



Congratulations On Your Pregnancy!

Thank you for choosing Health Care for Women! We are so excited you chose us to take this exciting pregnancy journey with you.

During your **first trimester** your body will be going through many changes. You may begin to notice that you feel both physically and mentally different. Each woman's pregnancy is unique. There is no right or wrong way to feel. You may feel the healthiest you have ever been, or you may feel tired, sick to your stomach and hormonal!

The thought of having a baby may make you feel excited or scared, maybe even both! This is a great time to get support from family, friends and pregnant women.

Your baby will be growing very fast, even though you cannot feel it yet. These early weeks are a key time to start making healthy choices by eating foods that are best for you and your baby. This information sheet can help you learn how to eat well and balance rest and physical activity during your pregnancy. It also has important information about how to protect your baby from harmful substances and foods.

We ask our patients to sign up for Health Care for Women's patient portal. It is done through email encryption, meaning your health information is protected. If you need to contact us with any questions or concerns during your pregnancy, we ask that you send a message through our patient portal first.

This is the fastest way to ask our nursing staff questions, get test results or request an appointment.

Keeping up with your OB appointments is a vital part in maintaining a healthy and safe pregnancy. Be sure to make and come to all appointments, and call us or send a portal message if you are having any problems. The standard prenatal course is that you have appointments every 4 weeks during the beginning of pregnancy to 28 weeks. From 28 to 36 weeks, you will have appointments every 2 weeks. After 36 weeks, we will begin to see you every week until you deliver.

The following is your 1st trimester packet, read through it and let us know if you have any questions.

The next 9 months are going to go fast! We are excited to get to know you and your baby!

Sincerely,
Health Care for Women Staff



First Trimester Checklist

First day of LMP to 13 Weeks 6 days

- Flu Vaccine (recommended yearly starting in October)
- Food/Nutrition
- Drug/Tobacco/Alcohol Use
- Exercise
- Travel
- Anticipated Course of Prenatal Care
- Weight Gain
- Questions for your provider
- New OB labwork
- NIPT genetic testing

Common Concerns

Nausea and Vomiting: Try the following suggestions

- Eat small, frequent meals every 1-2 hours
- Eat very light foods, avoid greasy, fatty or spicy foods that may produce gas
- Eat high protein snacks (cheese, eggs, etc) before bedtime
- Try taking prenatal vitamins later in the day or in the evening
- Try taking vitamin B6 (25mg) in the morning and evening
- Try drinking ginger ale or peppermint tea
- Get additional rest and relaxation

Call the office if you are experiencing excessive vomiting and are not able to keep enough liquids or food down. Call us if dizziness, lightheadedness or extreme weakness occurs. There is additional information on nausea remedies in your new OB packet.

