What to Know During Your Pregnancy—

Early Pregnancy through 14 Weeks

UNM HEALTH

HLO Approved
x/xx
812-xxxx

UNM Hospital
Albuquerque, NM 87106

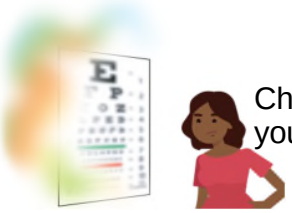
We look forward to caring for you and hope all goes well during your pregnancy and right afterwards (postpartum). Just in case, here's some information on when to call (**1-877-925-6877)** or come in to UNM OB Triage on the **fourth floor of the Bill and Barbara Richardson Pavilion (BBRP)**.

Urgent Maternal Warning Signs

Headache that won't go away or gets worse over time

Dizziness or fainting

Thoughts about hurting yourself or your baby



Changes in your vision

Fever

Trouble breathing

Chest pain or fast-beating heart

Severe belly pain that doesn't go away

Severe nausea and throwing up (not like morning sickness

Baby's movements stopping or slowing

Vaginal bleeding or fluid leaking during pregnancy

Vaginal bleeding or fluid leaking after pregnancy

Swelling, redness or pain in your leg

Extreme swelling of your hands or face

Overwhelming tiredness

If you have any of these symptoms during or after pregnancy, contact your health care provider and get help right away.

If you can't reach your provider, go to OB Triage. If you are seen at a hospital different from UNMH, remember to say that you're pregnant or have been pregnant within the last year.

Learn more: https://saferbirth.org/aim-resources/aim-cornerstones/urgent-maternal-warning-signs/

Take a photo to learn more

What's in this Booklet?

More Choice for You during your Pregnancy and Birth

At the University of New Mexico Hospital, we know that every patient is different. Every patient has different health needs. We want to give you as much choice as we can for your best care. To do this, our Midwives, Family doctors, Obstetricians, Anesthesiologists, and Nurses work together on our Labor and Delivery Unit. We call this an **integrated model of care.**

What does an integrated model of care mean for you?

Three different kinds of providers work along with our nurses as a team. Each kind of provider brings a specialized approach and shares that knowledge with the team. You are at the center of this team and can make choices that fit your needs and values. Providers from each of these areas are available 24 hours a day.

In Labor and Delivery or OB Triage, patients may want care from the same kind of providers they saw for prenatal care. We do our best to assign your provider on this basis. We also take into account what kind of care you need. These assignments can change as we consider your care needs, what is happening on Labor and Delivery, and how many patients each provider has at any point. This process helps us make sure you and all the other patients get the safest, best quality care possible.

Providers/Clinicians

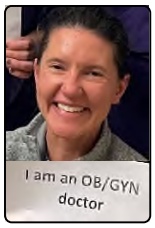
Providers/Clinicians are the doctors and certified nurse-midwives who care for patients on Labor and Delivery. We use both the words "provider" and "clinician" to mean the same thing.

Certified Nurse-Midwives (CNMs) are nurses with advanced training who specialize in caring for low risk people during pregnancy, labor, birth, and after birth (postpartum). CNMs attend people having vaginal birth. CNMs also provide birth control and low risk gynecology care postpartum.

Anesthesiology doctors help provide medicines for pain control during labor or in the operating room.

Family doctors give medical care to all members of families no matter the gender, age, or type of problem (medical, behavioral, or social). They are trained to care for people during their pregnancy, birth, and postpartum periods as well as taking caring of the newborn babies. Some Family doctors have extra training to do cesarean deliveries and operative deliveries (vacuums).

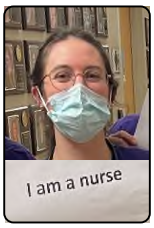
Obstetrician doctors specialize in delivering babies and caring for people during pregnancy and after they give birth. They can also care for higher risk patients, and do cesarean deliveries or operative deliveries (vacuums) as well as vaginal deliveries.



High Risk or Maternal Fetal Medicine doctors are specialized obstetricians who care for persons with complex medical problems during their pregnancy.

Other Team Members

Nurses have specialized training to advocate (speak up for) and care for people and support them through labor, birth and post-partum care.



OB Techs help providers during surgeries and help nurses give support to patients through their labor and birth.

