

# A great **option** for your pregnancy

- Experienced high-risk OB Registered Nurses
- 24/7 call center nurse availability, (888) 304-1800
- Routine telephonic assessments by RN

“I was very happy with my care. I was extremely happy with my nurse. She cared about my health and my comfort and she cared about the well-being of my child. You could tell she loved her job. I would highly recommend Option Care Health.”

**Option Care Health Patient,  
Women’s Health**

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HEALTHIER PREGNANCIES.

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Clinical excellence  
**with** compassionate care

**Nausea and vomiting in pregnancy – known as hyperemesis gravidarum in severe cases –** can occur in up to 80% of all pregnancies and is one of the leading cause of hospitalization during early pregnancy.

Our Nausea & Vomiting program includes a portable medication pump and support from a specialized care management team.

**Home-based program and therapies\*:**

- Hands-on teaching of Ondansetron (Zofran) or Metoclopramide (Reglan) pump, including how you will insert a small needle with catheter into the fatty tissue just under your skin
- Continuous medication infusion along with patient-controlled demand doses to manage triggers
- IV hydration and parenteral nutrition if ordered by your provider
- Once your pump is started, a nurse will call you regularly to assess your status and provide support and education

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**Many patients no longer need the pump as they get further along in their pregnancy.**

\*Not all patients can use all therapies

**Diabetes in pregnancy** can impact up to 14% of all pregnancies and can significantly affect both you and your baby.

Gestational diabetes is associated with an increased risk of cesarean delivery, preterm delivery, baby born large for gestational age, and are more likely to be admitted to NICU.

- Our nurse will teach you about the impact of diabetes in pregnancy, show you how to check your blood sugars, and discuss your personalized meal plan to help keep your blood sugars within a normal range
- If you are on insulin, the nurse will show you how to draw up and administer your prescribed medication
- We help you choose nutritional foods that work with your food preferences and budget
- Once you are started on our diabetes program, our telephonic nursing team will monitor your blood sugar readings daily and help you adjust your meal plan



**High blood pressure – also known as hypertension –** can occur in up to 10% of all pregnancies, often with subtle signs that may be difficult to notice.

- Uncontrolled high blood pressure can come with an increased risk of complications for both mom and baby, including preeclampsia, preterm delivery, cesarean delivery, and NICU admission
- Whether you have chronic high blood pressure or were recently diagnosed with gestational hypertension, understanding the signs and symptoms of it worsening is critical
- Our nurse will help you understand how high blood pressure during pregnancy can affect you and your baby
- You will learn how to properly check your blood pressure with a blood pressure cuff as well as how to check for urine protein
- Once you are started on our program, our telephonic nursing team will monitor your readings daily along with your urine protein, weight checks, and assess for worsening signs or symptoms

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