



Health Hints

Routine Perinatal Care

Your First Prenatal Visit:

- History and Physical Exam
- Prenatal Blood Work
- PAP Smear and Cultures
- Estimation of Due Date
- Plan for Future Visits and Tests

15 to 20 Weeks Gestation:

- Triple Screen Blood Test

24 to 28 Weeks Gestation:

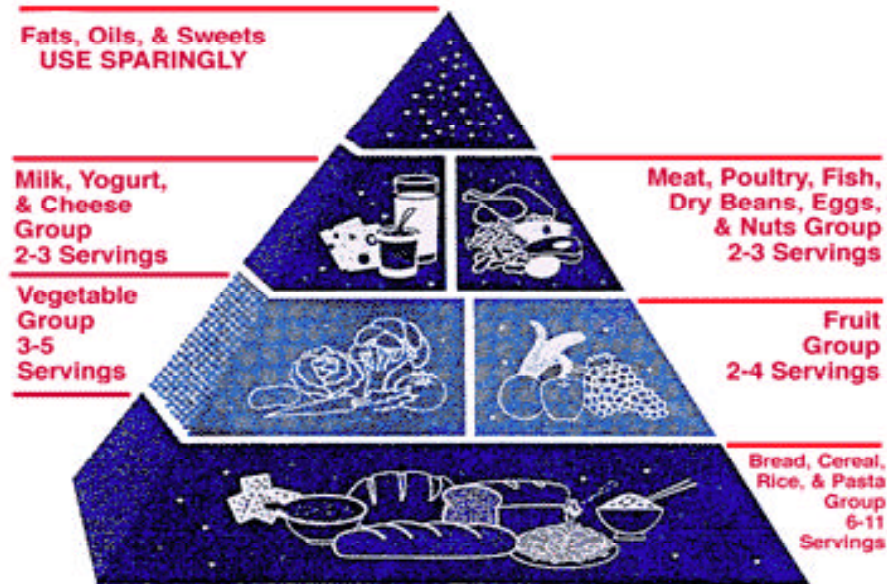
- Glucose Tolerance Blood Test

32 Weeks Gestation:

- Blood count



You may have an ultrasound to confirm your due date, assess the baby's growth, position or examine it's anatomy. You may also be scheduled for a genetics or nutrition consultation.



- What you eat is as important as how much.
- Plan to eat about every 5 to 6 hours (have some protein foods at each meal).
- Drink at least 6 to 8 glasses of fluid a day.
- Vitamin-Iron supplements are necessary during pregnancy.
- Your weight gain should be steady throughout pregnancy. During the first 6 months, most mothers will gain about 1 lb/week.

Where does the weight go?

- 7 lbs - maternal stores
- 8 lbs -increased blood/fluid
- 2 lbs -breast growth
- 2

Prenatal Exercise Recommendations

- Regular exercise (at least three times a week) is healthier than intermittent activity. Limit strenuous activity to ≤ 15 minutes.
- Drink plenty of fluids before and after exercise.
- Precede exercise with a five-minute warm-up such as slow walking. Always gently stretch before and after exercising.
- Avoid heart pounding exercise that drives the pulse past 140 beats per minute.
- Avoid vigorous exercise in the heat.
- Avoid jerky, “bouncy” motions.
- Do not perform any exercise while flat on your back after the fourth month of pregnancy.
- Avoid extreme flexing of joints (deep knee bends or exercises that arch the back).
- Wear good support shoes.
- Do not exercise employing the Valsalva maneuver (bearing down as with a bowel movement); e.g. weight lifting.



Warning Signs of Potential Problems

It is important that you recognize these early warning signs of potential problems so that you can notify your doctor or someone at the clinic immediately.

- Bleeding, no matter how slight, from the vagina, rectum, nipple, or lungs (coughing blood).
- Swelling or puffiness of the face or hands. Persistent leg swelling.
- Sudden weight gain (>5 lbs/wk).
- Severe or repeated headaches.
- Dimness, blurred vision, flashes of light, or spots before your eyes.
- Sharp or prolonged pain in your abdomen.
- Regular tightening of the uterus with or without pain before 37 weeks (pre-mature labor).
- Sudden escape of fluid from the vagina.
- Severe or continued vomiting.

If you have any of these signs, do not wait for your next checkup. Call and ask for the physician on call so that the cause of the problem can be identified and treatment begun.

Helpful Hints

- **Sexual Activity**: You do not need to restrict your sexual activity unless you experience symptoms of premature labor (<37 weeks) during or after sex (cramping, contractions, bleeding). Consult with your provider.
- **Travel**: Long car trips can be strenuous for a pregnant woman. Make frequent stops to stretch and drink plenty of fluids. Most airlines will not allow you to travel if >34 weeks. Consult with your provider. Remember to drink extra fluids before and during your flight.



DON'T smoke. It may harm your baby and increase the chances of premature birth or low birth weight..



DON'T drink alcohol (beer, wine, liquor). It may cause birth defects. Even a little may be unsafe.



DON'T use street drugs (such as crack, cocaine, marijuana, PCP). They can hurt you and your baby. Ask to be referred for help to stop.



DON'T take any medicine - even aspirin - or anything prescribed for you without consulting your maternal fetal specialist.