Will there be learners involved in my care?

UNM Hospital teaches new providers. Because of this, your provider may ask your permission to have a trainee take part in your care. Trainees can be medical, nursing, and midwifery students. Or they could be resident or fellow doctors from Anesthesia, Obstetrics, Emergency, and Family Medicine. Our Midwife, Family Medicine, and Obstetrician attendings and experienced nurses supervise the trainees to make sure you get the excellent care you deserve. Thank you for helping us with UNM Hospital's educational mission.

Trainees and educators who may be part of your team

A **resident** is a doctor who has finished medical school but is training in different kinds of specialties.

A **fellow** is a doctor who is undergoing advanced sub-specialty training and has already finished residency training and medical school.

An **attending doctor** is a fully qualified doctor with advanced specialty training who supervises trainees on your medical team. An attending is always available and overseeing care when learners are on the team.

A **student nurse-midwife** is a registered nurse with at least a Bachelor's Degree who is training to become a nurse-midwife.

A **student nurse** is enrolled in a nursing program and is training to become a nurse.

A **medical student** is a person studying to become a doctor in a four-year medical school.

Your Clinic Visits

During your first visits, we will—

- Take your medical history. A provider will give you a physical exam if needed.
- Teach you about your health and the growing baby.
- Do blood, urine, and other tests.
    - We'll test your blood type, iron levels, and sugar levels.
    - We'll do tests to be sure you do not have some sexually transmitted infections or a UTI (urinary tract infection).
    - We'll check your blood to see if you need any vaccines once the baby is born.
- Send you to other providers or services if you need them.
- Encourage your partners and family members to join you at your visits.

Centering For Prenatal Care

UNM is happy to offer Centering as an option for your prenatal care at two locations.

- Centering is prenatal care that takes place in a group setting with 7-12 other pregnant people with due dates close to yours. You still get individual time with your provider at each group visit.
- You get more time to learn more about pregnancy, get support, and participate in your care. Everyone can share questions, advice, and experiences.
- Groups are fun and relaxed, and you get to know other pregnant people. All groups are scheduled in advance, and they start and end on time (no time spent in the waiting room!)
- Ask your provider for more information about Centering or to sign you up for a group!

Use this QR code to see a video about UNM Centering

Understanding Prenatal Genetic Testing

Are you curious about your baby's health before they're even born? Most babies are born healthy, but some babies have health problems. Some problems are mild, but others can be very serious. Health problems can change how the baby looks, grows, and learns.

Sometimes we can find out about these problems before birth. There are several tests that can help you learn more about whether your baby may have health problems.

It is normal to feel uncertain or anxious about whether testing is right for you, and which test to choose. Your healthcare provider can support you, and help you decide which testing will be most helpful for you.

Should I have the tests?

Some families feel okay without testing. They feel ready to care for their baby whether or not their baby has health problems.

Some families choose to have some tests, but not others. It is your choice to have the tests. Your healthcare provider will support whatever you decide.

Something to Think About—

What would I do if my baby had a health problem?

What are the kinds of tests?

There are two types of tests, screening tests and diagnostic tests.

Screening tests take a quick look to check if your baby may have health problems. They can usually be done with a blood draw. They are safe for you and your baby. Screening tests are usually right, but sometimes they can be wrong.

Diagnostic tests are more accurate than screening tests. They look for more health problems, but they have a small chance of miscarriage or infection. Anyone can choose to have a diagnostic test instead of a screening test. Families may want diagnostic testing if a screening test has shown their baby may have a health problem, or if they have had a previous pregnancy with a health problem.

Something to Think About—

Most results are normal, but how will I feel if my results show my baby may have a health problem?

What are the kinds of tests--continued

Both kinds of tests can help you understand more about how your baby is growing. Sometimes tests show unexpected things about your baby or your family members, and sometimes the test results are not clear. Tests are not perfect, and they cannot promise a baby will be healthy.

Screening Tests

Carrier Screening

Something to Think About—

What's important for me to know about my baby before birth?

Carrier screening is a blood test you can have before or during pregnancy. It looks for hidden health conditions in parents that may affect their children. Parents who carry these hidden conditions are called carriers. They usually do not have any signs or history of the condition. However, sometimes it is possible for their children to be born with health problems, like lung diseases, muscle diseases, or blood disorders.