Vaginal Spotting with or without Cramping

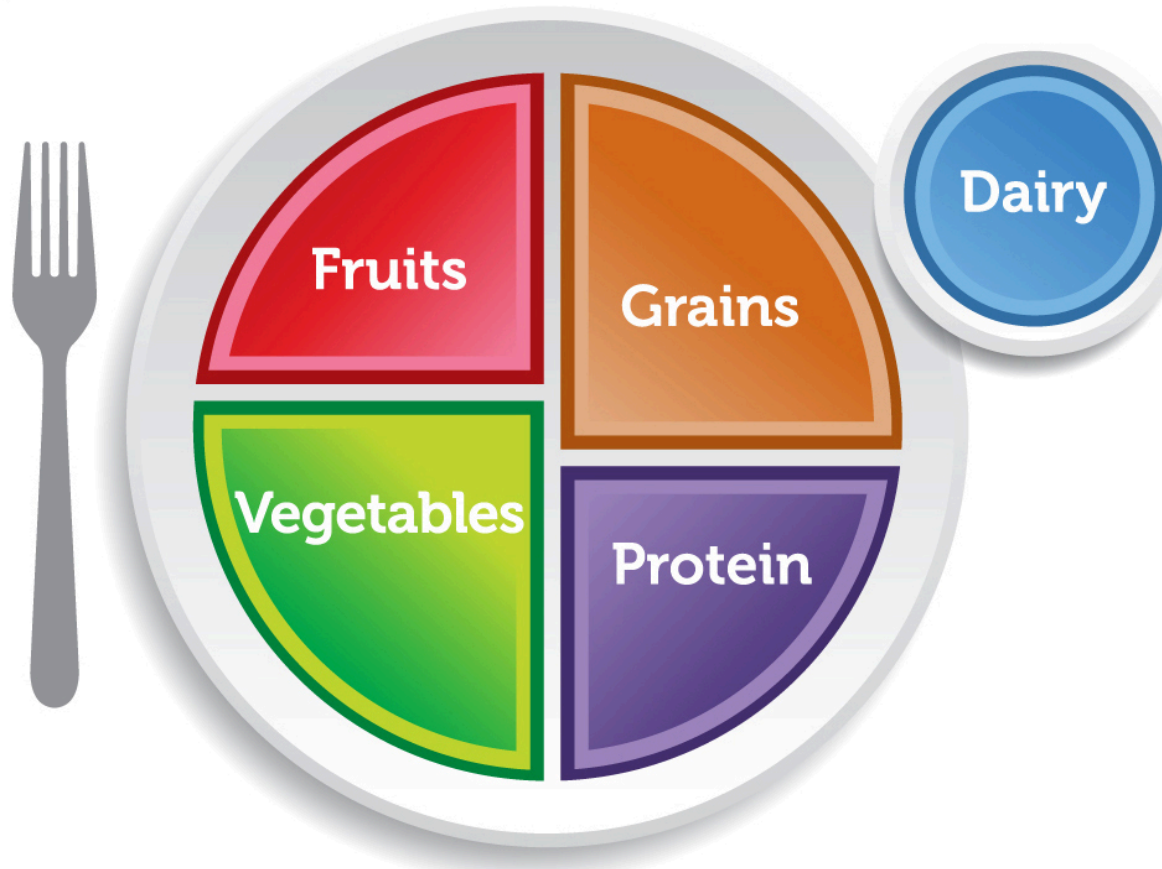
Call our office if this is the first time this has occurred, or if we have instructed you to keep us informed. No exercise, strenuous activity or heavy lifting should be done at this time. Sexual intercourse is not advised until you have been cleared by your provider. Make sure you are hydrating, up to 3 liters a day is advised in pregnancy. To calculate the amount of water you should be drinking, take your pre-pregnancy weight and divide it in half. This is the amount of water in ounces you should be drinking daily.

How can you care for yourself at home?

Nutrition:

Eat Well: "My Plate" (Example Listed below)

~Eat at least 3 meals and 2 healthy snacks daily. Eat fresh, whole foods including:



- Grains: Make at least half of your grains whole. Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.
- Vegetables: Vary your vegetables. Green and leafy are best. Above ground vegetables have less starch content. Fill $\frac{1}{4}$ of your plate with vegetables.
- Fruit: Whole fruit is preferable to juice. Berries have less sugar content. Canned, dried and frozen juices have more sugar content. Fill $\frac{1}{4}$ of your plate with fruit.
- Dairy: Calcium is very important in pregnancy. Milk, cheese and yogurts make great snacks.
- Lean meats are best, keep the portion to $\frac{1}{4}$ of your plate. Nuts, beans/peas, seeds and eggs are also included in this group.
- Drink your suggested amount of water a day. Try to avoid sodas and other sweet drinks.
- Dairy products, tofu, almonds, broccoli, dark leafy greens, and fortified orange juice are good sources of calcium.
- Beef, poultry, liver, spinach, lentils, dried beans, fortified cereals, and dried fruits are good examples of food rich in iron

- Dark leafy greens, broccoli, asparagus, liver, fortified cereals, orange juice, peanuts, and almonds are great sources for extra folate

~Avoid foods that could harm your baby:

- Do not eat undercooked or raw meat, chicken, or fish (items like raw oysters or sushi with raw fish)
- Do not eat any refrigerated pates, meat spreads, or smoked seafood (due to the risk of **listeria**)
- Do not eat raw eggs or foods that have raw eggs like Caesar dressing (due to the risk of **salmonella**)
- Do not eat soft cheeses and unpasteurized dairy foods such as: brie, feta or blue cheese (due to the risk of **listeria**)
- Do not eat more than 2- 6oz servings of fish per week
- Do not eat raw sprouts, particularly alfalfa sprouts (due to risk of **salmonella**)
- Try to drink caffeine free products

~If you are concerned about your weight, talk to your provider

In General:

- If you are normal weight prior to pregnancy, it is healthy to gain 25-35 pounds
- Plan to gain about a half-pound a week during early pregnancy
- If you are overweight prior to pregnancy, limit weight gain to 15-25 pounds
- If you are underweight prior to pregnancy, a gain of 28-40 pounds is normal depending on your pre-pregnancy weight
- If you are pregnant with twins, a gain of 35-40 pounds is acceptable

