

Prenatal Information Resources



YOUR PREGNANCY IN THE ARMY

Information for Active Duty Service Members

Congratulations!

Whether you are pregnant for the first time or are an experienced mother, and whether your pregnancy was expected or a bit of a surprise, we want your pregnancy to be healthy, happy and successful. Pregnancy for anyone, let alone women on active duty in the military, can be a challenging experience. The Army has joined our sister services to create a plan of care, based on the best available current medical evidence, that will maximize your chances of a successful pregnancy. Our goal is to provide you with the care and education you need to take home a healthy baby and be optimally prepared to care for your new addition. After all, your baby will be a new member to our Army family.

The plan of care and educational materials that are associated with these pregnancy guidelines as well as the requirements/limitations listed on your pregnancy profile will serve as a framework for your care during your pregnancy. There may be occasion to deviate from these guidelines due to your specific circumstances, potential pregnancy complications, local practices, and new medical information. Please remember these are guidelines and are not a substitute for specific recommendations made by a qualified provider.

Maternity uniforms

You will be provided two sets of maternity uniforms. At most posts, you will need to take a memorandum from your Commander requesting the issue and a copy of your pregnancy profile showing your due date to the Central Issuing Facility (CIF) or the unit supply room. These uniforms will be turned in upon your return from convalescent leave. Check with your command to inquire about specifics.

Pregnancy profile

Upon confirmation of your pregnancy (by examination or a lab test), you will be provided a physical profile which lasts until the end of your pregnancy. Activities that are acceptable during pregnancy are specifically noted in the profile and include: specific stretching, aerobic conditioning at own pace, and lifting up to 20 pounds. Limitations specific to your duty will be indicated in your profile.

You are exempt from regular physical training (PT) and Army Physical Fitness Testing (APFT) / weight standards for the remainder of your pregnancy and for 180 days past delivery. After receiving medical clearance from your provider, Commanders will enroll Soldiers in the Army Pregnancy/Post-Partum physical training (PPPT) program. This will help you maintain health and fitness and prepare you for your APFT.

It is critical that you maintain a copy of your current profile with you at all times. When you receive your profile, make an appointment to meet with your Commander to complete your pregnancy counseling. This is also a good time to start thinking about your family care plan.

Postpartum profile

Prior to leaving the hospital, your doctor will provide you with a postpartum profile. This temporary profile will be for 45 days beginning on the day of delivery and allows for PT at your own pace. Participation in a postpartum PT program is encouraged to assist you in returning to required fitness standards and transitioning back to unit PT.

Army Physical Fitness Test (APFT)

You are exempt from the APFT during pregnancy and for 180 days following delivery. At the end of 180 days, you will take a record APFT. Your unit may have you take diagnostic APFTs in preparation for the record test.

Both parents active duty

Both parents will need to update their Servicemembers' Group Life Insurance and DD93, Record of Emergency Data. Also, both parents will need to let their unit command know of the new family member. Only the sponsor needs to enroll the baby in DEERS and TRICARE. Notify PAC of new family member.

Convalescent leave

Convalescent leave will be determined by your provider following delivery. The usual time allotted is 42 days following a normal pregnancy and delivery. The provider also determines the amount of convalescent leave following anything other than a normal pregnancy and delivery.

Congratulations again on the exciting road ahead of you!

References

Office of the Surgeon General Memorandum, dated 23 May 2001, *Pregnancy and Postpartum Physical Profiles*

<http://phc.amedd.army.mil/home>

Comment: Search on Pregnancy Postpartum Physical Training

Site provides a succinct summary of the information contained in the specific references listed below.

AR 40-501 *Standards of Medical Fitness, Pregnancy and Postpartum Profiles*

AR 614-30 *Assignments, Details, and Transfers, Overseas Service in Pregnancy*

AR 600-8-10 *Leaves and Passes, Postpartum Convalescent Leave*

<http://www.apd.army.mil>

Comment: Navigate through Official Documents, Army Administrative Publications

Site details considerations in pregnancy.