Sometimes both parents need to carry the same hidden condition for the baby to be affected. Other times, only one parent needs to be a carrier for the baby to be at risk.

If you are found to be a carrier, your partner might need a blood test to see if the baby could have a health problem. You may also talk to a genetic counselor about your results.

Before you have this test, tell your healthcare provider if anyone in your family has a health problem, or if you and your partner are related by blood.

NIPT (Noninvasive prenatal testing)

NIPT is a blood test you can have around 10 weeks of pregnancy or later. It is a screening test that checks for Down syndrome and a few other rare and serious conditions.

These conditions happen when a baby does not have the right amount of DNA to grow. You cannot control how much DNA your baby gets, and these conditions cannot be cured.

DNA is like a code in the body's cells. Babies inherit DNA from their parents. DNA tells their body how to grow. Having too much or too little DNA can affect your baby's health.

NIPT can check your baby's DNA that predicts their sex. It can also see differences in DNA that might affect their sex. Many times, these differences can have mild effects on your baby.

If the NIPT screening test shows that your baby may have a health problem, you may want to consider a diagnostic test.

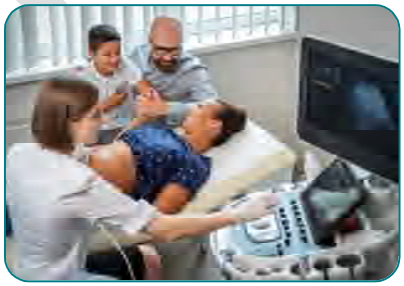
AFP Screening

AFP screening is a blood test done between 15 and 20 weeks of pregnancy. It checks if your baby may have a problem with their brain or spine.

If AFP screening shows that there may be a problem, your provider may recommend an early ultrasound to check your baby's brain and spine.

Ultrasound

Ultrasound is a safe way to see how your baby is growing. It uses sound waves outside of your body to make pictures of the baby. These pictures show how your baby's heart, brain, and other organs are growing. Usually, ultrasound is done around 20 weeks of pregnancy, but your healthcare provider may recommend more ultrasounds at other times.



Diagnostic Tests

Chorionic Villus Sampling (CVS)

CVS is a diagnostic test you can choose that is done around 10 to 13 weeks of pregnancy. It is more accurate than a screening test. It can be used to check your baby's DNA by taking a small piece from the placenta (afterbirth). The test is done by placing a tube or a needle through your vagina or belly.

CVS has a small risk of miscarriage and infection. Most people feel cramping during the test. You may want to consider CVS if you have a genetic problem in your family, or if a screening test has shown your baby may have a health problem.

Amniocentesis (Amnio)

Amnio is a diagnostic test you can choose starting around 16 weeks of pregnancy. It is the most accurate test that can be done in pregnancy. Amnio can be used to test your baby's DNA, and to check for infections that may affect your baby.

The test is done by taking a sample of fluid from around your baby with a needle. Most people feel cramping during the test. It has a small risk of miscarriage and infection. You may want to consider amnio if you have a genetic problem in your family, or a screening test has shown your baby may have a health problem.

Something to Think About—

Which of these tests will help me to get the information that is most important to me?

Should I talk to a genetic counselor?

A genetic counselor is a healthcare provider who helps patients get and understand information about health conditions running in their family. They also help families adapt to what this information means to them. They support families in making decisions with this information.

Ask your provider about talking to a genetic counselor if—

- You have questions about your test results
- You would like to consider more testing
- Ultrasounds have shown differences in your baby
- You are worried about a health condition affecting your baby

Questions to ask yourself and your provider—

- What's important for me to know about my baby before they are born?
- Most babies are born healthy, but what would I want to do if my baby had a health problem?
- Most results are normal, but how will I feel if my results show my baby may have a health problem?
  - Which of these tests will help me get the information that is important to me?

Find Out More

Read more about prenatal genetic testing here.

https://medlineplus.gov/prenataltesting.html

https://medlineplus.gov/spanish/prenataltesting.html

Caring for Yourself

Eating well

Eating well when you are pregnant is important to keep both you and baby healthy. There is a separate handout "Nutrition during Pregnancy" that gives you lots of information.

