

## FIRST TRIMESTER EDUCATION

1. **HIV and other routine prenatal tests.** Routine lab tests are done on all women during pregnancy. These include Pap smears, urine tests, blood tests to check your blood type and blood count, and tests to check for infections, including HIV (AIDS).
2. **Risk factors identified by prenatal history.** Your doctor will discuss any risk factors with you.
3. **Anticipated course of prenatal care.** You will have visits every month during the first 28 weeks of pregnancy, then every 2 weeks from 29 to 36 weeks. After that your visits will be weekly. The number of visits may vary depending on medical conditions or complications with your pregnancy.
4. **Nutrition and weight gain.** A good diet is very important during pregnancy. A low fat, low sugar and low cholesterol diet is recommended with increased folic acid, iron, protein, and calcium. You should gain 25-37 pounds if you were a healthy weight before pregnancy or 28-40 pounds if you were underweight before pregnancy or 15-25 pounds if you were overweight before pregnancy. If you were a healthy weight before pregnancy, you should gain about 3-5 pounds during the first trimester, 1-2 pounds per week during the second and third trimester.
5. **Toxoplasmosis precautions.** Toxoplasmosis is an infection that can cause birth defects. You can get it by eating unwashed vegetables or meat that is raw or undercooked, or by coming in contact with stool from animals, especially cats. You should only eat meat that is well-cooked, wear gloves when gardening, and have someone else empty the cat litter.
6. **Sexual Activity.** In most cases, sexual activity is OK during pregnancy. It is not dangerous to the baby unless certain conditions are present.
7. **Exercise.** Modest exercise is OK during pregnancy. For most people it is healthy to continue the level of activity you were doing before becoming pregnant.
8. **Indications for ultrasound.** During a normal pregnancy, you will have 2 ultrasounds, one at 18-20 weeks and another at about 30-32 weeks for growth. If you are not sure of your last period than you will get an ultrasound early during the first trimester for dating. Sometimes more ultrasounds are needed. Your doctor will let you know if you need more ultrasounds.
9. **Influenza vaccinations.** All women should receive the flu shots that are available during their pregnancies. They can be given at any time during pregnancy.
10. **Environmental/Work Hazards.** You should avoid work hazards. There may be hazards in your workplace if you work around chemicals, gas, dust, fumes, or radiation, or if you have to lift heavy loads, work at high heights, or use high speed machines. You should find out for sure by asking your workplace and your doctor.
11. **Travel.** Most women can travel safely until a month before their due date. Your doctor will let you know if you should not be travelling during your pregnancy.
12. **Tobacco.** Women who smoke during pregnancy are more likely to have several problems, including vaginal bleeding, stillbirths, and small babies. It is very important to quit smoking and avoid secondhand smoke.
13. **Alcohol.** Alcohol can harm the baby. It is best not to drink alcohol at all in pregnancy.

14. **Illicit/Recreational Drugs.** Drugs such as cocaine, crack, heroin, PCP, marijuana, and methamphetamines can harm your baby. They may cause problems such as preterm birth and birth defects. The baby can have learning problems and be addicted to the drugs. It is very important to avoid all such drug use.
15. **Smoking counseling.** We recommend that you not smoke during pregnancy. If you need help quitting, please ask your doctor.
16. **Domestic violence.** Many women are victims of physical, sexual, or emotional abuse, which can begin or increase during pregnancy. If you are being abused, tell your doctor. Your doctor can help you get in touch with support services. Shelters are available for abused women and children.
17. **Seatbelt use.** It is important to wear your seatbelt every time you are in a car. When wearing a seatbelt, wear the lap belt low on your hip bones, below your belly. Place the shoulder belt off to the side of your belly and across the center of your chest.
18. **Childbirth classes/hospital facilities.** This is a good way to learn about what happens during labor and the birth of your child. Classes are offered at Children's and Women's Hospital. We are also offering breastfeeding group office visits at the Family Medicine Center.