~Protect Yourself and Your Baby

- Smoking, alcohol, and drugs can harm you and your baby. If you need help quitting, please discuss it with your provider. Counseling, support groups, and medicines are available to help you quit. No amount of alcohol is considered safe in pregnancy.
- Do not touch cat litter or cat feces. It can cause an infection that could harm your baby
- Be careful about taking medications, vitamins, herbal remedies, or supplements. Before you take anything new, talk to your provider
- Take over the counter medications only if you really need them. (See list of safe over the counter medications in pregnancy)
- Avoid taking combination over the counter products if at all possible.
- Take prescription medications exactly as prescribed by your provider
- It is generally recommended to not take hot baths or use a hot tub, sauna, steam room or tanning beds. Raising your body temperature too high may cause problems for your baby

- If someone abuses, threatens or harms you, call 911, tell your nurse or provider, or call the **National Domestic Violence Hotline at 1-800-799-SAFE**. Abuse may cause problems for you such as poor weight gain, infections and bleeding. It can be harmful to your baby, increasing risk of low birth weight, premature birth and even death
- Obesity/Pre-existing conditions- If you are obese, you may need additional testing and/or monitoring throughout your pregnancy as your pregnancy may be considered high risk

COPING WITH MORNING SICKNESS AND HEARTBURN

Morning Sickness

Nausea and vomiting in early pregnancy is a common complaint. Although annoying, nausea and vomiting are usually not a serious problem. However, if you are losing the majority of what you are eating and drinking, please call our office or send a portal message. The following suggestions have been helpful for alleviating the following symptoms:

- Keep crackers by the bed to eat before getting up in the morning
- Avoid odors that trigger your nausea
- Change positions slowly after eating solid foods (wait an hour after eating before drinking fluids)
- Get out of your normal environment and routine, spend time with a relative or friend
- Get plenty of rest and emotional support
- Non-Medicinal Remedies
 - Ginger ale or other foods with ginger
 - Lemon flavored hard candies, lemon wedges, or hot water with a squirt of lemon
 - Ice Water
 - Vitamin B-6
 - Saltine crackers
 - Peppermint tea
 - Small, frequent meals
 - Try to eat a protein snack before bed.
 - Sea bands

Heartburn

Heartburn is the reflux of the stomach acid into the esophagus, which causes a burning or painful feeling in the middle of the chest. As pregnancy advances, the enlarging uterus may press upward against the stomach, decreasing the amount of room in the stomach which expands when food is eaten. The stomach is then only able to hold a small amount of food: heartburn occurs more easily as food is crowded in the stomach and is then pushed back into the esophagus. Many of the things that you do to alleviate nausea and vomiting can also be applied to heartburn. Some things you can do to prevent or relieve heartburn are listed below:

- Identify any particular offending foods (things that are salty, greasy or spicy. Chocolate, citrus or tomato) and avoid them
- Avoid lying down too soon after eating and eat small amounts of food frequently
- When lying down, elevate the head and shoulders on pillows to avoid reflux
- Try antacids such as Tums, Maalox, Prevacid or Mylanta. **DO NOT take antacids with iron pills as the antacid interferes with iron absorption**
- **DO NOT take baking soda preparations to relieve heartburn**
- Foods that can help are: apples, toast, milk, ice cream, yogurt and pasteurized honey. Try to eat 6 small meals daily. Avoid drinking a lot of liquid with your meals.

Call Our Office Or Seek Immediate Care If:

- You have any vaginal bleeding or belly pain or cramping
- You have a fever over 100.4 F (temperature)
- You have vaginal discharge associated with a strong odor or vaginal itching or a gush of fluid occurs as this may indicate rupture of membranes.
- You have severe vomiting with pain or fever, you vomit 3 or more times a day or you vomit continuously for more than 1 hour each day

Call 911 anytime you think you may need emergency care

What to Expect at Your OB Appointments

With all the changes going on in your body, regular appointments will help ensure that you and your baby stay healthy. Again, the standard course of pregnancy includes visits every 4 weeks from the beginning of pregnancy to about 28 weeks. Weeks 28-36 you will have appointments every 2 weeks. Finally from 36 weeks to delivery you will have visits every week. Everytime you come in for an appointment your provider will:

