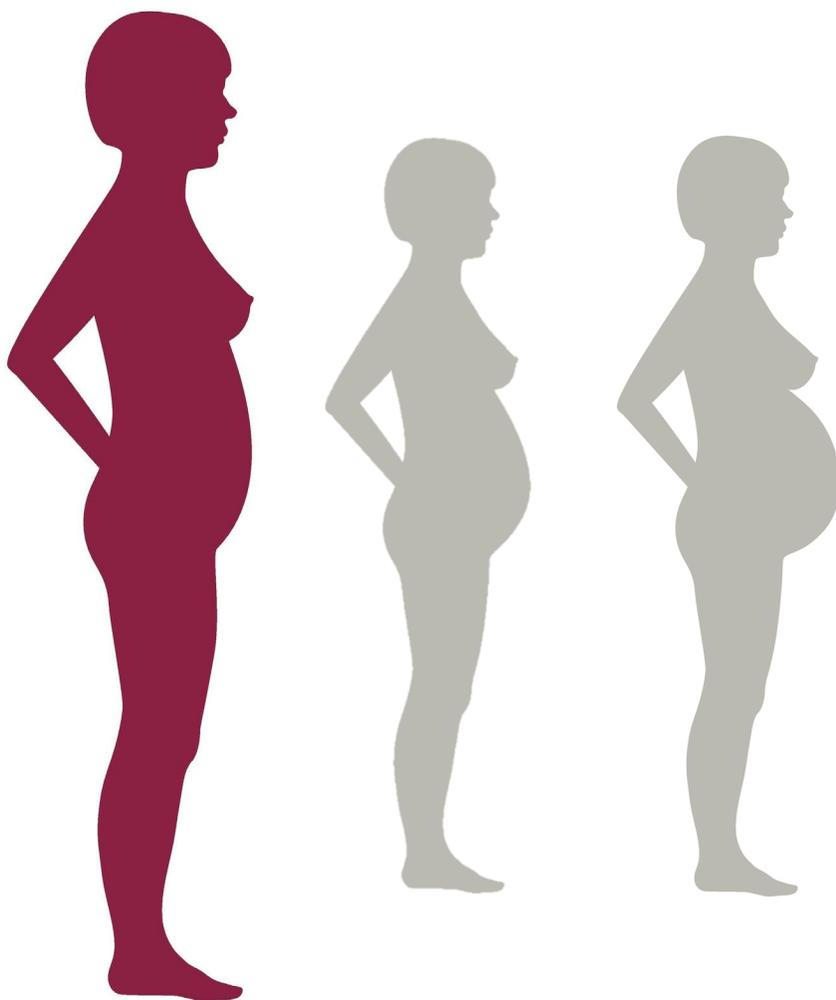


# What to Know During Your Pregnancy: Weeks 6-26



UNM Hospital  
2211 Lomas Blvd NE  
Albuquerque, NM 87106



**HOSPITAL**

We look forward to caring for you, and we hope all goes well during your pregnancy. **Just in case, here is some information on when to call us or come to OB Triage.**

OB Triage is the Emergency Room for pregnant women and for women up to 6 weeks after birth (postpartum).

### Go to OB Triage right now

--Less than 37 weeks with contractions or with water breaking

--Any time in pregnancy or postpartum with:

- A blow or injury to the stomach
- Severe headache that has not gone away after taking Tylenol
- Visual changes or blurred vision
- Seizures or fainting
- Heavy vaginal bleeding
- Feeling something in the vagina
- Unable to breathe
- Constant chest pain
- Severe stomach pain

--Postpartum with wound (cut) that is red or swollen **or** stomach that is very tender

### Go to OB Triage soon

--More than 37 weeks:

- With strong contractions every 3-5 minutes or closer for 1 hour
- If your water breaks

--More than 24 weeks with less movement of the baby

--Any time in pregnancy with spotting not related to recent vaginal exam or sex

--Any time in pregnancy or postpartum with:

Fever (greater 100.4)

- Diarrhea more than 5 times a day
- Vomiting more than 4 times a day
- Leg swelling on one side
- Pain with peeing or peeing much more often than normal

Call the clinic nurse or the nurse advice line at **1-877-925-6877** for questions or concerns

--More than 37 weeks with irregular contractions or cramping

--More than 24 weeks with vomiting 1-2 times a day

--Any time in pregnancy with:

- Cold symptoms or sore throat
- Toothache or earache
- Vaginal discharge with itch or bad smell
- Ongoing constipation
- Ligament pain (ligaments are the bands of tissue that connect bones, for example in your knees)
- Prescription refill

# What's in This Booklet

Congratulations on your pregnancy! The beginning of your pregnancy is an exciting time. This booklet will give you information and advice that you can use during weeks 6-26 of your pregnancy.