DoD Directive 1308.1 *DoD Physical Fitness and Body Fat Program*

YOUR PREGNANCY IN THE NAVY/MARINE CORPS

Information for Active Duty Service Members

Congratulations!

Whether you are pregnant for the first time or are an experienced mother, and whether your pregnancy was expected or a bit of a surprise, we want your pregnancy to be healthy, happy and successful. Pregnancy for anyone, let alone women on active duty in the military, can be a challenging experience. The Navy has joined our sister services to create a plan of care, based on the best available current medical evidence, that will maximize your chances of a successful pregnancy. Our goal is to provide you with the care and education you need to take home a healthy baby and be optimally prepared to care for your new addition. After all, your baby will be a new member to our Navy/Marine Corps family.

The plan of care and educational materials that are associated with these pregnancy guidelines as well as the requirements/limitations listed on your pregnancy profile will serve as a framework for your care during your pregnancy. There may be occasion to deviate from these guidelines due to your specific circumstances, potential pregnancy complications, local practices, and new medical information. Please remember that these are guidelines and are not a substitute for specific recommendations made by a qualified obstetrical health care provider.

Maternity Uniforms

The certified maternity uniform is mandatory for all pregnant servicewomen in the Navy when the regular uniforms no longer fit. The outer garments (sweater, raincoat, overcoat, peacoat and reefer) may be worn unbuttoned when it no longer fits properly. You are expected to wear regular uniforms upon returning from convalescent leave; however, your Commanding Officer (CO) may approve the maternity uniforms for up to six months from the date of delivery. Enlisted servicewomen will be given a clothing allowance upon presenting the pregnancy notification to Personnel Support Detachment (PSD).

Statement of Pregnancy

You will be provided with a Pregnancy Notification Form for use in notifying your CO. This form will identify your Estimated Due Date (EDD), the 20th week of pregnancy, and the 28th week of pregnancy. These dates are used by your command for planning purposes. The OPNAVINST 600.1 and MCORDER 5000.12 Series provide guidance and detailed information regarding assignments and rest periods in relation to a servicewoman's pregnancy time line.

Limitations

Few restrictions are required in an uncomplicated pregnancy of a physically fit servicewoman working in a safe environment. You are exempt from standing at parade rest or attention for longer than 15 minutes; lying in a prone position for a prolonged period; working in one position for prolonged periods; and performing prolonged work at heights.

You are also exempt from participating in weapons training; swimming qualifications; drown proofing; diving; lifting greater than 25 pounds; exposure to excessive heat or vibration; and any other physical training requirements that may adversely affect the health of the servicewoman/fetus.

During the last three months of pregnancy (weeks 28 and beyond) you will be allowed to rest 20 minutes every four hours and limited to a 40 hour work week (pregnancy does not preclude watch standing but all hours will count as part of the 40 hour work week). You may request a waiver to extend your hours beyond 40 hours if your health care provider concurs.

Physical Readiness Program (PRP)

You are exempt from the PRP during pregnancy and for six months following delivery. However, if you have an uncomplicated pregnancy you are encouraged to perform an individualized exercise program that incorporates regular to moderate exercise for 30 - 45 minutes, three or more times a week. An exercise program should be gradually resumed six weeks after an uncomplicated vaginal delivery or cesarean delivery.

Convalescent Leave

You will be given 42 days of convalescent leave after discharge from the hospital following an uncomplicated delivery or cesarean section. The attending physician may recommend extension beyond the standard 42 days based on medical or surgical complications.

Congratulations again on the exciting road ahead of you!

