

Today’s Visit

Date: _____

Provider: _____

My Weight: _____ lbs.

My Blood Pressure: _____ / _____

Estimated Due Date: _____

Questions for My Provider	Answers
1.	
2.	
3.	

My Next Visit:

What to Expect at My Next Visit:

- In addition to the routine visit, you can expect:
- Appointments approximately every 4 weeks until the third trimester
 - Routine bloodwork and testing
 - Attempt to hear fetal heartbeat
 - Potential ultrasound



Resources

For additional pregnancy and childbirth information:

www.wellstar.org/obwellness | www.health4mom.org

Phone numbers – see welcome letter for social services and office numbers.

Sign up for the free Text4Baby app to receive information on a variety of topics related to your pregnancy.

GA referrals and social services: 1 (800) 300-9003 (WIC etc.)

If you feel you need help with mental health or substance use, call the GA Crisis line at 1 (800) 715-4225. Someone is available 24 hours, 7 days a week to assist.



My Pregnancy
Journey

0–11 Weeks
CONFIRMATION VISIT

What to Expect at This Visit

During pregnancy, regular checkups are very important. This consistent care can help keep you and your baby healthy, identify problems if they occur, and prevent problems during delivery. The frequency of your prenatal appointments will be determined by your healthcare provider based on your health, age, and how your pregnancy is progressing.

Every Visit

- At the beginning of every visit, our team will obtain a urine sample, measure your height, weight and vital signs, and update your medication list and medical history.
- Your provider will review your medical history and discuss any questions or concerns you have and review your progress together.

This Visit

- Your provider will perform a physical exam, calculate your estimated due date, and order routine screenings and prenatal bloodwork.
- They may also make referrals to other providers or discuss other testing options, if indicated.

Growth & Development

- A full-term pregnancy lasts 40 weeks, or 10 months.
- Week 10 size: Strawberry.
- By this time, the placenta, amniotic fluid, umbilical cord and embryo have formed.
- Months 1-3

Changes to Expect

Hormonal changes can affect you physically and emotionally

Physical

- “Morning sickness is nausea and vomiting during pregnancy and can occur any time of the day or night. It usually starts around 6 weeks and typically declines in the second trimester, although it can last the entire pregnancy
- Lightheadedness or dizziness
- Breast soreness and swelling
- More fatigue than normal
- More intense sense of smell and taste may occur
- Frequent urination
- Gastrointestinal symptoms such as bloating, heartburn and constipation

Emotional

- Pregnancy may leave you feeling happy, anxious, fearful, joyful and exhausted, sometimes all at once.
- Mild mood swings are common, but some may be more intense. What you are feeling is normal.
- If you’re experiencing intense mood swings or anxiety for more than two weeks, contact your provider.
- Be sure to let your healthcare provider know if you are feeling depressed or have a history of depression.

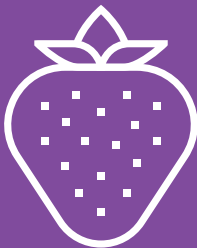
Write down how you’re feeling emotionally during this stage of your pregnancy:

Typically, routine checkups occur:

FREQUENCY OF APPOINTMENTS	
Weeks 4–28	Monthly
Weeks 28–36	Twice a month
Weeks 36–40	Weekly

TRIMESTERS BY WEEK	
1st Trimester	0–13 weeks
2nd Trimester	14–28 weeks
3rd Trimester	29–40 weeks

Baby’s Size
Week 10



STRAWBERRY



Comfort Tips

Avoid having an empty stomach by eating small snacks every 1-2 hours. Drinking ginger ale, ginger tea, foods containing ginger, pretzels, crackers and water may help alleviate nausea.

Avoid prolonged standing and rise slowly from sitting or lying down to prevent lightheadedness.

Motion sickness bands may help, however if nausea and vomiting become severe, speak with your provider.

Try to rest more often. Light exercise and a healthy diet may help boost your energy. (Great Expectations, page 35)

For mood swings, limit sugar, chocolate and caffeine.

Tips for your support person:

Be sure to ask your wife, partner or loved one how they're feeling and if there's anything that can be done to help during pregnancy.

Giving positive affirmations, open communication and small acts of kindness can go a long way.

Wellness

Lifestyle

- Substance use, including tobacco, vaping (e-cigarettes), alcohol, and drug use are not advised during pregnancy and can increase the risk of:
 - Low birth weight, delayed growth and premature birth
 - Miscarriage
 - Sudden Infant Death Syndrome (SIDS)
 - Stopping tobacco, alcohol or drugs abruptly may place you and your baby at risk. Please discuss a plan with your provider.
- The flu vaccination is safe in pregnancy and is encouraged during flu season.
- Georgia law requires all pregnant women to be screened for sexually transmitted infections to ensure safe care of your pregnancy.
- Please discuss all recent and future travel outside of the continental US with your provider to ensure proper safety precautions.

Domestic Violence

- Healthy relationships do not include patterns of behavior to maintain control emotionally, physically, psychologically or sexually.
- Intimate partner violence is the leading cause of injury to women of childbearing age and can affect anyone.
- Ask for more information from your provider if this could be you.
 - If you need help, please call the Domestic Violence Hotline 1 (800) 799-7233.
 - Local Women's Resource Center www.wrcdv.org; 24/7 hotline (404) 688-9436.

