

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:
- A longer visit including a detailed anatomy ultrasound, revealing baby’s sex if desired and if possible
 - Additional bloodwork if needed

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.

This Visit

- You may have additional bloodwork and testing if needed.
- We will listen for baby’s heartbeat.
- We will discuss baby’s movement.
- We may begin measuring your abdomen size at this or your next visit.

Growth & Development

- 16-week size: a pear, about 6 inches.
- Fingernails, toenails and some hair have begun growing.
- Thumb sucking may be occurring at this stage.

Changes to Expect

Physical

- You may notice some mild vision changes.
- Nasal congestion and nose bleeds are common changes during pregnancy.
- You may start experiencing a pulling sensation in your pelvic area. This is called round ligament pain.
- You may crave certain foods, such as sweet, spicy, or fatty foods, or have an aversion to others.

Emotional

- Your mind may start to wander more, and you may find it more difficult to concentrate or remember things. This is commonly referred to as “Pregnancy Brain” or “Mommy Brain.”

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



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.

Begin reviewing Wellstar prenatal classes.

Call (470) 956-STAR (7827) to register.



Comfort Tips

Drinking more water, using a humidifier or saline nose sprays may help with nasal congestion.

No matter your cravings or aversions, keep eating healthy, balanced meals.

Pregnancy may cause a variety of feelings. Remember, you are growing a human.

Tips for your support person:

Begin planning for the baby registry or nursery.

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.
- It’s important to remain active during pregnancy. Discuss your exercise routine with your provider.
- A healthy, balanced diet 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.
- B vitamins are important to help with energy and healthy brain function. Excellent sources of B vitamins include: meat, eggs, dairy products and dark leafy vegetables.
- Intense, strange cravings for non-nutritious items such as dirt, starch and ice is a potentially dangerous condition called Pica. Inform your provider if you are having any unusual cravings.

Medications

- Remember to take your prenatal vitamin daily during your pregnancy.
- Please do not start/stop/change any meds or supplements without talking to your healthcare provider.
- For a list of safe medications, please see your Week 0-11 booklet.



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:

- Severe headaches, or headaches that will not go away
- Dizziness or blurred vision
- Fainting or passing out
- Severe depression or anxiety
- Bleeding from the nipples or rectum, or in urine
- Coughing up blood
- Vaginal bleeding, except a small amount after a pelvic exam or sexual intercourse
- Sudden swelling of hands or face
- Severe back pain
- Severe itching of the palms and/or feet
- Swelling of legs with redness or warmth (especially if only on one side)
- Any new rash, chills, or a fever over 100.4F (please speak with the office before any in-person visit)
- Abdominal pain not relieved by rest or a bowel movement
- Excessive vomiting, diarrhea or severe constipation that is not relieved by food or medication
- Urination: painful, burning or little to no output
- Fluid leakage from the vagina
- Intense or strange cravings for non-food items (Pica)