sling-experts.com	www.la lecheleague.org
www.ilca.org	www.aap.org
www.americanpregnancy.org	www.nineinnineout.org
www.amazingpregnancy.com	www.pregnancyatoz.com
www.lamaze.com	www.plus-size-pregnancy.org
www.motherwear.com	www.motherhood.com

Local suppliers

Mother and Child 626-6650 Maternity and Nursing wear, breast pumps and supplies	Makana Mother & Baby 734-2323 Maternity & Nursing Fashions, Medela Breast Pumps, Baby Carriers
Hawaii Mother's Milk Inc 949-1723 Consultation, pumps & parts, supplies	Love & Sweet Peas 263-PEAS Maternity and Nursing wear
Kelsey's Baby Specialties 486-9000 Infant supplies, pump sales, slings	Latte Express 741-4100 (c), 395-4140 Consults, pumps, accessories
Kahala Kids & Kahala Mama 737-6200 Nursing bras & Nursing Tank tops, baby accessories and supplies	Baby Emporium LLC 596-4868 Breast Pumps, Nursing Bras, Breast milk collection and storage supplies
Nursing Matters 265-6690, 273-2312 (pgr) Consultation, pump rentals & sales	Baby & You 347-0741 Breast pump sales & rentals, Slings
Baby Slings Hawaii 782-7918 www.babyslingshawaii.com	Motherhood Maternity 484-2116 Maternity and Nursing Wear

Breastfeeding Support Groups and Classes

Tripler Breastfeeding Class 433-2778x411 Take between 34-37 weeks, offered 1 st and 3 rd Thursdays each month.	Aloha Mothers of Multiples 247-TWINS (247-8946) www.orgsites.com/hi/alohamultiples
La Leche League Windward 1 st Tuesday of the month at 1000 at the Queen Lili'uokalani Children's Center. Contact Melanie 254-5496 or Shannon 664-9027	La Leche League at Schofield Barracks 3 rd Tuesday of the month at 6pm. In the small meeting room at the Sgt Yano Library. Contact Lisa Mahla IBCLC 732-0438

Lactation Consultants

Dena Bridgford RN, IBCLC at Tripler 433-3732