You need to eat only a little more food, but you also need to eat more carefully. This is because the amount of nutrients you need increases even more than the amount of calories.

Choose foods that help the baby grow and keep both of you healthy, but that don't put extra weight on you.

You also want to choose foods that are safe for you and baby.

- Choose low fat or nonfat milk products. Milk and yogurt are your best options.
- Choose red meats (beef, goat, buffalo, elk, deer, some organ meats) more often than white meats (chicken, fish) because they contain more iron.
- People who don't eat meat must be careful to eat enough other foods that contain iron. Talk to your medical provider or dietitian about how to lower your chances of getting anemia.
- Eat some fish that are high in DHA up to a couple of times per week. These include salmon, trout, sardines, anchovies, herring, and canned mackerel. These can be fresh, frozen, or canned. Canned light tuna is safer than canned white (albacore) tuna.
- Choose a variety of fruits and vegetables instead of juice. Eat more vegetables than fruits.
- Half of your servings of high starch foods should be from whole grains like corn tortilla, brown rice, or whole wheat bread instead of flour tortillas, white rice, or white bread.
- Watch serving sizes. Don't eat for two!

- Drink mostly water. Use some tap water (from your faucet) because it includes fluoride for strong bones and teeth. Most bottled water does not have fluoride.
- Stay away from doughnuts, chips, fast food, cookies, candy, soda, and other sweet drinks.

  However, your diet doesn't have to be perfect. You can still have treats sometimes. We can help you plan what to eat at each stage of your pregnancy.
- As your baby grows, you need to choose foods that don't take up much space in your stomach. Eat small meals more often. Wait until after you've eaten to drink liquids.

If you follow a special diet, if you are pregnant with more than one baby, or if you have any questions or concerns about your diet or weight gain, ask your medical provider or your dietitian.

Food Safety

- When you cook, wash your hands and cooking surfaces often.
- Wash all fruits and vegetables before you eat them.
- Keep raw meat away from the other food.
- Cook your food until it's steaming hot, including sandwich meats.
- Refrigerate or freeze leftovers within two hours or within one hour on a hot day (over 90 degrees).
  - ✖ Do not eat unpasteurized (raw) milk and cheeses. Bacteria in unpasteurized milk and cheese can be dangerous. If milk or cheese is pasteurized, that means the bacteria has been killed.
- Hard cheeses are safer than soft cheeses. Soft cheeses include Mexican-style queso blanco or fresco, feta, or brie.
- Juice and cider should be pasteurized.

If you're wondering if your milk or cheese has been pasteurized, check the label. If it says "made from pasteurized milk" or "pasteurized" you can eat it!

- ✖ Never eat raw or undercooked foods like meat, fish, shellfish, eggs, or vegetable sprouts. Wild meats should be cooked to well done.
- ✖ Some fish are not safe to eat during pregnancy. Do not eat fish with high levels of mercury, including shark, swordfish, king mackerel, tilefish, marlin, orange roughy, or fresh or frozen tuna steaks.
    - If you or your family go fishing, talk to your provider or your dietitian about which fish are safe to eat. More information is available in the Resource List.

Weight Gain

Most people gain 11-35 pounds during pregnancy. But if you are pregnant with more than one baby, you will need to gain even more than that. How much you should gain depends on what you weighed before your pregnancy. The weight gain should come mainly from foods that help the baby grow and develop.

- If you are starting at a heavier weight, it is better if you don't gain a lot of weight.
- Talk to your provider or dietician to find out how much weight you should gain.

Exercise

Doing exercise every day will help you stay strong and fit and will help you prepare for having your baby.

- Most women can do light to medium exercise. Talk with your provider about your ideas before you start a new exercise.
    - ☑ Try to get 2-and-a-half hours of aerobic exercise every week. Aerobic means exercise that makes your heart rate and breathing go up. Examples of aerobic exercises are:
        - Walking
        - Swimming
        - Riding a bike (either a regular bike or a stationary bike)
    - ☑ Try strengthening exercises using light weights.
    - ☑ Maybe join a prenatal exercise or yoga class. Tell your instructors that you are pregnant.

Vitamins and Supplements

Prenatal Vitamins

Prenatal vitamins are important, but they don't replace eating nutritious food. Both are important! Let us know if you are having trouble eating or taking your prenatal vitamins.

