Resources for You

We know that this can be an emotional time—shock, happiness, fear, or all the above. We want to help you in any way we can. If you have any questions, please do not hesitate to call us at 256-765-4302. Please remember that your information is confidential and will not be shared without your consent.

- **UNA Health and Wellness Services (Infirmary) 256-765-4302**
  We will be glad to refer you to a local obstetric or gynecological (OB/GYN) physician and set up an appointment for you. **UNA Health Services does not offer pre-natal care.**
  However, if you need to talk with someone, counselors are available and their services are free of charge. Please call 256-765-4328 to set up an appointment.

- **Shoals Women’s Clinic 256-740-0640**
  This clinic is staffed by trained counselors and personnel who dedicate themselves to offering compassionate and factual information about pregnancy, life choices, adoption, and sexually transmitted infections. Free ultrasound services are available to those clients who qualify through the clinic’s Pregnancy Test Center. Also available is the Compassionate Care Program, an abortion recovery ministry to help an individual suffering from the effects of a past abortion.

- **Medicaid**
  Medicaid is designed for people of all ages who do not have insurance or a policy that will cover pregnancy. Even if you have health care coverage as a dependent under your parent’s policy, your pregnancy health care costs will not be covered. What to do? Apply for Medicaid at your local county public health department. You will also need to submit a confirmed positive pregnancy test. The pregnancy test can be performed on the same day you apply for Medicaid.
  If you are approved for Medicaid, the health department will refer you to the **Best Start Maternity Care Program**. This program provides case management for Medicaid eligible maternity clients, as well as coordination of physician appointments, childbirth classes, transportation services, as well as other services dependent on a client needs. The Best Start Maternity Care Program is located in Huntsville (Madison County) at 256-532-2744; and Sheffield (Colbert County) at 256-381-8436.
  If you live in the Lauderdale area, the Lauderdale County Health Department phone number is 256-768-9047

- **Non-American Residents**
  Non-resident Americans should contact their county public health department for information concerning pregnancy-related services. Medicaid may provide assistance with costs associated with the delivery and care of the child. Medicaid will not cover any pre-natal care visits.

- **Local OB/GYN Physicians**
• Eat well balanced meals and be sure to get enough calcium and protein. Avoid junk food because of its poor nutritional value. Make sure meats are well cooked to prevent infection from contaminated food.

• Be sure to drink plenty of water and avoid caffeinated beverages.

• Prenatal care is essential as soon as you discover you are pregnant.

• Avoid used cat litter because cat urine contains chemicals that are harmful to your developing baby.

• Avoid x-rays and tanning beds.

• Do not smoke, drink alcohol, or use drugs.

• Avoid any hazardous chemicals including cleaning products at home or work.

• Do not take any herbal or over the counter medications without talking with your healthcare provider first.

• Information about pregnancy is available online. Please keep in mind this information does not take the place of a medical professional and should be used only as an additional resource. Consult your medical provider first for advice on whether an action is healthy or unwise.

• Start prenatal vitamins as soon as possible and over-the-counter varieties are fine. These can be started prior to your first visit to your medical provider.

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Alabama Women’s Center for Reproductive Alternatives
(Abortion Alternative)

Huntsville: 256-536-2231
For under 12 weeks of pregnancy:
Total cost around $400; higher cost for over 12 weeks.

24-hour waiting period
1st visit: paperwork, counseling, labs. Takes about one hour.
Appointments available 6 days per week. $150 due first visit.
2nd visit: Tues., Wed., or Saturday. 1-3 hours. “Twilight sedation”, must have a driver.
It is best to avoid all medications during pregnancy if possible, especially in the first 3 months when it is believed that the baby is the most susceptible to drugs. Most over the counter medicines are permitted as long as they do not contain Aspirin, Motrin, Ibuprofen, or Advil.

