
Information from your Patient Aligned Care Team

Have a Healthy Pregnancy



You're Pregnant! When to See Your Doctor

Now that you are pregnant, it is important for you to see a healthcare provider and learn more about the next stages of your pregnancy. Your first visit to your Obstetrician, Family Physician, or Nurse-midwife should be exciting, and you should be prepared to discuss and plan your upcoming pregnancy. Here are some things you will talk about:

1. Your past medical history
2. Your due date
3. Healthcare provider will perform a physical exam
4. Healthcare provider will perform lab (blood) tests
5. Healthy behaviors during pregnancy
6. Healthcare provider may perform screening tests for abnormalities fetal

To learn more visit: [Mayo Clinic Prenatal Care](#)

Know Your Trimesters

Your pregnancy will occur in three trimesters. During each trimester you may experience common pregnancy-related symptoms (See Body Changes and Discomforts) as your baby starts to develop.

Trimester	Number of Weeks
First	Week 1- 12
Second	Week 13- 28
Third	Week 29-40

Learn more about your trimesters and baby's development [HERE](#)



Body Changes and Discomforts

As you go through your pregnancy, your body will undergo various changes to help make way for your new baby. While this is happening, you may feel sickness and discomfort. Much of these changes and feelings will be normal, however it is important to be honest with your healthcare provider and contact them when you are uncomfortable with any bodily change or discomfort. Here is a table to help you understand common symptoms during each trimester:

Common Symptoms During Pregnancy		
Trimester	Number of Weeks	Body Changes & Discomforts
First	Weeks 1- 12	<ul style="list-style-type: none"> -Extreme tiredness -Tender, swollen breasts. -Upset stomach with or without throwing up (<u>morning sickness</u>) -Cravings or distaste for certain foods -Mood swings -Constipation -Frequent urination -Headache -Heartburn -Weight gain or loss
Second	Weeks 13- 28	<ul style="list-style-type: none"> -Body aches -Stretch marks -Darkening of the skin around your nipples -A line on the skin running from belly button to pubic hairline -Patches of darker skin on face (mask of pregnancy) -Numb or tingling hands, called carpal tunnel syndrome -Itching on the abdomen, palms, and soles of the feet. (Call your doctor if you have nausea, loss of appetite, vomiting, jaundice or fatigue combined with itching. These can be signs of a serious liver problem.) -Swelling of the ankles, fingers, and face. (If you notice any sudden or extreme swelling or if you gain a lot of weight really quickly, call your doctor right away. This could be a sign of preeclampsia.)

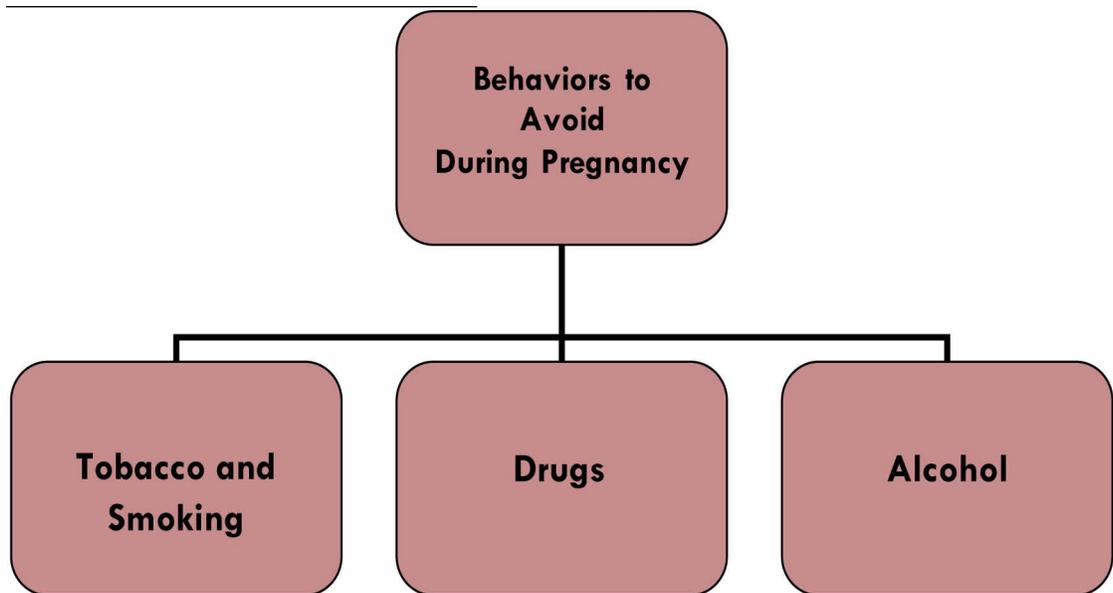
Third	Weeks 29-40	<ul style="list-style-type: none"> -Shortness of breath -Heartburn -Swelling of the ankles, fingers, and face. (If you notice any sudden or extreme swelling or if you gain a lot of weight really quickly, call your doctor right away. This could be a sign of preeclampsia.) -Hemorrhoids -Tender breasts, which may leak a watery pre-milk called colostrum (kuh-LOSS-struhm) -Your belly button may stick out -Trouble sleeping -The baby "dropping", or moving lower in your abdomen -Contractions, which can be a sign of real or false labor
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Information in this table adapted from: Women'sHealth.Gov @ <http://www.womenshealth.gov/pregnancy/you-are-pregnant/stages-of-pregnancy.cfm#a>

Having a Baby the Healthy Way: Eating, Exercising, and Sleep

One of the most important things to do during pregnancy is to stay healthy -both physically and mentally. Two ways to do this is to eat right and exercise regularly. Here is some information to help teach you some healthy ways!