Useful policy references

OPNAVINST 6000.1 Series: Guidelines Concerning Pregnant Servicewomen

MARINE CORPS ORDER 5000.12 Series: Marine Corps Policy on Pregnancy and Parenthood

MARINE CORPS ORDER P6100.12 Series: Marine Corps Physical Fitness Test and Body Composition Program Manual

OPNAVINST 6110.1 Series: Physical Readiness Program

OPNAVINST 1740.4 Series: U.S. Navy Family Care Policy

MARINE CORPS ORDER 1730.13 Series: Family Care Plans

NAVMEDCOMINST 6320.3 Series: Medical and Dental Care for Eligible Persons at Navy Medical Department Facilities

References

<http://navymedicine.med.navy.mil/>

<http://www.hqmc.usmc.mil/hqmcmain.nsf/frontpage>

<http://www.bupers.navy.mil/>

YOUR PREGNANCY IN THE AIR FORCE

Information for Active Duty Service Members

Congratulations!

Whether you are pregnant for the first time or are an experienced mother, and whether your pregnancy was expected or a bit of a surprise, we want your pregnancy to be healthy, happy and successful. Pregnancy for anyone, let alone women on active duty in the military, can be a challenging experience. The Air Force has joined our sister services to create a plan of care, based on the best available current medical evidence, that will maximize your chances of a successful pregnancy. Our goal is to provide you with the care and education you need to take home a healthy baby and be optimally prepared to care for your new addition. After all, your baby will be a new member to our Air Force family.

The plan of care and educational materials that are associated with these pregnancy guidelines as well as the requirements/limitations listed on your pregnancy profile will serve as a framework for your care during your pregnancy. There may be occasion to deviate from these guidelines due to your specific circumstances, potential pregnancy complications, local practices, and new medical information. Please remember that these are guidelines and are not a substitute for specific recommendations made by a qualified obstetrical health care provider.

Maternity Uniforms

Enlisted personnel will receive a lump sum maternity uniforms allowance. You must take your profile, signed by your Commander to the orderly room. The staff will forward this to Finance and you should receive your payment within one month. We advise you do this early in your pregnancy so that you receive your payment and purchase uniforms before you grow out of your regular uniforms. This payment is enough to purchase one maternity blues set, ABU set and dress blues set. Visit your Airman's Attic on base for spare sets of maternity uniforms.

Profile

Within 24 hours of notification of your positive pregnancy test, you are required to go to Force Health Management (FHM) for initiation of your pregnancy profile and Occupational Health Assessment. The pregnancy profile outlines some requirements and limitations regarding your activity during your pregnancy. You will receive a memorandum from FHM that will serve as a temporary profile until the Profile Reviewing Officer has validated your profile. As an Air Force service member, it is your responsibility to notify your supervisor regarding your pregnancy soon after pregnancy is diagnosed (AFI 48-123). Your supervisor, commander and Unit Deployment Manager will receive a copy of your profile via e-mail immediately upon validation.

Limitations

The pregnancy profile limits requirements for physical training, body weight requirements and environmental exposures. During your pregnancy and for six months following delivery, you are not worldwide qualified and must be removed from mobility status.

Physical Training (PT)

Although you are not required to perform formal physical training or weigh-ins, we strongly encourage you to eat a healthy diet and perform moderate exercise during your pregnancy. Most facilities offer programs on appropriate exercise, health diet, tobacco cessation, labor and delivery, new mom classes and other programs, specifically for pregnant women. We encourage you to take advantage of these programs as well as some of the many other activities and resources that are available to you during your pregnancy.

Convalescent Leave

You will be given 42 days of convalescent leave after discharge from the hospital following an uncomplicated delivery or cesarean section. The attending physician may recommend extension beyond the standard 42 days based on medical or surgical complications.

Congratulations again on the exciting road ahead of you!

References

AFI 44-102 Community Health Management
(Section 2F - Medical Care Related To Pregnancy)

AFI 40-502 The Weight Management Program

<http://www.operationalmedicine.org/ed2/Instructions/Instructions.htm>

DEPARTMENT OF VETERANS AFFAIRS (VA)

Maternity Care Benefits for Eligible Veterans

Congratulations!

Whether you are pregnant for the first time or are an experienced mother, we want your pregnancy to be healthy, happy and successful. Many people are unaware the Veterans Health Administration (VHA) is authorized to provide comprehensive pregnancy and postpartum care to eligible women Veterans. If eligible, maternity benefits begin with the confirmation of pregnancy and continue through the final post-partum visit, usually at six to eight weeks after the delivery or when you are medically released from obstetric care.