Always wear a seat belt

- ☑ Take a prenatal vitamin every day during pregnancy and breastfeeding, or at least up to 6 weeks postpartum. Choose one with folic acid, iron, and iodine.
  - If it makes you feel like you're going to throw up, you can try taking it before bed or with your biggest meal. You can also try chewable or gummy vitamins—but you need to eat more food with iron if you do.
  - If you're throwing up your prenatal vitamin, take a folic acid supplement instead. You should take 800 micrograms of folic acid every day until your stomach feels better. Take a folic acid supplement only for the first 3 months. Then try going back to prenatal vitamins.

Healthy Habits

- ✘ Do not drink alcohol, use street drugs, or prescription drugs that have not been prescribed for you. If you have a problem not using, please talk to us.
- ✘ Do not smoke marijuana. We think it's important for you to know the risks of using marijuana while you're pregnant. Why isn't marijuana safe?
  - If marijuana is not bought at a NM dispensary, it may not be tested or regulated. That means it can have other drugs, mold, bacteria or chemicals like pesticides in it.
  - Marijuana has many of the same dangerous chemicals as tobacco. These chemicals can be dangerous for pregnant and breastfeeding people and their babies

- The marijuana and chemicals get into the baby when—
    - They cross the placenta. The placenta's job is to give the baby nutrients from his or her mom. So if you use marijuana, it will get to the baby.
    - If you're breastfeeding, the chemicals in marijuana get into your breast milk. When the baby drinks your breast milk they will also drink the chemicals in the marijuana

☒ Do not smoke cigarettes or e-cigarettes.
Stay away from second-hand smoke.

☒ Do not take any medicine or herbs without speaking to your provider unless they are listed as safe on pages 20 to 22, "Taking Medicine While Pregnant."

☑ Always wear a seat belt

☑ Brush your teeth every day and visit the dentist during pregnancy.

☑ It's okay to have sex when you are pregnant unless your provider tells you not to.

☑ Get enough rest and sleep.

- Only drink one cup (8 ounces) of caffeine drinks per day. This includes coffee, soda, and tea.
- If you're being abused, tell your provider or seek help. Abuse can be physical, financial, verbal, emotional, or sexual.

Vaccines During Pregnancy

Your healthcare provider will offer you several vaccines during your pregnancy. We encourage pregnant people to get these vaccines—

- flu vaccine
- a COVID vaccine
- whooping cough vaccine.

Pregnancy puts you at greater risk for getting more severe symptoms if you develop the flu or COVID. You could also pass these illnesses onto your newborn if you get sick right away after birth. Protect yourself and your baby by getting these vaccines.

The whooping cough vaccine is a booster that is offered after 27 weeks of pregnancy. Your provider will discuss this more with you as you get closer.

We may also recommend RSV vaccine in the flu season. Ask your provider for direction.

Mental and Emotional Health

Pregnancy and after birth (postpartum) are times of great change. While pregnancy and birth are usually joyful, they are also times of stress.

Your emotional health is really important. Here are some things to know about pregnancy and your mental and emotional health.

- Depression— People can develop depression during pregnancy or after pregnancy. Here are some common signs of depression—
    - Feeling down, depressed, or hopeless
    - Having little interest or pleasure in doing things

If any of these feelings are bothering you, talk to your provider.

Anxiety (Worry)— It's normal to worry during pregnancy or after the baby is born If your worries are so strong that you're having trouble sleeping, thinking, or doing your normal activities, talk to your provider.

Numbers to call for Help

National Maternal Mental Health Hotline
1-833-TLC-MAMA
1-833-852-6262

Postpartum Support International HelpLine **1-800-944-4773**
call or text
https://www.postpartum.net/

Suicide and Crisis Hotline—**988**

Traveling

As long as there are no complications with your pregnancy, it is usually safe to travel before 36 weeks of pregnancy. Ask your provider if you are uncertain.

Dangers in the Environment

Cleaning Products

- ✘ Don't use anything labeled "toxic".
- ☑ Try natural cleaning products. They can be safer.
- ☑ Wear thick rubber gloves and open the windows and doors to get rid of the fumes.

