

## Resources

### La Leche League International

Provides mother-to-mother breastfeeding support, encouragement, information, and education.

[www.lalecheleague.org](http://www.lalecheleague.org)

Helpline: 1-877-452-5324

### National Domestic Violence Hotline

Provides 24-hour, private, free crisis-intervention information and referral services in more than 170 languages.

1-800-799-SAFE (7233)

TTY: 1-800-787-3224

### National Smoking Quitline

This toll-free number is run by the National Cancer Institute. It connects you to services to help you quit smoking or quit using other tobacco products.

1-800-QUIT-NOW (1-800-784-8669)

### Postpartum Support International

Provides information and resources for treating depression.

[www.postpartum.net](http://www.postpartum.net)

1-800-944-4773

### Substance Abuse and Mental Health Services

National Helpline

Free treatment referral and information service for people who face mental health and/or substance use problems.

1-800-662-HELP (1-800-662-4357)

### Women, Infants, and Children (WIC)

Provides vouchers for healthy food and teaches about healthy eating. They also offer breastfeeding support. Find your local office: [www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies](http://www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies)



**Member Services: 1-800-600-4441 (TTY 711)**

**Amerigroup On Call/24-hour Nurse HelpLine: 1-866-864-2544 (TTY 711)**

**[www.myamerigroup.com/wa](http://www.myamerigroup.com/wa)**

If the enclosed information is not in your primary language, please call 1-800-600-4441 (TDD/TTY only: 711). Si la información adjunta no está en su idioma primario, llame al 1-800-600-4441 (TDD/TTY solamente: 711).

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# Pregnancy

## Healthy you, healthy baby

Taking Care of Baby and Me<sup>®</sup>

# Pregnancy

**You may be happy and excited to find out that you're pregnant. And you may be a little nervous or worried.**

If this will be your first child, you may even feel overwhelmed. There are so many things you need to know about having a baby. But you don't have to know everything right away. You may choose to read all about pregnancy now. Or you can learn about each stage as your pregnancy goes on.

Pregnancy is measured in trimesters from the first day of your last menstrual period, for a total of 40 weeks. The first trimester lasts from week 1 to week 12. The second trimester lasts from week 13 to week 27. This is the time when most women start to look pregnant. The third trimester lasts from week 28 to birth. A full-term pregnancy can deliver between 37 weeks and 42 weeks.

You will go through some big changes during your pregnancy. Your body, emotions, and relationships will all do some growing. Your baby will change from week to week too, from a ball of cells into a human.



## How to have a healthy pregnancy

Taking great care of yourself is the best thing you can do for yourself and your baby.

- Go to all prenatal exams.
- Learn how to manage pregnancy symptoms and body changes, such as morning sickness and fatigue.
- Have healthy habits. Eat well. Be active. Avoid things that could harm your baby.
- Be aware of how your emotions may change.
- Plan ahead for labor and delivery.



**Week 8:** The embryo is about ½ inch from the head to the buttocks.

## Prenatal Visits and Tests

Good care during pregnancy includes having routine prenatal exams.

At each prenatal visit, you will be weighed. Your belly may be measured. And you will have your blood pressure and urine checked. Use this time to talk with your doctor or midwife about your

list of pregnancy concerns or problems. At the end of this booklet, there's space for you to write down your questions. There's also space to keep track of your appointments.

At certain times in your pregnancy, you may have more exams and tests. Some are routine. Others are only done when you ask for them, when the doctor or midwife thinks there might be a problem, or when you may be at risk for a problem.

- Your first prenatal visit includes a health history, a physical exam, and blood and urine tests.
- First-trimester exams and tests may include fetal ultrasound. This test uses reflected sound waves to show an image of your fetus and placenta.
- Second-trimester exams and tests may include fetal ultrasound and electronic fetal heart monitoring. Later in the second trimester, you will have an oral glucose screening test. This test looks for gestational diabetes.
- Third-trimester exams and tests may include fetal ultrasound, hepatitis B screening, and group B strep screening. If you have Rh-negative blood, you may have an antibody screening test. And you will get an Rh immunoglobulin shot.

## High-Risk Pregnancy

Your pregnancy is called high-risk if you or your baby has an increased chance of a health problem. Many things can put you at high risk. Examples are being older than 35, having a health problem like diabetes, and smoking.

Being called "high-risk" may sound scary. But it's just a way to make sure that you get special attention during your pregnancy. You may have more visits to the doctor or midwife and more tests than a woman who does not have a high-risk pregnancy. You also need to watch for any signs of a problem and get care quickly.