Most VA Medical Centers do not have obstetrical services “in-house”. Obstetrical (OB) care is paid by the VA through the “fee basis” or “contract” program. Fee basis care is routinely used to provide maternity care within a reasonable distance of your home. The VA pays the hospital bill and the licensed OB provider. This includes coverage for required laboratory and ultrasound tests in pregnancy. You will need to present the “VA Authorization for Care” (Form # 7078, also known as a voucher) at every visit. This will help to avoid errors in billing. If an error does occur and you receive a bill, contact your Fee Basis office.

Once your pregnancy is confirmed, your VA provider and Women Veterans Program Manager (WVPM) or designee will discuss with you all aspects of maternity care that will be covered. Every facility has a Fee Basis office. Personnel at your local Fee Basis office can help explain the process to the OB provider you choose. They will also be able to determine if the OB provider of your choice will accept VA payment terms. In some cases you may be asked to choose another OB provider. It is important for you to make your OB appointment as soon as possible. The earlier you start prenatal care, the better for you and your baby.

Please discuss coverage for newborn services with your facility Women Veterans Program Manager or designee. These individuals and the Fee Basis office can assist you with information regarding current newborn health coverage.

SPECIALTY CARE WHILE PREGNANT: During the pregnancy, if medical concerns come up and your OB provider thinks you need to see another specialist or need additional procedures, the OB provider can refer you to a non-VA specialist doctor. The OB provider's office must telephone the VA Fee Basis office to receive pre-approval. Depending on the urgency of the procedure, the request should be telephoned, faxed or mailed to the Fee Basis Office. This will allow the OB doctor and hospital to be paid for the services performed. An additional “VA authorization for care” (Form #7078, also known as a voucher) is necessary. It is important to present this VA authorization to all of your specialty care visits.

Make sure that when you see your OB provider you get their emergency contact information and you know where to go for emergencies. Since most VA Medical Centers do not have obstetrical services “in-house”, you should go to the hospital your OB provider recommends if you have a pregnancy related emergency.

FOLLOWING UP DURING AND AFTER YOUR PREGNANCY: Keep in contact with your local Women Veterans Program Manager or designee during your pregnancy. Make sure you have a follow-up appointment with your VA provider after the birth of your baby (within three to six months). Request a copy of your Obstetric records from your OB provider to be sent to your local VA facility.

My Women Veterans Program Manager or designee is

Women Veterans Program Manager or designee Telephone Number

Fee Basis Office Contact Person

Fee Office Telephone Number

Fathers and Pregnancy

Most expectant fathers feel both excited and anxious about the upcoming changes in their lives. You can help your partner by being understanding of the changes a pregnant woman may experience and by being a prepared and supportive father-to-be. Your support contributes to a healthy pregnancy and often helps make labor and delivery easier.

Emotional Aspects of Pregnancy

Pregnancy can be an emotional journey for both you and your partner. You may feel isolated as she focuses on her changing body and emotions. It will be helpful if you attend prenatal visits together. Also, read materials about pregnancy and parenthood with her.

Pregnancy and Sex

Sexual intercourse is permitted during the entire pregnancy unless your partner's provider has told her otherwise. The baby is cushioned within the "womb" and there is no way to harm the baby during normal sexual relations. Of course there may be times when your partner may not feel comfortable having intercourse. Remember to be patient and supportive of her feelings.

Dad's Checklist before Delivery

- Did you take a tour of the hospital?
- Did you and your partner attend prenatal classes?
- Is the hospital pre-admission paperwork completed?
- Do you know your partner's wishes regarding pain relief during labor?
- Do you want to cut the umbilical cord?
- Do you have a car seat for baby? Do you know how to install it in your vehicle?
- Do you have cash/change ready for late night vending machine trips?
- Do you have a dad's bag packed? (Things you may want to help you and her through labor.) Be sure to add your camera.
- Do you have a list of phone numbers or people to call/e-mail after the birth?

