

We want your pregnancy to go as smoothly as possible.

That's why your physician has chosen Alere's home-based 17P Administration Service to support your pregnancy.

Who is Alere?

Alere has been managing high-risk obstetrical patients for over 20 years. Our clinical experience includes over 700,000 higher-risk obstetrical patients, 27,000 sets of twins and 5,500 multiples.

Why home-based care?

The Alere 17P administration service allows you to receive quality care in the comfort and convenience of your home or place of work. You'll also receive 24/7 telephonic support. You can speak to an Alere nurse at our toll-free number even in the middle of the night.

How does Alere work with my physician?

Alere has partnered with your physician to manage complicated pregnancies. If you have had a previous preterm delivery, your doctor might prescribe Alere's 17P Administration Service. Alere supports the plan of care that was established by your physician. We communicate your progress with your physician, nurse midwives, insurance case manager or other care providers.

What is the value of Alere's 17P Administration Service?

Alere optimizes compliance with your doctor's plan of care for multiple injections of 17P during pregnancy. In fact, 97.9% of physician-prescribed 17P doses were successfully administered by Alere.¹

Your Trusted Partner in Home Obstetrical Services

With over 20 years experience, Alere has provided pregnancy management for more than 700,000 obstetrical patients, 27,000 sets of twins and 5,500 higher-order multiples.

**For more information,
contact your physician or call
Alere at 800-950-3963**

17P Administration Service



*The facts you
need to know*

Alere[®]

Women's & Children's Health

Alere[®]

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1. Alere PeriData[®] Report, 2006.

What will I receive?

- **In-Home OB Nurse Administration** | You will receive weekly injections administered by an experienced obstetrical nurse specialist. This optimizes compliance to the complete series of injections.
- **Medication Delivery** | Doses are administered in your home for your comfort and convenience.
- **Education** | You will receive one-on-one education on the risk factors and signs of preterm labor, and more.
- **Weekly Assessments** | Regular follow-ups ensure the best prenatal environment and help monitor for other conditions. Your physician will receive regular reports on your progress.
- **24/7 Nurse Line Support** | Alere's obstetrical nurse specialists are available around the clock to answer your questions and help you recognize signs of preterm labor and other complications.

"Alere's 17P administration service is truly unique. My patients love the convenience."

Dr. G.J., New York, NY

How can I help myself at home?

If you have had a previous preterm delivery you may be asked to do the following:

- **Increase Your Rest** | Resting on your side is a helpful way to keep your uterus relaxed. Your doctor may ask you to take rest periods.
- **Drink Plenty of Water and Fluids** | During your pregnancy, it is extremely important to drink at least 6-8 glasses of fluid per day.
- **Decrease Strenuous Activity** | If you develop signs of preterm labor, your doctor may ask that you restrain from heavy physical activity.
- **Limit Sexual Activity** | Your doctor may ask that you stop or limit your sexual activities if you develop signs of preterm labor.

- **Follow Your Doctor's Advice** | Always remember to follow your doctor's instructions about your prenatal care and activities.

What if there is an emergency?

If you have any of the signs below, **CALL YOUR DOCTOR IMMEDIATELY!**

- **Bleeding** | If you have vaginal bleeding – a large gush or steady stream of bright red blood – it is an emergency. Get help right away, lie on your side and put your feet higher than your head. Save the pads or cloths used to catch the blood.
- **Rupture of the Water (Amniotic Sac)** | If your water breaks early, you will notice a gush of fluid or a steady trickle of fluid. **Call your doctor!**
- **Severe Stomach Pain** | A sharp, constant, severe pain that doesn't go away when you change position – with or without contractions or bleeding – is a sign to **call your doctor!**

What causes Preterm Labor?

While the causes of preterm labor are not clearly understood, certain factors may increase your risk for early delivery. These include carrying twins, triplets, or more, or having had a preterm birth in the past.

Alere's network of OB nurses average 15 years managing complicated pregnancies.



What are the warning signs of preterm labor?

You are in the best position to sense changes in your body. The following signs can occur in preterm labor as well as being part of a healthy pregnancy. Pay attention to any change from the normal way you feel and report it to your doctor:

- **Uterine contractions** | A contraction is a tightening of the muscles in the uterus. Using your fingertips to feel your uterus, you should be able to indent your uterus when it is relaxed. Preterm labor contractions are often painless and occur every 15 minutes or less.
- **Menstrual-like cramps** | These are felt low in the abdomen, just above the pubic bone.
- **Low, dull backache** | A backache located mainly in the lower back may also radiate to the sides or front.
- **Pelvic pressure** | You may feel pressure or fullness in the pelvic area, in your back or your thighs.
- **Intestinal cramps** | These may occur with or without diarrhea. You may have the feeling of gas pains.
- **Vaginal discharge** | It may increase, change or become more mucousy or watery. The color may become pink or brownish.
- **"Something is not right"** | Many women with preterm labor have a sense that things do not feel as they did before.

DID YOU KNOW?

Patients report 97% satisfaction with the service they received from Alere.