Like any pregnant woman, you can help yourself and your baby to be as healthy as you can.







**Week 12:** The embryo is now called a fetus (or baby) and is about 2.4 inches long.

### Vaccines during pregnancy

- Get the Tdap shot in the third trimester. It will protect your newborn from whooping cough. Your baby will not be able to get a Tdap shot until he or she is 2 months old.
- You can have the flu shot at any time, during any trimester.
- Talk to your doctor or midwife about other vaccines you might need.
- You may need other vaccines if you plan to travel. Talk to your doctor or midwife 4 to 6 weeks before you leave on your trip.
- It is safe for you to get vaccines right after birth, even if you breastfeed.
- Be sure to talk to your doctor or midwife about each vaccine.

### Dental care during pregnancy

Take good care of your teeth while you are pregnant. Pregnancy can raise your risk of cavities and gum disease. Make sure to brush and floss regularly.

Regular visits to your dentist during pregnancy are important to prevent problems. Tell your dentist that you are pregnant. Dental X-rays and local anesthesia are safe during pregnancy. So most dental work can be done while you are pregnant. Delaying dental care can make a problem worse.

### Testing for birth defects: It's your choice

Birth defects tests are done during pregnancy to look for possible problems with the baby.

Birth defects can occur when something is wrong with genes or chromosomes, an organ, or body chemistry.

Birth defects tests can be done at the end of the first trimester and the early part of the second trimester.

There are two types of birth defects tests:

- Screening tests show the chance that a baby has a certain birth defect. They can't tell you for sure that your baby has a problem. A triple or quad screening test, which is most often done around 15 to 20 weeks, is a type of screening test. So is an ultrasound, which is usually done at 18 to 20 weeks.
- Diagnostic tests show if a baby has a certain birth defect. A chorionic villus sampling (CVS) is most often done around 10 to 12 weeks. An amniocentesis is most often done around 15 to 20 weeks. Both of these are types of diagnostic tests.

The decision to have a test for birth defects is personal. You'll want to think about your age and your chance of passing on a family disease. And think about your need to know about any problems and what you might do after you have the test results. Your spiritual beliefs and other values also may play a role in what you decide.



**Week 16:** Your baby looks more "human" and is about 4.7 inches long.

### Body Changes

Your body will go through a lot as you create a new person. Physical changes and symptoms during pregnancy are normal. They can be mild to severe.

The body changes listed here are common. You may have others, such as breast changes or constipation. Talk to your doctor or midwife to learn how to deal with other body changes.



Fetal ultrasound is done to learn about the health of the fetus.

### Manage fatigue

Most women struggle with fatigue during pregnancy. It's most common to feel worn out during the first and third trimesters. To manage fatigue:

- Try to take a lot of rest breaks during the day.
- Scale back on activities and chores.
- Get regular exercise. Take walks. Or keep your blood moving with your favorite workout. If you don't have your usual energy, don't push it.
- Eat a balanced diet, and drink plenty of water.

### "Did You Know?"

After 18 to 20 weeks, you'll feel your baby move and kick more at certain times of the day. In the last trimester, your doctor or midwife may ask you to count the baby's movements. Feeling 10 kicks, flutters, or rolls in 1 hour or less is normal.

### Reduce morning sickness

Many women have nausea and vomiting during the first few months they are pregnant. This is called morning sickness, though it can occur at any time of day. It is normal but unpleasant. To avoid or at least reduce morning sickness:

- Eat 5 or 6 small meals a day so your stomach is never empty. Eat protein with each meal and snack.
- Eat crackers or dry toast before you get out of bed in the morning.
- Sip a sports drink or water when you have trouble with solid food.
- Get more vitamin B6 and B12. To do this, eat more whole grains and cereals, wheat germ, nuts, seeds, and beans. But talk with your doctor or midwife before you take any vitamin supplements.
- Try ginger tea or ginger candy.
- Try wearing acupressure wristbands (such as Sea-Band).
- Avoid foods or smells that make you sick.
- Get plenty of rest.



### Go to Web

To learn more about testing for birth defects, go to [www.healthwise.net/patiented](http://www.healthwise.net/patiented) and enter J955 into the search box.



Call your doctor or midwife if you can't keep down food or liquids, if you are vomiting more than 3 times a day, or if you are losing weight.