Behaviors to Avoid



To learn more visit:

[Women'sHealth.Gov.Staying Healthy & Safe](http://Women'sHealth.Gov.StayingHealthy&Safe)

**Food Do's and
Don'ts**

**Eat these
Foods**

- Washed Fruits and Vegetables
- Grains
- Dairy
- Meat and Beans

**Avoid these
Foods**

- Refrigerated Smoked Seafood
- Hot Dogs and Deli Meat
- Refrigerated Meat Spreads
- Unpasteurized Milk, Juice, Soft cheese (i.e Feta)
- Store Made Salads
- More than 6 Oz of Tuna
- Unknown Herbal Therapies
- Raw Sprouts
- Swordfish
- Tilefish
- King Mackerel
- Shark

During pregnancy there are certain vitamins and minerals that your body needs to help your baby develop. Here is a table from [Women'sHealth.Gov: Pregnancy](http://Women'sHealth.Gov.Pregnancy) that can help you:

Nutrients and Pregnancy*	
Nutrient	How much pregnant women need each day
Folic acid	400 to 800 micrograms (mcg) (0.4 to 0.8 mg) in the early stages of pregnancy, which is why <i>all women who are capable of pregnancy</i> should take a daily multivitamin that contains 400 to 800 mcg of folic acid. Pregnant women should continue taking folic acid throughout pregnancy.
Iron	27 milligrams (mg)
Calcium	1,000 milligrams (mg); 1,300 mg if 18 or younger
Vitamin A	770 micrograms (mcg); 750 mcg if 18 or younger
Vitamin B₁₂	2.6 micrograms (mcg)

*This chart taken from Women's Health.gov. Pregnancy: Staying Safe and Healthy. Retrieved 2011 from <http://www.womenshealth.gov/pregnancy/you-are-pregnant/staying-healthy-safe.cfm#a>.

Get a Food Plan Now @ [USDA.Gov: Pregnancy Pyramid](#)
 Check Out: [The Pregnancy Food Guide](#)

Exercise: Stay Fit

Staying fit and exercising while having a baby is a great way to stay healthy. Pregnant women should get at least 2.5 hours/week of moderate-intensity aerobic activity. Exercise can help you have an easier childbirth, prevent against certain pregnancy-related problems health problems. Prenatal yoga, dancing, walking, stretching, swimming, low-impact aerobics, and limited weightlifting (less weight, more repetitions) are all examples of healthy exercises while pregnant.



Sleep



Sleep is very important during pregnancy. It is important for expectant mothers to get at least 7 hours of sleep at night. A good night's sleep is important to both you and your baby's health.

Are Prescribed Medications Safe?

What if you are taking medicine and get pregnant? Well, fortunately not all medicines are harmful to your growing fetus. However, you should contact your healthcare provider to review the benefits and risks of taking medications during your pregnancy. Also, it is important to remember that NOT all vaccines are safe during pregnancy. Please see the link below to learn more about pregnancy and medicines.

[Pregnancy and Medicines Fact Sheet](#)

Your Mental Health during Pregnancy

Mental health is equally as important as physical health, especially during pregnancy. Preparing for a new baby can be stressful and it is important to

manage your stress and mental well-being while preparing for your bundle of joy. Common mental health problems that occur during pregnancy are depression and anxiety disorders. It is important to talk with your health care provider to learn more about your mental health and resources/treatment that can help you during pregnancy.

To learn more visit: [Stanford Women's Mental Health & Pregnancy](#)

[MGH Women's Mental Health & Pregnancy Resources](#)

[Women'sHealth.Gov Mental Health & Pregnancy](#)

If you are a Veteran and in need of mental health help right now or at any time during your pregnancy call the Veterans' Crisis Line at 1-800-273-TALK or 1-800-273-8255

Health Complications

Certain health complications can arise during pregnancy. If you have any questions or health concerns during your pregnancy, contact your health provider immediately. Some health complications during pregnancy are:

- Anemia
- Depression
- Ectopic Pregnancy
- Fetal Problems
- Gestational Diabetes
- High Blood Pressure
- Hyperemesis Gravidarum
- Miscarriage
- Placenta Previa
- Placental Abruption
- Preeclampsia
- Preterm Labor

Certain infections can lead to serious complications during your pregnancy. If you think you have one of the following infections, see a health provider immediately.

Infections to prevent during pregnancy:

- Bacterial Vaginosis
- Cytomegalovirus
- Group B Strep
- Hepatitis B Virus
- Influenza (Flu)
- Listeriosis
- Parvovirus B19
- Sexually Transmitted Infections
- Toxoplasmosis
- Urinary Tract Infections
- Yeast Infections

Learn more about health complications and prevention@
<http://www.womenshealth.gov/pregnancy/you-are-pregnant/pregnancy-complications.cfm#b>

Resources

Check out a great National Healthy Mothers, Healthy Babies Coalition Initiative to help you stay healthy during your pregnancy @ [Text4Baby](#)

Information contained in this fact sheet adapted from the following resources:

[A Toolkit for YOU!](#)

[Women's Health.Gov](#)

[National Healthy Mothers, Healthy Babies Coalition](#)

[Mayo Clinic Pregnancy Overview](#)

[American Pregnancy Association](#)

[Important Health Info Phone Contacts](#)

