EARLY PREGNANCY INFORMATION (up to 12-14 wks)

FIRST TRIMESTER WARNING SIGNS
Please call the office and speak with a provider if you experience any of the following symptoms:
- Bright red vaginal bleeding
- Moderate to severe cramping
- Fever over 100.4
- Frequent painful urination
- Vaginal discharge with an odor

SEX: Do enjoy sex during pregnancy! Sex during a normal pregnancy is safe and should remain a source of pleasure for every couple. It is not unusual for desire to fluctuate throughout pregnancy and the postpartum period. Be creative! Different sexual positions will have to be used as your body changes. Keep in mind:
- You may notice a small amount of bloody mucous after sex. This is normal.
- Orgasm may cause some contractions. These are harmless to the baby and will not cause premature labor.
- Avoid intercourse if you have red vaginal bleeding, if you are having a series of contractions before 37 weeks of pregnancy, or if you think your bag of water is broken. If you have had multiple miscarriages you should avoid sex during the time when they occurred.
- If you have a new partner during pregnancy please make sure to practice safe sex by using condoms

TRAVEL: Long distance travel by car, plane (in a pressurized cabin) or train is fine until your 36th week of pregnancy. Break up long trips with stops to stretch and empty your bladder. Be sure to increase your fluid intake and observe appropriate safety measures like wearing your seatbelt low on your abdomen. If you are going out of the country it is important to take a copy of your prenatal medical records with you, ask the receptionist for a copy. Most cruise ships will not allow you to travel past 24wks – check with the cruise company as their guidelines can vary.
PRENATAL TESTING:

You will also be offered blood work. This includes:

- Routine Labs/Cultures: CBC, Type & Screen, HIV, Syphilis, Rubella, Creatinine, Hepatitis B, Urine Culture, Pap Smear, Gonorrhea, Chlamydia, urine drug screen
- Infection testing if indicated: chickenpox, toxoplasmosis, cytomegalovirus
- Carrier testing for cystic fibrosis, or various ethnic based diseases: These tests determine if the mother is a carrier for any of these disorders. If she is positive, the baby’s dad is tested. Only when both parents are carriers is there a chance of having an affected baby.
- Genetic Counseling: for any mom who has specific risk factors or other factors
- First Trimester Screening: This test is done 10-13 weeks of pregnancy to determine your baby’s risk for Down syndrome and other abnormalities with a safe non-invasive blood analysis and ultrasound. Using a highly accurate computer algorithm, the results of these tests determine the statistical likelihood of your baby having chromosomal abnormalities.
- Cell-free DNA testing is available for women over age 35 and other higher risk populations (see separate handout)
- Amniocentesis: This test is usually performed during 15-20 weeks of pregnancy or later and can diagnose both neural tube defects and chromosomal abnormalities. It involves withdrawing a small amount of the amniotic fluid that surrounds the baby. Your baby will not be harmed during the procedure and you may feel mild cramping. You can usually resume your normal activity the next day. The risk of miscarriage for amniocentesis is approximately 1 in 400.

OTHER SUGGESTIONS:

- Make an appointment for dental check-ups early in pregnancy
- Avoid taking medications or herbal preparations until you’ve checked with your health care provider or check www.pregnancytoday.com
- Avoid cleaning cat litter boxes or gardening soil outdoors that cats use. It may contain toxoplasmosis, a harmful parasite.
- Hot tubs and saunas should be avoided. A comfortable, warm bath can be soothing (if you are sweating, it’s too hot for the baby).
Medications and Treatments in Pregnancy

Nausea & Vomiting

- Small, frequent meals
- Peppermint – tea, candies, rum
- Ginger – soda, tea, candies, and lozenges
- Acupressure wristbands (SeaBands)
- Preggy Pops
- Sip Gatorade/Pedialyte to replenish electrolytes
- Saltine crackers (eat as soon as you awake)
- Green apples
- Vitamin B6 – 50mg twice per day
- Acupuncture treatment
- Drink clear liquids

Please call the midwife if you are unable to keep down food or liquids for greater than 24hrs.

