

You can feel wonderful during your pregnancy if you take good care of yourself. Increase your odds of a healthy pregnancy by following these sensible steps to keep yourself in top condition.

1. Eat five to six well-balanced meals each day.
2. Take a prenatal vitamin each day as directed by your doctor.
3. Drink plenty of fluids- at least 8-10 glasses a day- avoid caffeine.
4. Don't drink alcohol.
5. Don't smoke or allow yourself to be exposed to secondhand smoke.
6. Exercise- it's important for your general health and also can help reduce stress. Take a pregnancy exercise class or walk at least 15-20 minutes every day at a moderate pace. Walk in cool shaded areas or indoors in order to prevent overheating.
7. Get adequate sleep- at least 8 hours a night. If you're suffering from sleep disturbances, take naps during the day and see your doctor for advice.
8. Wear comfortable, non-restricting shoes and put your feet up several times a day to prevent fatigue and swelling of feet, legs, and ankles.
9. Continue to wear a safety belt while riding in motor vehicles. According to the National Highway Traffic Safety Administration, the shoulder portion of the restraint should be positioned over the collar bone. The lap portion should be placed under the abdomen as low as possible on the hips and across the upper thighs, never above the abdomen. Also, pregnant women should sit as far from the air bag as possible.
10. Don't take over-the-counter medications or herbal remedies without consulting with your obstetrician or midwife.

WOMENS HEALTH ASSOCIATES OF SOUTHERN NEVADA

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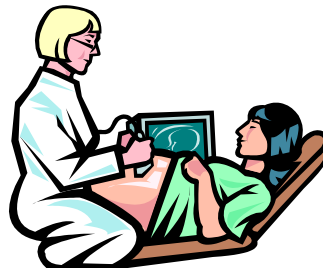
Monday –Thursday

8AM-5PM

(Lunch from 12PM-1:30PM)

Friday 8AM-3PM

(Lunch 12PM-1:30PM)



STAGES OF PREGNANCY

WHAT YOU CAN EXPECT AT YOUR
PRENATAL VISITS AND DURING
EACH TRIMESTER OF YOUR
PREGNANCY.



1st TRIMESTER

What to expect at your Appointments this trimester:

-At your initial visit you will have a pap smear, vaginal cultures, blood work and an ultrasound done to verify your dates.

-Every 4 weeks you will be seen to check your baby's heart beat and ask any questions you have.

-Between 11-13 weeks you have the option to have a first trimester screen done. This is an ultrasound combined with blood work to evaluate your baby's risk of having Down syndrome (trisomy 21 and trisomy 18).

-During this trimester nausea and vomiting are very common. If you begin vomiting frequently call your doctor's office. There are medications we can prescribe to you for this and many over-the-counter medications.



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2nd TRIMESTER

What to expect at your Appointment this trimester:

-Every 4 weeks you will be seen to check your baby's heart beat and measure your growing belly.

-Between 15-21 weeks you will have the option to do a blood test called an AFP. This combines your age, weight, ethnicity, and hormone levels in your blood to then calculate your baby's risk of having Down syndrome (trisomy 18 and 21) or a neural defect. This is JUST a screening test. If it does come back abnormal that does not mean that your baby has one of these genetic problems. It means that you are at risk and you will be referred to the perinatologist for additional testing.

-Between 18-20 weeks you will have your full anatomy ultrasound done. At this appointment the ultrasound results will be evaluated. You may also find out the gender of your baby. 😊

-Between 18-20 weeks you will begin to feel your baby move. It can be distinct and/or feel like flutters. You may not feel movement every day at this point; that is okay.

-At 24 weeks you should be feeling movement every day. If there is a day you don't experience fetal movement, please contact our office.

3rd TRIMESTER

What to expect at your Appointments this trimester:

-You will have a diabetes test between 24-28 weeks. For this test you will need to come fasting (for 8 hours). You will have your blood drawn, then be given a drink that you have 5 minutes to finish. One hour after you finish the drink you will have your blood drawn again and once more 2 hours after finishing your drink. This test checks for gestational diabetes.

-Starting at 28 weeks you will be seen every 2 weeks to listen to your baby's heartbeat, measure your growing belly, and ask any questions you may have.

-At 30 weeks you'll begin daily kick counts. This means if you feel less movement than you are used to, you lie down and count your baby's "kicks". If your baby "kicks" more than 10 times in 1 hour, your baby is moving enough! If fetal kicks are less than 10, you need to call our office or go to the hospital where you are planning to deliver.

-Starting at 36 weeks you will be seen once a week. At your 36 week visit you will have a culture done called a Beta Strep Test (GBS). One in five women will test positive. It's harmless bacteria, however, if you're positive you will receive antibiotics in labor to protect your baby from it. You will also get your cervix checked at these visits (routine vaginal deliveries only).