<table>
<thead>
<tr>
<th>Complaint:</th>
<th>Over-the-Counter (OTC) Medication</th>
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<tbody>
<tr>
<td>Constipation</td>
<td>Metamucil, Colace, or Senokot</td>
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<td>Eat high fiber foods, drink more water</td>
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<td>(if results are not obtained, use the recommended dose of Milk of Magnesia one time only)</td>
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<tr>
<td>Headaches, Back Pain, Fever, Colds</td>
<td>Tylenol or Extra Strength Tylenol (maximum of 8 per day)</td>
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<td></td>
<td>Common Claritin, Tylenol Cold and Sinus</td>
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<tr>
<td>Congestion, Sinus Issues, Allergies</td>
<td>Drixoral, Sudafed, Actifed, Benadryl Mucinex</td>
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<td>Rest of difficulty falling asleep</td>
<td>Benadryl or Tylenol P.M.</td>
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<tr>
<td>Sore Throat</td>
<td>Chloraseptic Throat spray or lozenges, Sucrets lozenges (need to see a doctor if accompanied with fever)</td>
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<tr>
<td>Cough/Congestion</td>
<td>Plain Robitussin cough syrup</td>
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<tr>
<td>Gas</td>
<td>Gaviscon</td>
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<tr>
<td>Diarrhea</td>
<td>Kaopectate or Imodium</td>
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<tr>
<td>Indigestion</td>
<td>Tums, Rolaid, Maalox, Mylanta II, Pepcid or Zantac</td>
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<td>Generally liquid antacids are more effective; Rolaid should be taken conservatively due to sodium content</td>
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<tr>
<td>Nausea</td>
<td>Emetrol or Emechek, Ginger ale, other caffeine free carbonated beverages, saltines</td>
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<td>Hemorrhoid pain and discomfort</td>
<td>Anusol, Preparation H, or Tucks</td>
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<tr>
<td>Yeast Infection</td>
<td>Monistat vaginal cream or Gyne-Lotrimin Cream ONLY after the first 3 months of pregnancy</td>
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**AVOID THE FOLLOWING:** Alcohol, Nicotine, Caffeine, Saccharin, Tetracycline (Doxycycline), Afrin Nasal Spray, Accutane, radiation exposure from x-rays and tanning beds, cat litter, raw seafood (sushi), and undercooked meats.

Contact your OB/GYN doctor before using any medications not listed above.
You may also contact our office at 356-765-4302
**Additional Resources**

**Alabama Cooperative Extension System- Lauderdale County**  
802 Veterans Drive  
Florence, AL  
256-766-4846  
Services: Food and Nutrition Education  
Parenting Information

**Alabama Medicaid Florence District Office**  
214 E College Street  
Florence, AL  
256-740-6100  
Services: prenatal care, delivery and postpartum care

**Catholic Family Services**  
1111 E College Street  
Florence, AL  
256-768-1550  
Services: Adoption

**Child Care Management Agency of North Central Alabama**  
709 Ward Avenue  
Huntsville, AL 35804  
256-534-5110  
Services: Subsidized Child Care, Resource and Referral Agency for childcare

**Helen’s Closet**  
Helen Keller Hospital  
256-386-4196  
Services: Maternity Clothes-free

**Lauderdale County Department of Human Resources**  
424 Veterans Drive  
Florence, AL  
256-765-4000

**Lauderdale County Health Department**  
4112 Chisholm Road  
Florence, AL  
256-764-7453

**Lifetime Adoption Center**

PO Box 967  
Penn Valley, CA 95946  
800-923-6784  
www.lifetimeadoption.com  
Services: Adoption

**Medicaid Maternity Care Program-District 1**  
Health Group of Alabama  
888-500-7343  
Services: prenatal care, delivery and postpartum care

**Safeplace, Inc**  
PO BOX 1456  
Florence, AL  
256-767-3076  
Services: Counseling, Crisis Intervention, Domestic Violence Shelter

**Shoals Women’s Clinic**  
201 N Pine Street, Suite 108  
Florence, AL  
256-740-0640  
Services: Abstinence Education, Adoption counseling, baby clothing/items, crisis counseling, Maternity clothing, Pregnancy counseling, pregnancy testing

**United Way of Northwest Alabama**  
110 South Poplar Street  
Florence, AL  
256-764-5892  
Services: Information and Referral Services