

# A Healthy Pregnancy

Important information for your pregnancy:

## Doctor Appointments

- Visit your primary care doctor as soon as you think you are pregnant.
- While pregnant, you should see the pregnancy doctor every month for check-ups, even if you don't feel sick.
- In the month before the baby is born, the pregnancy doctor will want to see you every week.
- If you are seeing other doctors or specialists, make sure to tell them that you are pregnant.
- The doctor should always provide an interpreter if needed. Ask a caseworker or friend if you need help.
- Think of questions to ask your doctor before your appointments. They can answer questions about how you should be feeling, diet, and how to have a healthy pregnancy.

## What to Eat/Drink

- Whole grain breads
- Grains & rice
- Lots of fruits
- Vegetables

- Meat and other proteins
- Milk
- Your baby is thirsty! Drink about 6 to 8 glasses of water each day.
- Instead of one large lunch, try to eat smaller meals throughout the day.
- You and your baby are eligible for the WIC Program, which gives you extra money for healthy groceries.

## **What NOT to eat/drink**

- Don't drink tea, coffee, or soda. If you must have it, don't have more than 1 to 2 cups per day.
- Do not eat meat or eggs that have not been completely cooked.
- Do not eat uncooked hot dogs or sliced meats from a deli or restaurant.
- Try not to eat fried and high sugar foods. They may make your stomach hurt.

## **Weight Gain**

- Most women gain 25-35 lbs (11 kg-16 kg) while they are pregnant. You should gain 2 to 4 lbs (1-2 kg) in the first 3 months and about 3/4 to 1 lb (0.25 kg- 0.5 kg) per week after that.

- If you were overweight or underweight before pregnancy, ask your doctor about how much weight you should gain.
- Here are some things you can do if you are getting too heavy, too fast:
  - Choose low fat items like fruit or a small serving of frozen yogurt, sherbet, pudding or jell-o.
  - When you cook, use very little butter, oil, cream, mayonnaise or salad dressing.
  - Look for labels that say “Reduced calorie” or “Low Fat.”
  - Make baked, broiled or grilled chicken, fish or turkey. Use more spices to add flavor instead of fat.

## **Medicine**

- Take a prenatal vitamin every day.
- Some medicines can harm your baby, check with your doctor about any medications you were prescribed prior to your pregnancy.
- Check with all your doctors before taking any new medicines.

## **Smoking, Alcohol and Drugs**

- Do not smoke cigarettes, and avoid being in the same room with people who are smoking.

- Do not drink alcohol or take drugs during your pregnancy.

## **Activity and Sleep**

- Try to get 8 hours of sleep every night. It is best to lie down on your left side because this increases blood flow and nutrition to your baby.
- Exercise for 30 minutes each day. Check with your doctor before starting a new exercise program.
- Your breasts will get bigger, and may get sore. Wear a bra that supports them and fits well.

## **Safety**

- Ask your doctor before having any medical X-rays or surgeries when you are pregnant. X-rays from the dentist are OK if a shield is placed over your belly.
- Go to the dentist between the 4th and 6th month of pregnancy, or the second trimester. This is for the health of you and your baby.
- Avoid paints, pesticides, bleach and other harsh chemicals.
- **Do not** clean a cat litter box, or bird or reptile cages. Animal poop has bacteria that can make you and your baby sick.

- Always wear a seat belt!! Wear it low over your hips, below your growing belly.

## **Planning Ahead**

- Before your delivery, you should have:
  - Car Seat (you need one to leave the hospital with your baby)
  - Plan ahead and buy 6 weeks of diapers, clothes, bottles, baby wipes, and easy to prepare foods.
  - A bag with clothes, soap, and other items you will bring to the hospital. Pack clothes that you and your baby will wear home. (You will be in the hospital for 1-2 days)
- If you have older children, organize child care for when you first come home, to establish a routine with your new baby.
- Make a list of phone numbers of people to call when your labor starts. Arrange for transportation to the hospital.