## SECOND TRIMESTER EDUCATION

1. **Signs and symptoms of preterm labor.** Labor beginning before 37 weeks is considered preterm, or premature. Signs include pelvic or lower belly pressure, constant low dull backache, regular or frequent contractions, or a gush of fluid. Contact your doctor if this occurs.
2. **Abnormal lab values.** Your doctor will discuss any abnormal labs with you.
3. **Influenza vaccinations.** All women should receive the flu shots that are available during their pregnancies. They can be given at any time during pregnancy.
4. **Selecting a newborn care provider.** At this time, you should start thinking about who you want your baby's doctor to be. We will be happy to care for your child, if you wish.
5. **Smoking counseling.** Women who smoke during pregnancy are more likely to have several problems, including vaginal bleeding, stillbirths, and small babies. It is very important to quit smoking and avoid secondhand smoke. If you need help quitting, please ask your doctor.
6. **Domestic violence.** Many women are victims of physical, sexual, or emotional abuse, which can begin or increase during pregnancy. If you are being abused, tell your doctor. Your doctor can help you get in touch with support services. Shelters are available for abused women and children.
7. **Postpartum family planning/tubal sterilization.** Now is a good time to start thinking about birth control after your delivery. Ask your doctor about different options, including getting your tubes tied.
8. **Childbirth classes/hospital facilities.** This is a good way to learn about what happens during labor and the birth of your child. Classes are offered at Children's and Women's Hospital. We are also offering breastfeeding group office visits at our Family Practice Clinic.

## THIRD TRIMESTER EDUCATION

1. **Anesthesia/analgesia plans.** Having a baby can be painful. There are pain medicines that can be given through an IV, as well as epidurals—medicines that can be injected into your back via tubing similar to an IV. Now is a good time to think about what you would like for pain, and to discuss this with your doctor.
2. **Fetal movement monitoring.** It is important to notice your baby's movement. You may do kick counts, where you count how long it takes your baby to do 10 kicks. You should do this around the same time every day, when your baby is most active. Notify your doctor if there is any decrease in movement.
3. **Labor signs.** It is important to tell true labor from false labor. Signs of true labor are regular contractions coming at least every 5 minutes, contractions that are getting stronger, or contractions that keep coming no matter what you do.
4. **VBAC counseling.** Some women who have had a Cesarean section (C-section) can have a vaginal birth in a later pregnancy. This is called "Vaginal Birth After Cesarean" (VBAC). There are risks associated with a VBAC. Talk to your doctor to find out if VBAC is an option for you.
5. **Signs and symptoms of pregnancy-induced hypertension.** Many women experience high blood pressure during pregnancy. Signs include change in vision and headaches. There may also be increased protein in your urine. Your doctor will monitor your blood pressure and check your urine at each visit.
6. **Post-term counseling.** After 40 weeks, you are considered to be post-term, or overdue. If you do not go into labor on your own, your doctor will talk to you about ways to help labor begin.
7. **Circumcision.** Circumcision is the surgical removal of foreskin on a boy. If it is done, it is usually done soon after birth. Whether to have your son circumcised is your decision. Please feel free to discuss this with your doctor.
8. **Breast or bottle feeding.** Breastfeeding is the best way to feed newborns and infants. Breast milk helps the baby resist disease and allergies. Breastfeeding also is cheaper than bottle-feeding, and may help you return to your pre-pregnancy weight more quickly. We strongly encourage all mothers to breastfeed.
9. **Postpartum depression.** Having a baby is a joyous time for most women. But many women feel sad, afraid, angry, or anxious after childbirth. Sometimes these feelings are called "baby blues." These feelings usually go away after a few days. However, if these feelings last longer, or are more severe, you may be suffering from postpartum depression. If you are concerned about this, talk to your doctor.
10. **Influenza vaccinations.** All women should receive the flu shots that are available during their pregnancies. They can be given at any time during pregnancy.
11. **Smoking counseling.** Women who smoke during pregnancy are more likely to have several problems, including vaginal bleeding, stillbirths, and small babies. It is very important to quit smoking and avoid secondhand smoke. If you need help quitting, please ask your doctor.

12. **Domestic violence.** Many women are victims of physical, sexual, or emotional abuse, which can begin or increase during pregnancy. If you are being abused, tell your doctor. Your doctor can help you get in touch with support services. Shelters are available for abused women and children.
13. **Newborn education.** Your newborn will have blood work done at birth to check for several problems. A bilirubin level may be checked if there are signs of jaundice (a yellow color to the skin). A hearing test will also be performed. You should be sure to have an appropriate car seat for your baby, as required by state law.
14. **Family medical leave or disability forms.** If you have family medical leave or disability forms, you should have them filled out now, or shortly after delivery.
15. **Childbirth classes/hospital facilities.** This is a good way to learn about what happens during labor and the birth of your child. Classes are offered at Children's and Women's Hospital. We are also offering breastfeeding group office visits at our Family Practice Clinic.