

First Trimester Education

Routine Prenatal Care

- Appointments every 4 weeks until week 28
- Appointments every 2 weeks from weeks 28-36
- Appointments weekly from week 36 - birth
- Blood draws are done throughout your pregnancy
- Diabetic screening and anemia testing is typically done around 28 weeks.

Ultrasounds

- 1st trimester for gestational dates
- 16 weeks if desired for free gender checks
- 20 weeks to check baby's anatomy
- Additional U/S are only done if needed to check on baby.



Vaccines

- We recommend getting a flu shot during pregnancy
- We recommend getting a Tdap vaccine at 32 weeks, this helps protect your baby from whooping cough



Medications

- Let your healthcare provider know what medications you are taking
- Avoid new medications, supplements, or essential oil until you have spoken to your healthcare provider
- We will provide you with a list of safe over the counter medications or you can call the pregnancy risk line. 1-866-626-6847



Exercise

- Routine exercise is important, walking and swimming are great
- You may have spotting or brownish discharge after intercourse, this is normal. If you start having period like bleeding, contact the clinic for an appointment.

Self Care

- Wear your seatbelt
- Routine dental care is important
- Warm baths can be very relaxing however, avoid hot tubs or saunas
- Avoid alcohol
- Avoid illicit or recreational drug use.

Safety

- If you are a victim of domestic violence, please reach out, we want to help keep you and your baby safe.



Travel

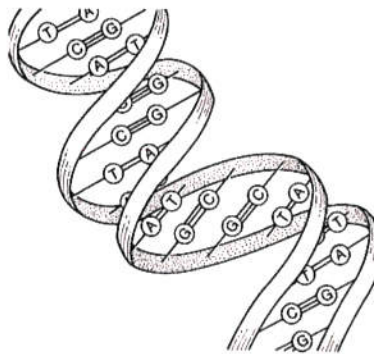
- Walk around every 90 minutes to avoid blood clots during long flights or car rides
- Avoid destinations known to have Zika virus carrying mosquitos, this is important for sexual partners to do this as well as Zika is sexually transmitted.

Enviromental Hazards

- Avoid cleaning cat litter boxes
- Always wash your hands after handling animals
- Wear long sleeves and use bug spray to prevent mosquitos bites
- Keep the room well ventilated if painting or working with other checmicals or toxic substances.

Childbirth Classes

- If you are planning to deliver unmedicated childbirth classes are strongly encouraged to ensure success
- Hopital offer ckses that review what to expect during delivery process. They are a great way to ease some of the worries mom's have before giving birth
- Breastfeeding assistance is offered in the hospital after birth, however, if more assistance is deired we can give you information regarding latation specialists in the area.



Genetic Testing

- Genetic testing is available after week 10 of pregnancy
- If you are interested in genetic testing, please let your provider know so we may discuss yor options in more detail.



Nutrition

- Ideal weight gain during pregnancy is 25 – 30 lbs, although each pregnancy varies
- You only need 300 extra calories per day
- Drink plenty of water, keep yourself hydrated
- Avoid undercooked or raw eggs or fish
- Avoid deep sea fish, tuna is okay 2x a week
- Avoid soft cheeses and unpasteurized foods
- Meats should be cooked thoroughly until well done
- Deli meat should be toasted or heated in the microwave until steaming.