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## 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 be able to offer Centering as an option for your prenatal care.
- Centering is prenatal care that takes place in a group setting with 7-12 other pregnant women 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 women. 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!



# Things to Know About Prenatal Testing for Birth Defects

Most babies are born healthy, but sometimes babies have birth defects. A birth defect is a problem that happens while a baby is developing in the mother's body. Birth defects can be minor or severe. They may affect appearance, organ function, and physical and mental development.

We don't always know why your baby has a birth defect. Sometimes we know the reason. Your baby may have a problem with their genes, may have been exposed to chemicals or viruses while in the womb, or a combination.

There are different tests we can do during your pregnancy to learn more about the health of your baby. **It is your choice to have the testing done.**

Read more about prenatal testing, what to think about before the tests, types of testing, who should get the tests, when to get the test, and what they tell you.

## What tests check for birth defects?

Your healthcare provider can use screening and diagnostic tests to look for certain birth defects. Every pregnant woman will be offered screening tests. Some women may be offered diagnostic tests because of their specific risk factors.

## Should I get the testing done?

We recommend for you to think about what you might do with the test results before you have the test done. **It is your choice to get any of the tests done.**

## Questions to Ask Before the Tests

- What information will the test give me?
- How correct is this test?
- What are the risks for me and my baby if I have the test?
- What will I do with the information from the test?
- Will I do anything different if the test results are unusual (abnormal)?
- Will I get more tests to find out if something is really wrong?



### What Might I Do with the Results?

Some women may choose to end their pregnancy if their baby has a birth defect or a serious problem. Most screening tests are done early in your pregnancy. This gives you time to make the decision that is right for you.

Some women want to be ready emotionally if their baby will have a birth defect. They want to know the test results even though they would not end their pregnancy.

Some women may not want to have the tests done. They will only worry about their baby if a test comes back unusual. They are ready to care for their baby even with a birth defect.

### Screening Tests

Screening tests can help your healthcare provider know if your baby is healthy or might have certain birth defects. There are **no** physical risks to you or your baby from a screening test.

### Ultrasound

This medical test looks at your baby inside your uterus (womb). Your healthcare provider will use sound waves to make an image of the baby on a monitor. An ultrasound gives you information about the health of a baby and your pregnancy. This test can show how your baby's heart, brain, and other organs are forming and any problems. You can learn fun information like the sex of your baby.

- An ultrasound can be done around 20 weeks of pregnancy.
- Ultrasounds are very safe but sometimes this test can miss problems with your baby. There should be a medical reason to have one done.

### Serum Screens

This blood test will tell your healthcare provider if your baby has a higher chance to be born with a problem in their backbone, brain, or have Down syndrome. There are several different kinds of serum screens and the results can vary. The test results only help us know which women should have diagnostic tests to find out if something is wrong. **It is important to discuss the results with your healthcare provider.**

- These blood tests can be done between 11 and 22 weeks of pregnancy.



## Carrier Testing for Genetic Diseases

These are blood tests to look for genetic diseases if both parents carry a gene for the same disease. These tests check the mother to see if you are a carrier of certain genetic conditions like cystic fibrosis.

- This blood test can be done anytime during pregnancy.
- **If you have the gene:** Your partner can be tested to see if your baby has a chance of having a problem from a gene. Both parents must have the gene for your baby to be at risk.

**Talk to your healthcare provider about meeting with a genetic counselor. You can learn more if you think you might want this testing.**

## Cell-free DNA Screening

This is a new blood test and not recommended for everyone. This test is for women who have risk factors for Down syndrome or other genetic conditions.

- This test can be done at 10 weeks of pregnancy or later.

The risk factors include:

- A mother's age is over 35 years
- A regular blood (serum) screening test that shows you are high risk
- An ultrasound that shows signs of chromosome abnormality
- Having a baby with a genetic birth defect

**Talk to your healthcare provider about meeting with a genetic counselor. You can learn more if you think you might want this testing.**



### What is Cystic fibrosis?

Cystic fibrosis is a genetic disease that can cause problems in your baby's lungs and stomach.