**Week 20:** Your baby has grown quickly these last few weeks. You may start to feel your baby move.

## Relieve heartburn and GERD

Many pregnant women have symptoms of gastroesophageal reflux disease (GERD), such as heartburn, at some point while they are pregnant. These symptoms may get worse as the pregnancy goes on.

Here are some things to try to help relieve your symptoms:

- Change your eating habits. Eat several small meals instead of 2 or 3 large meals.
- Wait 2 to 3 hours before you lie down. Avoid any foods that make your symptoms worse. These might include chocolate, mint, and spicy or acidic foods.
- If you have symptoms at night, raise the head of your bed 6 to 8 inches. Do this by putting the frame on blocks or placing a foam wedge under the head of your mattress. (Adding extra pillows does not work.)
- Use nonprescription antacids, such as Maalox or Rolaids, to relieve heartburn. Do not take antacids that contain sodium bicarbonate. Antacids that contain calcium carbonate (such as Tums) are okay to take.

If these tips do not relieve your symptoms, talk to your doctor or midwife.

## Go to Web

To learn more about how to deal with morning sickness, go to [www.healthwise.net/patiented](http://www.healthwise.net/patiented) and enter S304 into the search box.



## Protect your back

Many women have back pain at some point during pregnancy. To protect your back:

- Try to sit or stand with your ears, shoulders, and hips in a fairly straight line.
- When you stand, rest one foot on a small box, brick, or stool. Try not to stand for too long.
- Sit with a back support or pillow against your lower back. If you must sit for a long time, take a break every hour to stand up.
- Avoid heavy lifting. Lift only by raising from a squat. Keep your waist and back straight.
- Don't stretch to reach something.
- Sleep on a firm mattress. Lie on your side, with a pillow between your knees.
- Stay active. And do some simple back exercises.

You can help reduce back pain by wearing sturdy, low-heeled shoes. Avoid shoes that have high heels or are very flat. A pregnancy support belt that rests under your belly can also help take the strain off of your back.

Soak in a warm tub. Or you can try putting heat or cold on your tired or achy back. Massage can help relieve tense, strained muscles.

## Health and Nutrition

Everything healthy that you do for your body helps your growing baby.

### Get good nutrition

- Eat a balanced diet that has plenty of calcium- and iron-rich foods.
  - Foods high in calcium include milk, cheese, yogurt, almonds, and broccoli.
  - Iron-rich foods include beef, shellfish, chicken and turkey, eggs, beans, raisins, whole-grain bread, and leafy green vegetables.
- If you need help paying for food, call your local WIC (Women, Infants, and Children) agency to find out if they can help. WIC gives vouchers for healthy food and teaches about healthy eating. They also offer breastfeeding support to pregnant women and to women with new babies and children younger than 5.



## Go to Web

To learn more about nutrition and weight gain during pregnancy, go to [www.healthwise.net/patiented](http://www.healthwise.net/patiented) and enter U883 into the search box.

## Simple Back Exercises

### Backward Stretch

1. Kneel on your hands and knees. Your knees should be 8 to 10 inches apart. Your hands should be right under your shoulders, with your arms and back straight.

2. Keeping your arms straight, slowly lower your buttocks toward your heels. Tuck your head toward your knees. Hold for a count of 5.



3. Slowly return to the kneeling position.
4. Do this exercise 5 times.

### Pelvic Rocking

1. Kneel on your hands and knees. Place your hands right under your shoulders, with your knees under your hips.
2. Take a deep breath in.
3. While you slowly breathe out, pull in your belly. Tighten your buttocks and pelvic floor muscles. This should curve your spine into a "C."
4. Relax, and keep your back straight. (Don't let it curve toward the floor.)
5. Do this exercise 8 times or to your comfort level.