How to Help During Labor and Delivery

Remember, you are the "coach" during labor and delivery. Being supportive and staying calm is important for the father-to-be.

- During early labor, you can help your partner by going for a walk, listening to music, or watching a movie with her.
- The "coach" can time contractions from the beginning of one contraction to the beginning of the next contraction.
- Offer a massage or apply pressure to her back if that relaxes her.
- Help her to focus on something when she is having a contraction and remind her to breathe. Slow deep breathing can be very relaxing. Breathe with her.
- Stay calm with a relaxing tone in your voice.
- Encourage her during the pushing stage.

Paternity Leave

If you are active duty, discuss paternity leave with your supervisor. You may be allowed up to 10 days of paternity leave for the birth of your child.

The Postpartum Period

Typically, women will stay in the hospital for one to two days. Have the car seat installed so you are ready to take your new baby home when your partner is discharged from the hospital.

If mother is breastfeeding, some fathers may feel left out of the bonding process. You can help her by changing the diaper before bringing the baby to her to nurse. After the feeding, you can burp the baby and rock the baby to sleep. Breastfeeding does allow an active role for both the woman and her partner. Some fathers may enjoy bathing or showering with the baby.

Sexual Intercourse after Delivery

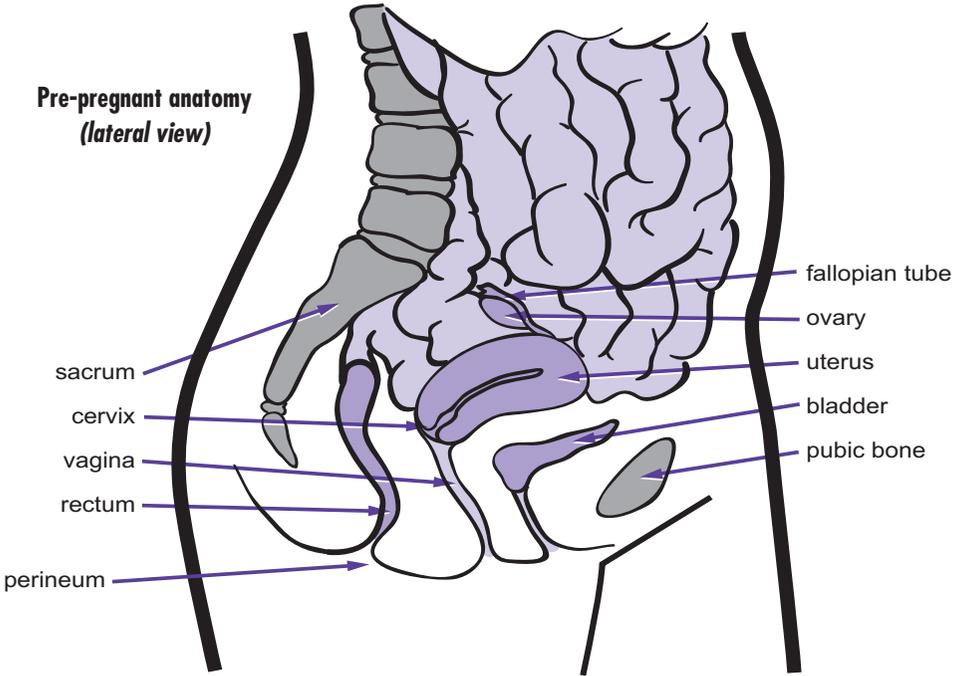
There is no set time frame before a woman can have sex again after giving birth. Some health care providers recommend waiting four to six weeks. You and your partner should discuss with her healthcare provider when to resume normal sexual relations.

When your partner does feel ready to have sex again, remember to go slow and listen to her. Even if a woman is not having a period or is breast-feeding, she can become pregnant. You should use some type of birth control when you start having sex again if you and your partner do not want her to get pregnant right away.

References

2009 National Defense Authorization Act

**Pre-pregnant anatomy
(lateral view)**



**Pregnant anatomy
(lateral view)**