Beauty Products

- It is generally safe to get your nails done, but we recommend using only regular polish or gel, not acrylics. Some people choose to avoid nail salons because of the dangerous gases that come from acrylic nails.
- If you can't stay away, try to be near an open window or door for fresh air.
- Hair products—dyes, permanents, and straighteners are generally safe. A very small amount of the chemical can go from your head into your body, but there are no reports that this is harmful to you or your baby.
    - It's best to avoid these beauty products during the first trimester (up to 14 weeks).

Other Safety Warnings

Hot Tubs

It is best to stay away from hot tubs

While baths and showers are generally safe, it's best to stay away from hot tubs while you're pregnant.

If you use a hot tub—

- ✘ Do not go in a hot tub that is hotter than 101-102 degrees.
- ✘ Do not stay in the hot tub for more than 10 minutes
- ☑ Drink lots of water
- ⚠ If you feel hot, you probably need to get out!

Paint

It is best if you do not paint while you are pregnant. Ask someone else to do the painting and make sure there is good air flow where you're painting.

If you have to paint—

- ✘ Do not paint for a long time.
- Try to use paint that does not have a strong smell. That type of paint is called low or no VOC paint. (VOC means volatile organic compounds—these are chemicals.)

Cats

If you clean kitty litter or touch dirt where cats might have been, you can get a disease called toxoplasmosis.

You can protect yourself from toxoplasmosis by doing these things:

- ☑ Have a person who is not pregnant clean the litter box.
- ☑ Keep cats inside the house.
- ☑ Wear gloves while you garden.
- ☑ Wash your hands well with running water and soap after touching cat poop or gardening.
- ✘ Do not go near stray cats.

Try to have someone else clean the cat's litter box

Taking Medicine While Pregnant

When you are pregnant, some medicines and herbs may be unsafe. This is especially true during the first 3 months when your baby's organs are forming.

Prescription Medicines

Talk to your healthcare provider about your medicines. Your healthcare provider may need to change some of the medicines you are taking while you're pregnant.

- ☑ Tell your healthcare provider what medicines, vitamins, supplements, and herbs you are taking now.
- ✘ Do not stop taking your prescription medicines before talking to your healthcare provider.

Whenever you see a healthcare provider, make sure they know you're pregnant.

Remember, always talk to your pharmacist or healthcare provider before starting an over-the-counter medicine.

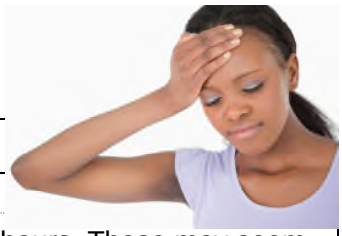
Over the Counter Medicines

Some over the counter medicines (medicines you can get without a prescription) are safe to use during pregnancy. Other medicines are not safe. **The medicines listed on the next page with a red X are not safe.**

Check with your pharmacist or your healthcare provider before you take any other over the counter medicines.

For all medicines except acetaminophen (Tylenol) follow the package directions for how much to take (dose).

Over the Counter Medicines --continued



For Headaches or Pain

Generic Name	Brand Name	
• acetaminophen	Tylenol®	Take 325 to 650 mg every 4 to 6 hours. These may seem like large numbers but they are safe for you and your baby. Do not take more than 3,000mg a day.
Do Not Take these Medicines		
✖ ibuprophen	Advil®, Motrin®	
✖ naproxen	Aleve®	
✖ aspirin	Bayer®	If your provider tells you to take baby aspirin **for reasons other than pain**, like for preventing high blood pressure, it is safe.

For Sleep

Generic Name	Brand Name
• doxylamine	Unisom®
• diphenhydramine	Benadryl®
•	

For Constipation

Generic Name	Brand Name
• Polyethylene glycol	Miralax®
• Docusate sodium	Colace®
• Fiber	Metamucil®, FiberCon®

For Heartburn or Gas

Generic Name	Brand Name
• calcium carbonate (heartburn)	Tums® Maalox® or Mylanta®
• famotidine (heartburn)	Pepcid®
• omeprazole, esomeprazole, lansoprazole	Prilosec®, Nexium®, Prevacid®
• simethicone (gas)	Mylicon®, Gas-X®

