



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 gender check (\$80)
- 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. This includes family members.
- COVID-19 Vaccine is safe and recommended in pregnancy.

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](tel: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.

ENVIRONMENTAL HAZARDS

- Avoid cleaning cat litter boxes
- Always wash your hands after handling animals



- Wear long sleeves and use bug spray to prevent mosquito bites
- Keep the room well ventilated if painting or working with other chemicals or toxic substances.

- Breastfeeding assistance is offered in the hospital after birth, however, if more assistance is desired, we can give you information regarding lactation specialists in the area.

CHILDBIRTH CLASSES

- If you are planning to deliver unmedicated childbirth classes are strongly encouraged to ensure success
- Hospital's offer classes that review what to expect during delivery process. They are a great way to ease some of the worries moms have before giving birth

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 your 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.

