

OKLAHOMA DEPARTMENT OF CORRECTIONS OB INFORMATION SHEET

You and your baby are important to us! We want to provide you with the best care possible. We also want you to understand the care you will be receiving. This sheet will explain to you the care that is available.

Clinic

- a. OB clinics meet weekly.
- b. The frequency of your OB appointments will be determined by how many weeks pregnant that you are.
- c. OB visits are not optional and can not be waived.
- d. If the medical provider determines that you are a high-risk pregnancy, you may be referred to the OB high-risk clinic at the OU Medical Center and will have scheduled appointments there as well.

Labs and Ultrasounds

- a. Several times throughout your pregnancy you will need blood drawn
 - We will draw blood at your initial visit or you will be scheduled to have it drawn soon after your arrival here.
 - If you are between 8-18 weeks pregnant you may have blood drawn for testing to see if the baby has any birth defects or other problems (this is just a screen, it cannot and does not detect everything that could be wrong).
 - Around 28 weeks into your pregnancy you will have blood drawn for a glucose tolerance test. This test tells us if you are becoming a gestational diabetic. You will have your blood sugar level tested after not eating or drinking anything after midnight the previous night. Next you will drink a sugar filled drink. After two hours your blood sugar level will be tested again. If these results are within the normal range no further testing is required. If these results are elevated then the test must be repeated and more detailed.
- b. Soon after diagnosis of your pregnancy, or soon after reception, you will have an ultrasound examination. The ultrasound is to determine the size of the fetus, the anticipated due date, and to possibly detect any abnormalities of the fetus. If an abnormality is observed or suspected, you may have a follow-up ultrasound or other studies at OU Medical Center.
- c. If you are 35 or older and 16 weeks or less pregnant, it may be recommended that you have an amniocentesis.

Medications

- a. Prenatal vitamins, folic acid, calcium and iron are the standard medications for all OB offenders. These medications will be ordered for you at your initial visit and you will need to pick them up at the pill line. Refills are obtained by placing a refill slip for the medications needed. You should request a refill when you have 10 days of your current prescription remaining.
- b. Any medications the medical provider orders for infection can be picked up at the pill line also. Some times you may need to receive medication by injection and the nurse will discuss that schedule with you individually.

Diet

- a. All OB offenders are placed on a healthy heart diet with 2 OB snacks. Diets are adjusted only if medically necessary such as you are not gaining weight or a gestational diabetic.
- b. Medical cannot tell the kitchen what foods to give you for your diet snack.

Education

- a. The Health Services Staff is interested in providing you with any information that you may require about your pregnancy and/or your baby. Please let us know if there is something we can help you with or come by and see additional handouts and pamphlets.

QMHP

DATE