

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:
- Additional bloodwork and testing if needed
 - Listen for baby’s heartbeat
 - Discuss baby’s movement



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

11–15 Weeks
THREE MONTHS VISIT

What to Expect at This Visit

Every Visit

- At the beginning of every visit, our team will obtain a urine sample, measure your weight and vital signs, and update your pharmacy, 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.
- It is important to notify us during this time of any changes in your history or medications, trips to the hospital between visits, or visits with other providers. It is also important that you provide us a complete medical history, as there are many things we consider when developing your individualized plan of care. You should make sure to let us know about any prior surgeries, diagnosis, healthcare conditions, allergies, your immunization history, any use of alcohol, tobacco or drugs, and your family or genetic history.

This Visit

- You will have routine bloodwork and screenings.
- Several lab tests are recommended for all women as part of routine prenatal care. These tests can help find conditions that can increase the risk of complications for you and your fetus.
- Prenatal genetic screening gives parents-to-be information about whether their fetus has risks for certain genetic disorders. The prenatal genetic screening tests are optional.
- We will listen to the fetal heartbeat.
- You may have a brief ultrasound to check fetal growth and brain development. We will not be able to determine the sex with ultrasound until approximately 20 weeks.

Growth & Development

- 12-week size: an apricot, about 4 inches.
- All major organs and body systems have started to develop.

Changes to Expect

Physical

- Morning sickness may start to subside soon.
- Increase in metabolic rate may cause you to feel warmer and sweat more.
- Nipples may start to darken and enlarge around this time as your body prepares for breastfeeding.
- Skin changes may also begin to occur and could include increased redness, darkening, lightening, acne or an all-over rosy glow.

Emotional

- Hormones will continue to fluctuate and may affect your mood and self-image at times. This is normal.

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



Comfort Tips

Continue to drink water and eat small meals frequently.

This is a great time to connect with your support system or begin building one.

Tips for your support person:

Be aware that in the first trimester fatigue and nausea are both very common and can be severe. Assist with any household duties or physical work that needs to be done.

Discuss with your partner how often they would like you to attend prenatal visits.

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 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 iron in your diet during pregnancy. Iron is important for blood flow and sources of these include: green leafy vegetables, orange juice, beans, and nuts.
- Vitamin C promotes healthy gums, teeth, and bones and is important for iron absorption. Fruits are the highest dietary sources of Vitamin C.
- If you’re still breastfeeding another child, speak with your provider.

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.
- 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, Rolaids
- 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 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