### What is Down Syndrome?

Down syndrome is a birth defect where your child has mental and developmental delays. Sometimes your child will have heart problems.

**There is no cure for Down syndrome.**

Children with Down syndrome have:

- Round faces
- Almond-shaped eyes

Children with Down syndrome have different levels of learning abilities – all have slower mental and physical abilities.



## Diagnostic Tests

These tests can correctly tell you if your baby has certain birth defects. We may offer these tests to pregnant women who:

- Are 35 years and older
- Have a family history of certain birth defects
- Have abnormal screening tests or ultrasounds

## Chorionic Villus

This test uses a very small piece of your placenta (afterbirth). Your healthcare provider will put a tiny tube into your uterus through your vagina. They may use a needle to collect the small piece from your uterus through the skin on lower belly.

- This test can be done between 10 and 12 weeks of pregnancy.
- This test has a small risk of miscarriage or an infection.

## Amniocentesis

This test uses some of the amniotic fluid that is around the baby in your uterus. Your healthcare provider will take the fluid from the uterus with a needle. This needle is put through the skin in your lower belly into your uterus. This test will let you know if your baby has Down syndrome or other genetic problems. Inherited problems are passed from the parents to the baby.

- This test can be done between 15 and 24 weeks of pregnancy.
- This test has a small risk of miscarriage or an infection.

### Find Out More

**Mayo Clinic:** Explains about the types of prenatal genetic tests and lists questions to think about to help guide your decisions for the tests.

<http://www.mayoclinic.com/health/prenatal-genetic-screening/MY01966>

**March of Dimes:** Talk about the tests, risks, when to get them, and what the results mean. [http://www.marchofdimes.com/pnhec/159\\_519.asp](http://www.marchofdimes.com/pnhec/159_519.asp)

# Caring for Yourself

## Eating and Cooking

- ☑ Eat well and choose healthy foods. Most pregnant women need to eat only 100-300 extra calories per day to support a baby's growth. For example, if you eat 2 eggs and 2 corn tortillas, that's about 300 calories. One medium-sized apple and 2 tablespoons of peanut butter is about 300 calories.
- ☑ Eat many different fresh foods daily, including vegetables, fruits, protein, grains, and dairy.
- ☑ Watch serving sizes. You may be eating more than you need to. Don't eat for two! 100-300 extra calories is not that much.
- ✗ Stay away from doughnuts, chips, fast food, sodas, cookies, and candy. Junk foods and sweets don't support your baby's growth.
- ✗ Do not eat fish with high levels of mercury like shark, swordfish, king mackerel, tilefish, fresh or frozen tuna steaks, marlin, or orange roughy. If you or your family go fishing, talk to your provider about which fish are safe to eat.
- ✗ 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.
  - Stay away from soft cheeses like Mexican-style Queso Blanco or Fresco, Feta, or Brie. They are often unpasteurized.

## Cooking Food Safely

- ☑ When you cook, wash your hands and cooking surfaces often.
- ☑ Wash all fruits and vegetables before you eat them.
- ☑ Keep raw meat away from other food.
- ☑ Cook your food until it's steaming hot. Put the food that you don't eat in the refrigerator or the freezer.
- ✗ Never eat **raw or undercooked** foods like meat, fish, shellfish, or eggs.



**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!**



## Weight Gain

Most women gain 11-35 pounds during pregnancy. How much you should gain depends on what you weighed before your pregnancy.

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

## Exercise

Doing exercise every day will help you stay strong and fit and it 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. 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 contain many vitamins and minerals that support your health and your baby's health.

- Take a prenatal vitamin every day. 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. You can also try chewable or gummy vitamins.
  - 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.



## Omega-3s

Omega-3s are a type of fat in fish. They are important for your baby's brain and eyes.

- ☑ Try to eat two meals of low mercury fish every week. Some examples of low mercury fish are salmon, trout, sardines, anchovies, herring, and canned mackerel.
- ☑ If you don't eat fish, take a Fish Oil (DHA) capsule every day.