For Hemorrhoids

Generic name	Brand Name
• phenylephrine topical gel	Preparation H®, Anusol®
• witch hazel	Tucks®

For Allergies

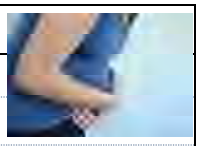
Generic Name	Brand Name
• cetirizine	Zyrtec®
• diphenhydramine	Benadryl®
• fexofenadine	Allegra®
• loratadine	Claritin®
• fluticasone	Flonase®

Over the Counter Medicines --continued

For Colds and Flu		
Generic Name	**Brand Name**	
• benzocaine	Chloraseptic®, Cepacol®, Halls®	Will help keep your mouth moist. If you have diabetes, look for sugar free drops
• guaifenesin	Mucinex®	Helps you to cough up mucus more easily
• dextromethorphan	Robitussin®	Keeps you from coughing as much
• oxymetazoline	Afrin®	For a stuffy nose
• pseudoephedrine	Sudafed®	For a stuffy nose

- Drink lots of water when you take this medicine. This medicine dries you out.
- Do not take this medicine for more than 3 days.
- Do not take Sudafed during your first trimester (up to 12 weeks)
- Do not take Sudafed if you have high blood pressure

For Nausea and Throwing Up		
Generic name	**Brand Name**	
• Vitamin B6		
• doxylamine	Unisom®	If Unisom is helping a little, but you're still feeling nauseous or throwing up, add half a tablet of Unisom in the morning and half a tablet at lunch time.



Breastfeeding

Breastfeeding is a natural and healthy way to feed your baby.

Breast milk has **all** your baby needs. You and your baby will get the most benefit from breastfeeding when your baby gets 100% breast milk.

We are proud that UNM was awarded a title of a Baby Friendly Hospital. This award means UNM offers information and support to help you breastfeed!

WIC Program

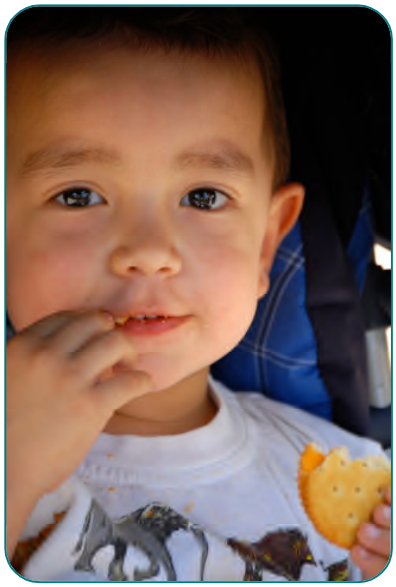
The WIC Program (The Special Supplemental Nutrition Program for Women, Infants, and Children) provides healthy food for women, infants, and children up to age 5 who may not have enough food.

The New Mexico WIC Program provides free healthy foods, ideas for healthy eating and keeping good health habits. WIC also offers support for nursing families, and connects families with other community services. The WIC goal is to create a support system that encourages families to feel confident in their own happy and healthy futures.

To qualify for WIC you must live in the state of New Mexico and meet income guidelines for the number of family members you have. You must also meet one of these other requirements. You must be:

- A person who is currently pregnant
- A person who is nursing (breastfeeding) a baby under 1 year of age
- A person who had a baby or was pregnant in the last six months
- A baby who is less than 1 year old
- A child who is less than 5 years old

For more information go to: https://www.nmwic.org/



Support and Home Visiting Services

Becoming a parent is one of the biggest changes you will go through in your life. We know that people who are well supported during this time have healthier pregnancies and are better parents. In New Mexico, we have support programs where you can meet regularly with a nurse during your pregnancy and for the first year of your baby's life. The nurse can answer questions, help you prepare to become a parent, provide emotional support, and connect you with needed services. This service is free. Ask your healthcare provider if you are interested in finding out more.

