

REMINDER



Monthly Classes

NH Rota: +34 956-82-3511

Pregnancy & Paperwork

1st Thursday, Noon-2 p.m.

Birth & Labor

2nd Thursday, Noon-2 p.m.

NMRCS: +34 956-82-1614

**Breastfeeding & Postpartum
Care**

3rd Wednesday, 11 a.m. to 1 p.m.

Daddy Boot Camp

Budget for Baby:

email: rota@nmcrs.org

[https://portsmouth.tricare.mil/Portals/130/
PurpleBook2.pdf](https://portsmouth.tricare.mil/Portals/130/PurpleBook2.pdf)



If you have an iPhone,
use this QR code!



If you have an Android,
use this QR code!

**We want your
FEEDBACK!**
Scan the QR to
complete OB/GYN
Clinic ICE card



Welcome to the OB/GYN Clinic!

Your Team

Doctors

Nurses

Corpsmen

Your Schedule of Appointments

Week 7-8: Nurse Intake/ Lab: (Monday-Thursday before 10 a.m.)

****Immunizations: Flu/COVID Vaccines - Walk in Clinic**

Week 10-12: NOB with Doctor — Vaginal Ultrasound

***Genetic Testing (<34 anytime Monday or Tuesday before 10 a.m. & >35 Monday-Thursday before 11 a.m.)**

Week 16: Routine OB with Doctor

Week 20: Ultrasound in Radiology

Spanish Cell: 956-82-3427

U.S. Cell: +34 956-82-3427

Week 24: Routine OB with Doctor

**Week 28: Routine OB with Doctor, Glucose Screen
Rhogam (Neg blood type), T-dap Vaccine,
Prenatal Classes, Breast pump prescription**

Week 32: Routine OB with Doctor

**Week 36: Routine OB, Group B Strep, Consents,
Ultrasound, Meet Anesthesia team
Bring your Birth Plan!**

Week 38: Routine OB with Doctor

Week 39: Routine OB with Doctor

Week 40: Routine OB with Doctor

2 Weeks PP: TELEHEALTH or in-person follow-up

6 Weeks PP: Post-partum follow-up / birth control