Health & Nutrition

- A slow, steady weight gain during pregnancy is normal.
- Discuss your pre-pregnancy exercise routine with your provider. In most cases, you can continue to be active during pregnancy.
- A healthy, balanced diet (adding about 300 extra calories per day) is recommended for optimal growth and development. This is not a time for dieting.
- It is recommended to consume 8-10 cups of water daily.
- You will need more folic acid in your diet. Folic acid is important for preventing birth defects. Excellent sources of this are: dark green leafy vegetables, orange juice, beans and nuts.

Other excellent nutritional foods during pregnancy are:		Foods to avoid during pregnancy: <i>(Great Expectations, pages 31-34)</i>
Grains (whole wheat grains, pasta and oatmeal)		All raw and undercooked seafood, eggs, and meat
Dairy (skim, 1% or 2% milk and low-fat yogurt)		Fish with mercury (king mackerel, marlin, orange roughy, shark, swordfish, tilefish, bigeye tuna)
Meat <ul style="list-style-type: none">- Lean meats- Fish (Atlantic mackerel, clams, flounder, scallops, shrimp, tilapia, canned light tuna and salmon)- Meat alternatives (beans, dried peas, tofu and lentils)		Hot dogs, lunch meats and pate unless cooked thoroughly
Fruit & Vegetables <ul style="list-style-type: none">- Fresh, frozen or canned- Colorful vegetables prepared steamed, sautéed, roasted or raw		Soft cheeses
		Unpasteurized milk
		Unwashed vegetables and fruit
		Alcohol
Foods to limit:		Sugars and artificial sweeteners Caffeine
		Salt, processed and fast foods Organ meats
Weight Chart	Starting Weight	Expected Weight Gain
	Underweight (BMI less than 18.5)	28-45 lbs.
	Normal (BMI 18.5-24.9)	25-35 lbs.
	Overweight (BMI 25.0-29.9)	15-25 lbs.
	Obese (BMI ≥ 30)	11-20 lbs

Over-the-Counter Medications and Supplements

Medications & Supplements

- Please do not start/stop/change any medications or supplements without talking to your healthcare provider.
- Your provider will recommend prenatal vitamins containing folic acid, iron, vitamin D, and calcium.

Safe Over-the-Counter Medications During Pregnancy

- Although some medications are considered safe during pregnancy, the effects of other medication on your unborn baby may be unknown.
- Check with your healthcare provider regarding all current prescriptions, herbs and supplements.
- The following over-the-counter medications have no known harmful effects during pregnancy when taken occasionally as needed and according to package directions.

Upper Respiratory/Cold/Congestion

- Robitussin cough syrup (plain or DM only)
- Mucinex – increase your water intake
- Claritin, Zyrtec – take daily for seasonal allergies
- Benadryl
- Sudafed (AFTER first trimester only and avoid if you have high blood pressure)
- Saline nasal spray, ocean nasal spray
- May use a humidifier
- May gargle with warm saltwater for sore throat

Headache or Pain

- Tylenol, Tylenol Extra Strength and Tylenol Tension are safe to take.
- AVOID ASPIRIN (unless prescribed), BC Powder, ADVIL, MOTRIN, AND IBUPROFEN

Nausea

- Vitamin B6 – take 10mg with breakfast and lunch, 25mg at bedtime. If unable to find lower dosage, 50mg tablet may be taken three times a day
- Unisom – take one tablet at night; you may take ½ tablet at lunch if it doesn't make you too sleepy.
- Ginger ale or ginger tea

Indigestion and Heartburn

- Tums, Mylanta, Maalox, Roloids
- Pepcid/Pepcid AC

Gas or Bloating

- Gas-X
- Mylicon

Diarrhea

- Donnagel (after first trimester)
- Imodium AD (after first trimester)
- Eat only bananas, rice, applesauce and toast (BRAT diet)

Hemorrhoids

- Tucks
- Witch hazel
- Warm sitz bath

Constipation

- (increase your water intake with all of these)
- Miralax
- Colace
- Metamucil

Insomnia

- Tylenol PM
- Chamomile tea
- Unisom
- Warm baths

Skin Irritations

- Benadryl cream
- Hydrocortisone cream
- Oatmeal baths

Yeast Infections

- Gyne-Lotrimin
- If after use you have no relief, please call your Obstetric healthcare provider.



Complications/Warning Signs

WHEN TO SEEK EMERGENCY CARE (GO TO ER OR CALL 911):

- Seizure
- Confusion or difficulty waking up
- Hallucinations
- Thoughts of hurting yourself or someone else
- Rapid onset of extreme chest, arm, shoulder, neck or upper back pain
- Extreme difficulty breathing
- Severe abdominal pain
- Very heavy bleeding
- Fall or other injury to the abdomen

Call your healthcare provider right away if you have any of the following symptoms:

- Dizziness or blurred vision
- Fainting or passing out
- Severe depression or anxiety
- Bleeding from the nipples, rectum or bladder
- Coughing up blood
- Vaginal bleeding, except a small amount after a pelvic exam or sexual intercourse
- Redness, warmth or swelling of legs (especially if only on one side)
- Any new rash, chills, a fever over 100.4F or suspected exposure to a contagious disease (please speak with the office before any in-person visit)
- Abdominal pain not relieved by rest or a bowel movement
- Excessive vomiting or diarrhea that is not relieved by food or medication
- Urination: painful, burning, little to no output