Nurse Family Partnership

Phone: 505-362-7760 or 505-272-5828

Website: nursefamilypartnership.org

CHI St. Joseph's Children

Office: 505-924-8000

Toll-Free Number: 833-886-0458

https://stjosephnm.org/

NM Family Connects

(505) 487-3746

https://www.nmhealth.org/about/phd/region/nw/fcnm/family/

Pregnancy Resources

Pregnancy Websites

- Childbirth Connection: www.childbirthconnection.org
- Ask a Midwife: www.midwife.org/Share-With-Women
- Text4baby: Sign up on the website www.text4baby.org or you can text Baby to 511411 to get free text messages about your pregnancy and baby
- March of Dimes: www.marchofdimes.com
- Mayo Clinic: www.mayoclinic.com/health/pregnancy-week-by-week/MY00331
- Medications and Other Exposures during Pregnancy and Breastfeeding: https://mothertobaby.org/
- National Women's Health Resource Center: www.healthywomen.org/ages-and-stages/pregnancy-and-parenting/pregnancy

Healthy Eating and Exercise Websites

- Nutrition and Exercise: https://www.womenshealth.gov/patient-materials/health-topic/fitness-and-nutrition
- Pregnancy and Nutrition: https://www.marchofdimes.org/pregnancy/eating-healthy-during-pregnancy.aspx#
- **USDA MyPlate Nutrition Information for Pregnancy and Breastfeeding**. https://www.myplate.gov/life-stages/pregnancy-and-breastfeeding

Childbirth Education Websites

- https://www.mybirthly.com/unmhealth

UNM offers free childbirth education classes. We will talk with you more about this later in your pregnancy.

Mental Health Clinics and Phone Numbers

- **Journeys Clinic**
  UNM Women's Primary Care
  2130 Eubank NE
  Albuquerque, NM 87112
  (505) 272-2245
- **UNM Psychiatric Walk-In Clinic**
  2600 Marble NE
  Albuquerque, NM 87131
  (505) 272-2800

- **New Mexico Crisis Access Line**: 1(855) NM CRISIS (662-7474)

Substance Use Disorder and Pregnancy

- UNM Milagro Clinic

  (505) 463-8293

What is the Patient Portal?

The myUNM Health Patient Portal is a website that lets you have the information in your electronic health record — anywhere, anytime.

If you are 14 years old or older and have your own email address, you can have a patient portal account.

The Patient Portal gives you a way to—

- Get messages to and from your doctors and nurses (English only)
- Keep track of vaccine records
- Look at your lab results
- View your list of medicines
- Print a copy of your health record
- Find UNM clinic phone numbers

- “Find a Doctor” - Are you new in town? Do you need a certain kind of doctor? This tool helps you search by name, by location or by specialty.
- Look at your record in a safe, private way, anytime, anywhere
- Manage your health information with health management apps (like fitness trackers).

How do I sign up for myUNM Health?

You can enroll today by going to
myhealthunm.iqhealth.com/self-enroll
or use the QR Code to enroll.

- You’ll need to enter your name, date of birth and email address.
- We’ll send a verification code to your email address.
- Enter the verification code in the field provided and you’re ready to go!

For your child

Please note: you cannot sign up online for your child

You can call:

- 505 241-2141 UNMH Medical Records
  (Health Information Management)
- 505 994-7292 Sandoval Regional Medical Center Medical Records
- your clinic

For you or your child, you can also go to—

- Admitting on the first floor of UNM Hospital
- the front desk of any clinic at UNMH
- any SRMC Registration Desk or Check-in area
- SRMC Financial Counseling

Locations for Your Care

UNM Hospital
Women's Health Clinic, 4th Floor ACC
2211 Lomas Blvd NE, Albuquerque
Phone—**505 272-2245**

Maternity and Family Planning North Valley
Los Griegos Community Center
1231 Candelaria NW, Albuquerque
Phone— **505 272-2158**

Maternity and Family Planning West Mesa
Alamosa Community Center
6900 Gonzalez Rd SW Suite H, Albuquerque
Phone— **505 272-2154**

Eubank Women's Health Clinic
2130 Eubank Blvd NE, Albuquerque
Phone—**505 272-2245**

UNM Family Health Westside Clinic
4808 McMahon Blvd NW, Albuquerque
Phone— **505 272-2900**

Sandoval Regional Medical Center
3001 Broadmoor Blvd NE, Rio Rancho
Clinic Visits Only— No Hospital Services
Phone—**505 994-7000**

Family Practice Maternal Child Health Providers provide prenatal care services in other locations throughout Albuquerque. For an appointment, call **505-272-0204**.