Heartburn

- Avoid acidic foods (OJ, tomato sauce, coffee, cola)
- Avoid spicy foods
- Avoid Fatty Foods
- Do not lie down within 1-2hrs of eating
- Tums (chew 3-4tabs per day)
- Papaya – fresh/dried enzyme tablets (4-6 per day)

Pepcid AC or Zantac may be used sparingly and as directed on package
- Chewing gum

Headaches

- Drink at least 10 glasses of water per day
- Get at least 8hrs of sleep per night
- Massage
- ½ cup strong coffee/cola plus Tylenol
- Chiropractic care
- Acupuncture
- Tylenol 650mg by mouth every 4 hours as needed
- Excedrin Tension Headache

Please contact us if headaches persist and/or are accompanied by visual changes.
**Stomach Flu/Diarrhea**

- Sip clear liquids (vomiting)
- Saltines/Plain Toast
- Immodium (as directed)
- Bananas, Rice Applesauce, Toast Diet
- Drink lots of liquids (diarrhea)
- Flat ginger ale or cola
- Avoid dairy products
- Drink Gatorade/Pedialyte

Try 1 tablespoon of liquids, if that stays down for 20 mins, try 2 tablespoons, and so on.

If you vomit, wait one hour before trying liquids again.

**Please call the midwife if you are unable to keep food or liquid down for more than 24 hours, or is diarrhea persists longer than 24 hours.**

**Common Colds/Allergies**

- Frequent handwashing
- At least 10 glasses of water per day
- Humidifier
- Saline nasal spray
- Benadryl (as directed)
- Claritin – NOT “D” (as directed)
- Sudafed (as directed – NOT in first trimester)
- Zyrtec (as directed)
- Hand Sanitizer
- At least 8hrs sleep per night
- Vitamin C 500-1000mg daily
- Vicks Vapor Rub
- Robitussin DM (as directed)
- ChlorTrimeton (as directed)

**Please let us know if your symptoms persist longer than 1 week, or develop a fever. You may also need to be evaluated by your primary care provider.**

**Swelling**

- At least 10 glasses of water per day
- Elevate feet at least 20 mins per day
- Cool water bath with Epsom salts
- Support/compression stockings
- Massage (from feet up)
- Rest on your left side

**Constipation**

- At least 10 glasses water per day
- Dried fruit
- Fiber (whole grains, oatmeal, Metamucil, Fibercon)
- Fruit or Veggie at every meal
- Apple cider/prune juice
- Regular exercise
Hemorrhoids

- Preparation H cream
- Tucks/Witch Hazel pads (keep in fridge)
- Anusol cream
- Raw potato topically
- Kegel exercises
- Follow instructions given above for constipation

Back Ache/Sciatica

- Ice
- Heat
- Lunges
- Physical Therapy
- Hands and Knees positioning
- Belly supporter/Prenatal cradle
- Good posture
- Massage
- Cross-legged stretches
- Chiropractic care
- Acupuncture
- Pelvic rocking
- Well-fitting/supportive bra

Skin Irritation

- Unscented skin cream
- At least 10 glasses of water per day
- Benadryl topical cream as directed
- Aveeno products/oatmeal baths
- Hydrocortisone 1% cream as directed

If these remedies are not working, please contact our office

USEFUL LINKS FOR NEW PRENATAL PACKET


Coronavirus and Pregnancy, Birth and Breastfeeding
https://www.acog.org/patient-resources/faqs/pregnancy/coronavirus-pregnancy-and-breastfeeding#Would%20it%20be%20safer%20to%20have%20a%20home%20birth

Taking Good Care of Yourself While You are Pregnant
http://www.midwife.org/ACNM/files/ccLibraryFiles/Filename/000000000671/Taking%20Good%20Care%20of%20Yourself%20While%20You%20Are%20Pregnant.pdf

How Your Fetus Grows During Pregnancy

Taking Medicine During Pregnancy

Genetic Carrier Screening
https://www.acog.org/patient-resources/faqs/pregnancy/carrier-screening

Prenatal Genetic Screening Tests

Environmental Hazards During Pregnancy

Sex During Pregnancy

Skin Disorders in Pregnancy
https://www.acog.org/patient-resources/faqs/pregnancy/skin-conditions-during-pregnancy

12-15 Weeks: Nutrition and Exercise

Weight Gain in Pregnancy

Exercise in Pregnancy

Obesity and Pregnancy