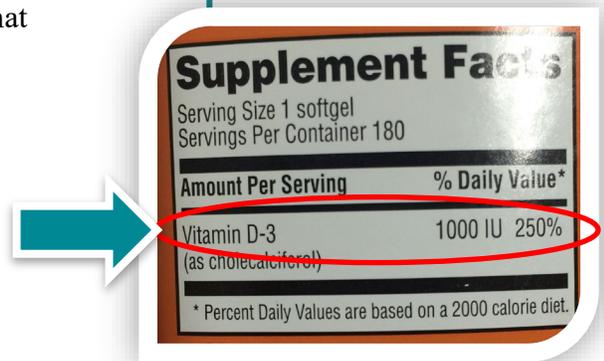
## Vitamin D

Vitamin D is an important vitamin that helps you and your baby develop strong and healthy bones. It may also lower the risk of problems during pregnancy, such as diabetes during pregnancy, early birth, and infection.

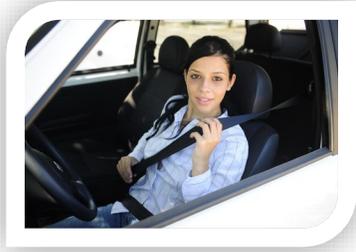
- Prenatal vitamins usually don't have much vitamin D.
- You can get extra vitamin D from:
  - sunlight.
  - foods with vitamin D, such as some fish, egg yolks, shitake mushrooms, beef or calf liver, and foods that are fortified with Vitamin D.
  - vitamin D pills.
- Generally, 600-2,000 IU per day is a safe amount of vitamin D to take. Check the label to see how much vitamin D is in your prenatal vitamin or vitamin D pill.

## Iron and Calcium

Ask your provider if you need to take an iron or calcium supplement.



There are 1,000 IU of Vitamin D per pill in this bottle.



Always wear a seat belt

## Healthy Habits

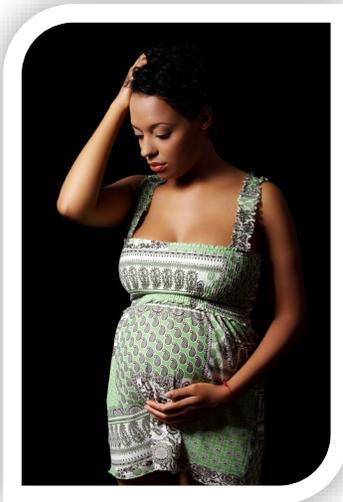
- ✗ Do not drink alcohol or use street drugs. If you have a problem not using, please talk to us.
- ✗ Do not smoke cigarettes or e-cigarettes. Stay away from second-hand smoke.
- ✗ Do not take any medication or herbs without speaking to your provider unless they are listed as safe on pages 16-17, “Taking 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** 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.

## Mental and Emotional Health

Pregnancy and after birth 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:** Women 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. If your worries are so strong that you’re having trouble sleeping, thinking, or doing your normal activities, talk to your provider.



## 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

Nail Salons:

- Stay away from nail salons when you're pregnant. Chemicals in nail salons can let off dangerous gases.
- If you can't get away, stay 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 products during the first trimester (weeks 1-12).



Stay away from nail salons.



It is best to stay away from hot tubs



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

## Other Safety Warnings

### 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.

### 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.

# WIC Program

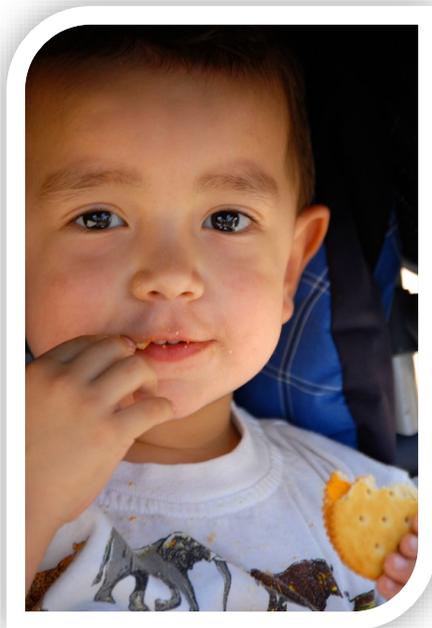
The WIC Program (The Special Supplemental Nutrition Program for Women, Infants, and Children) provides healthy food for women, infants, and children up to age 5 who may not have enough food.

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/>



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

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

Whenever you see a provider, make sure they know you are pregnant.

### Over the Counter Medicines – Are They Safe?

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 below are generally safe for most pregnant women, unless you see a red X. **Check with your pharmacist or your health care provider before you take any other over the counter medicines.**

#### For Headaches or Pain

- Tylenol® (acetaminophen) 325 to 650mg, every 4 to 6 hours. Do not take more than 3,000mg per day.