- Check your weight, blood pressure and urine
- Listen to your baby's heartbeat with you
- Talk with you about any concerns or questions you may have, be sure to bring a list of questions with you to your appointments
- Perform special tests you may need to find out about you and your baby's health. For example:
 - Non invasive prenatal testing (chromosome analysis) can be done starting at 10-11 weeks
 - Carrier screening for other maternal genetic conditions
 - Gestational Diabetes Screening is done around 24-28 weeks, sooner with at risk patients
 - Group B Strep is done between 35-37 weeks

- The urine sample we take at each visit is to check for glucose and protein
 - Glucose is checked as an early indication for gestational diabetes and to make sure that your body is processing the sugar you are ingesting properly
 - Protein is checked to make sure that your kidneys are functioning properly and is a marker for Preeclampsia.
 - If you are having any signs or symptoms of a possible urinary tract infection, please let the nurse know (burning or pain with urination, blood in the urine, foul smelling urine or abnormal looking urine)

Effects of Tobacco, Alcohol and Drugs in Pregnancy

THERE IS NO AMOUNT OF THESE SUBSTANCES THAT IS GOOD FOR YOUR BABY! They are very harmful to you and your developing baby. If you drink alcohol, smoke or take illicit drugs, it does not mean that you are a bad person. All we ask of you is that you are honest and straightforward with us so that we can take the best care of you and your baby. If you need help quitting any addiction, please let us know.

Tobacco

- May cause low birth weight, failure to thrive or baby can be born too early
- Reduced oxygen to the baby
- Puts the baby at a higher risk for birth defects like cleft lip or palate
- This is the #1 risk factor for SIDS **which includes 2nd hand smoke exposure**

Alcohol

- May cause low birth weight
- May cause developmental delays later in life for your baby
- At risk for developing Fetal Alcohol Syndrome

Illicit Drugs

- May cause low birth weight
- May lead to placental abruption
- Puts the baby at higher risk for early delivery
- Reduced oxygen to the baby

Medications Safe in Pregnancy

If you are **past 12 weeks of pregnancy** and having any of the following symptoms, you may **sparingly** take the recommended medications:

Nasal Congestion (associated with a cold):

- Sudafed
- Tavist (low drowsiness, avoid long term use)
- Benadryl (helps you sleep, avoid long term use)
- Saline Nasal Spray
- Tylenol Cold and Head Congestion Severe
- Mucinex Fast Max Severe Congestion and Cough
- Saline Nasal Spray

Headaches and Fever:

- Tylenol (325 mg) or acetaminophen (**NO ASPIRIN OR IBUPROFEN UNLESS APPROVED BY YOUR PROVIDER**)
- Caffeine may help in small doses <200 mg

Cough:

- Robitussin DM Cough Syrup
- Mucinex DM (**not maximum strength**)

Sore Throat:

- Over the counter throat lozenges
- Try gargling with salt water

Flu:

- Tylenol Cold for aches, fever and headaches

Diarrhea:

- Imodium- Only if needed, try to let the diarrhea run its course. Contact our office if you have questions on this.
- Call or send a portal message if it lasts for more than 3 days and make sure to drink lots of fluids (Remember: In pregnancy you need to drink the suggested amount of water a day, based on your pre-pregnancy weight calculations)

Nausea:

- Vitamin B-6, 25 mg. Take ½ tablet every 6 hours or four times a day as needed.
- Unisom 25 mg, Take ½ tablet (12.5 mg) every 6 hours or at bedtime. (may make you very sleepy)

Heartburn:

- Tums/Roloids
- Maalox
- Mylanta
- Prilosec (over the counter)
- Pepcid
- *Avoid PeptoBismol*

Allergies:

- Claritin (over the counter)
- Benadryl
- Zyrtec

Sleep Aid:

- Tylenol PM
- Benadryl
- Unisom

Hemorrhoids:

- Preparation H

Constipation:

- Increase fiber and fluid intake
- Colace 50 mg (stool softener), take 1 tablet, 1-2 times a day
- Prune Juice
- If constipation continues, please call or send portal message

~Always avoid any medication with ibuprofen in pregnancy unless it has been approved by your provider. If you have any questions regarding other medications and how safe they are in pregnancy, you should discuss it with your provider.

~In general, you want to only take medication for the symptoms you are experiencing. Avoid cold and flu combinations that cover a lot. For example, if you are having sinus congestion, try to only take medication related to this.