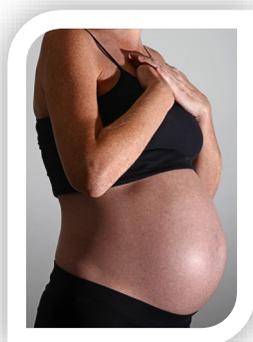
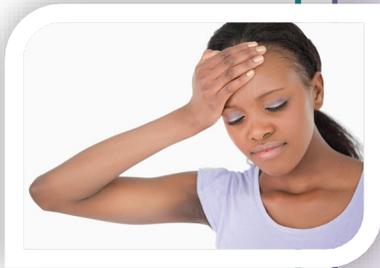
#### Do Not Take These Medicines for Pain:



- ✗ Advil® (ibuprofen)
- ✗ Motrin® (ibuprofen)
- ✗ Aleve® (naproxen)
- ✗ Aspirin—But if your provider tells you to take baby aspirin **for reasons other than pain**, like for preventing blood pressure issues, it is safe to take it.

#### For Heartburn

- Tums® 1-2 tablets. Do not take more than 10 tablets per day.
- Liquid Maalox® or Mylanta® 1-2 tablespoons, 1 hour after eating and at bedtime
- Pepcid 20mg per day
- Tagamet 200mg per day
- ✗ Do not use baking soda or Alka-Seltzer®.



## For Allergies

- **Claritin® (loratadine)** 10mg, once a day
- **Benadryl® (diphenhydramine)** 12.5 to 25mg, every 6 hours when you need it
- **Zyrtec® (cetirizine)** 10mg, once a day

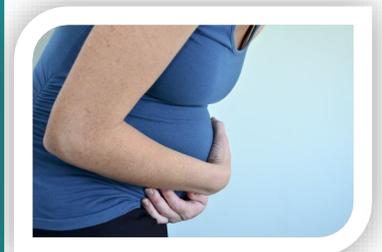
## For Colds

- **Chlor-Trimeton® (chlorpheniramine)** 4mg, every 4 to 6 hours when you need it
- **Throat lozenges or cough drops:** Take any over the counter brand. This will help keep your mouth moist. If you have diabetes, look for sugar free cough drops.
- **Robitussin® (guaifenesin)** 1 to 2 teaspoons, every 4 to 6 hours when you need it. This helps you cough up mucus easier.
- **Robitussin DM® (guaifenesin with dextromethorphan)** 1 to 2 teaspoons, every 4 to 6 hours when you need it. This keeps you from coughing as much.
- **Sudafed® (pseudoephedrine)** 30 to 60mg, every 6 hours when you need it for **severe** cold symptoms
  - ☑ Drink lots of water when you take this medicine. This medicine treats a stuffy nose by drying you out.
  - ✗ Do not take this medicine for more than 3 days.
  - ✗ Do not take Sudafed during your first trimester (up to 12 weeks) of pregnancy.
  - ✗ Do not take Sudafed if you have high blood pressure.

## For Nausea and Throwing Up

- **Vitamin B6** 25mg, 3 times a day
- If this Vitamin B6 isn't enough, you can add **Unisom** sleep tabs (doxylamine succinate) 25 mg once a day before you go to bed.
  - 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.

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



## 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!



# Pregnancy Resources

## Pregnancy Websites

- Childbirth Connection: [www.childbirthconnection.org](http://www.childbirthconnection.org)
- ACNM Share with Women: [www.midwife.org/Share-With-Women](http://www.midwife.org/Share-With-Women)
- Text4baby: Sign up on the website [www.text4baby.org](http://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](http://www.marchofdimes.com)
- Mayo Clinic: [www.mayoclinic.com/health/pregnancy-week-by-week/MY00331](http://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](http://www.healthywomen.org/ages-and-stages/pregnancy-and-parenting/pregnancy)

## Pregnancy Books

- **The Complete Book of Pregnancy and Childbirth**, by Sheila Kitzinger
- **Pregnancy, Childbirth and the Newborn: The Complete Guide**, by Simkin, Whalley & Keppler
- **The Thinking Woman's Guide to a Better Birth**, by Henri Goer
- **Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation**, by Pam England and Rob Horowitz
- **The Birth Partner**, by Penny Simkin
- **Our Bodies, Ourselves: Pregnancy and Birth**, by Boston Women's Health Book Collective and Judy Norsigian
- **The Pregnancy Book: Month-by-Month**, by Martha Sears and William Sears
- **The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth**, by William Sears and Martha Sears
- **Ina May's Guide to Childbirth**, by Ina May Gaskin
- **Fathering Right from the Start: Straight Talk about Pregnancy, Birth, and Beyond**, by Jack Heinowitz
- **When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women**, by Penny Simkin and Phyllis Klaus





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

## Healthy Eating and Exercise Books

- **Fit & Pregnant: The Pregnant Woman's Guide to Exercise**, by Joan Marie Butler
- **Exercising Through Your Pregnancy**, by James Clapp
- **Expect the Best: Your Guide to Healthy Eating Before, During, and After Pregnancy**, by The American Diabetes Association and Elizabeth Ward

## Childbirth Education Websites

- UNMH Childbirth Education: <https://hsc.unm.edu/health/patient-care/womens-health/maternity-care/childbirth-education.html>

## 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

## Mental Health Websites

- Postpartum (after childbirth) support: [www.postpartum.net](http://www.postpartum.net)
- Women's mental health: [womenshealth.gov/mental-health](http://womenshealth.gov/mental-health)

## Books for After Childbirth

- **The Year After Childbirth**, by Sheila Kitzinger
- **Mothering the New Mother: Women's Feelings and Needs after Childbirth, a Support and Resource Guide**, by Sally Placksin
- **After the Baby's Birth: A Woman's Way to Wellness, A Complete Guide for Postpartum Women**, by Robin Lim
- **The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two**, by William Sears, Martha Sears, Robert Sears, and James Sears
- **Your Amazing Newborn**, by Marshall H. Klaus & Phyllis H. Klaus
- **Cesarean Recovery**, by Chrissie Gallagher-Mundy







# Important Phone Numbers

- **1-877-925-6877: Emergencies** –OB Triage nurse advice line (see the next section) or UNM Hospital OB Triage: 272-2460
- **272-2245:** University Center for Women’s Health (at UNMH)
- **925-CARE (925-2273):** UNMH Women’s Primary Care (on Eubank)
- **272-8913** Women’s Ultrasound/Imaging
- **272-2900:** Westside Family Health
- **861-1013:** Belen First Choice Clinic
- **865-4618:** Los Lunas First Choice Clinic
- **248-7703:** Albuquerque Indian Health
- **1-800-773-3645: New Mexico Coalition Against Domestic Violence Hotline**
- **247-4219: S.A.F.E. House (for Domestic Violence)**

## If you have an **emergency** or if you are in labor, call the OB Triage nurse advice line at 1-877-925 6877

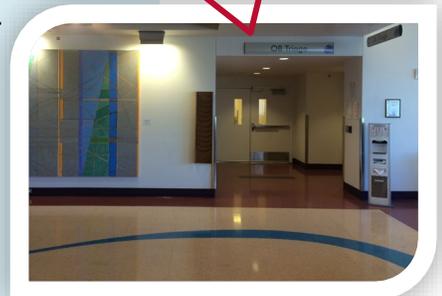
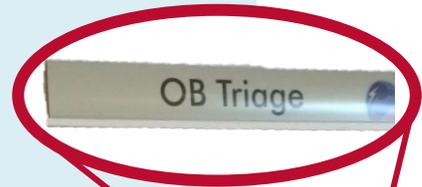
You can call at any time.

OB Triage is the part of the hospital that takes care of pregnant patients who are in labor or have an emergency. It is always open.

OB Triage is on the 4<sup>th</sup> floor of the Barbara and Bill Richardson Pavilion (the new part of the hospital).

### Things to Know about OB Triage

- Call OB Triage nurse advice line before you go there at **1-877-925-6877**. Sometimes the nurse can help you on the phone.
- OB Triage staff will see the patients who are the sickest or are in labor first.
- 2 people may be with you in the triage room.
- Bring a snack and something to drink in case you have to wait for a long time.
- Providers send most patients from OB Triage to Labor and Delivery when they are actively in labor. This is called “active labor” and is when the cervix is open (dilated) about 5-6cm.



## If you **do not** have an emergency and are not in labor, but have questions, concerns, or are sick:

Call your clinic.

**When the clinic is open**—Call your clinic to talk to a nurse or leave a message. They’ll try to call you back on the same day.

**During weekends and when the clinic is closed**—You can call your clinic and leave a message on the nurse line. Someone will call you back during normal business hours.