## What to Avoid During Pregnancy

<b>Medicines</b>	<ul style="list-style-type: none"> <li>Do not take any prescription or over-the-counter medicines, herbal supplements, or vitamins (other than your prenatal vitamins) without talking to your doctor, midwife, or pharmacist first.</li> </ul>
<b>Alcohol and drugs</b>	<ul style="list-style-type: none"> <li>Do not drink alcohol or use any illegal drug or any drug not prescribed for you, such as pain or sleep medicine, marijuana, meth, cocaine, or heroin. Even a little alcohol or drug use can hurt your baby.</li> <li>Tell your doctor or midwife if you need help quitting.</li> </ul>
<b>Tobacco smoke</b>	<ul style="list-style-type: none"> <li>Do not smoke. And don't let others smoke near you.</li> <li>If you need help quitting, talk to your doctor or midwife about stop-smoking programs and medicines. These can increase your chances of quitting for good.</li> </ul>
<b>Food poisoning and toxoplasmosis</b>	<ul style="list-style-type: none"> <li>Avoid sources of food poisoning. For example: <ul style="list-style-type: none"> <li>Do not drink raw (unpasteurized) milk. Don't eat foods that contain raw milk, such as Brie or queso fresco.</li> <li>Wash your hands after you handle raw meat.</li> <li>Fully cook all meat before you eat it.</li> </ul> </li> <li>Avoid sources of toxoplasmosis. For example: <ul style="list-style-type: none"> <li>Do not touch cat feces or litter boxes.</li> <li>Wear gloves when you work in the yard or garden. Wash your hands well when you are done.</li> </ul> </li> </ul>
<b>Mercury in fish</b>	<ul style="list-style-type: none"> <li>Do not eat shark, swordfish, king mackerel, or tilefish.</li> <li>Do not eat more than 6 oz a week of albacore tuna.</li> <li>Do not eat more than 12 oz a week of fish and shellfish that are lower in mercury. These include shrimp, canned light tuna, salmon, pollock, and catfish.</li> </ul>
<b>Chemicals</b>	<ul style="list-style-type: none"> <li>Avoid all chemical vapors, paint fumes, and poisons.</li> </ul>
<b>Caffeine</b>	<ul style="list-style-type: none"> <li>If you drink coffee, tea, or soda with caffeine, cut back to about 1 cup a day.</li> </ul>
<b>Too much heat</b>	<ul style="list-style-type: none"> <li>Talk to your doctor or midwife before you use saunas or hot tubs.</li> <li>Do not stay out in the sun in hot weather for a long time.</li> </ul>

- Get enough folic acid. Folic acid helps prevent certain birth defects. Take a supplement that has at least 0.4 mg (400 mcg) of folic acid. Other good sources are fortified cereal and whole wheat bread.



**Week 24:** Your baby is now about 8.3 inches long. He or she is building body fat and putting on weight.

### Stay active

- Talk with your doctor or midwife about the right kind of exercise for each stage of pregnancy.
- Listen to your body to know if your exercise is at a safe level.
- If you exercised before you were pregnant, you should be able to keep up your routine early in your pregnancy. That might include running and aerobics. Later, you may want to switch to swimming or walking.
- Eat a small snack or drink juice 15 to 30 minutes before you exercise.
- Drink plenty of fluids before, during, and after exercise.
- Avoid contact sports, such as soccer and basketball. Also avoid scuba diving, being active in high altitude (above 6,000 feet), and riding a horse.
- Do not get too tired while you exercise. You should be able to talk while you work out.

### Worry less

- You may worry that you can't do certain things during pregnancy. The following things are usually okay when you're pregnant. If you're not sure, talk to your doctor or midwife.
- Sex is safe during pregnancy unless your doctor or midwife tells you otherwise.
  - Working or going to school, if it isn't too physically demanding, is usually fine during

- pregnancy. Scale back if you're getting too worn down as your pregnancy goes on.
- Travel is usually a safe choice until later pregnancy. During your third trimester, it's best to stay within a few hours of a hospital. That's in case you have sudden changes that need medical attention.
- Wearing a seat belt is safe. It protects you and your baby during pregnancy.
- Massage is safe when it is done by a massage therapist who is trained in prenatal massage.



**Week 32:** Your baby keeps putting on weight.

### Emotions and Relationships

- How pregnancy affects the emotions is different for every woman. It's common to have mixed emotions and to feel uncertain. It can happen even if your pregnancy was planned.
- Emotional changes occur throughout pregnancy. They can be caused by having more hormones and by being so tired during early pregnancy. Many women worry that their baby will have a problem. Or they may feel anxious about childbirth. Talk to your partner, family, friends, doctor, or midwife about your feelings. Be honest about your feelings. It may help you feel less overwhelmed.
  - Changes in your relationship with your partner are likely as your focus shifts to your own and your baby's well-being.
  - Your relationships with family and friends may change as you get used to having a new baby. Ask for help when you need it. Your family and friends likely want to know what they can do to help.
  - Handling pregnancy and parenting can be a challenge. Rest when you can. Prepare your other child or children ahead of time. This will help your family adjust to the demands of a newborn.

### Go to Web

To learn more about staying active, go to [www.healthwise.net/patiented](http://www.healthwise.net/patiented) and enter N613 into the search box.



To learn more about managing stress, go to [www.healthwise.net/patiented](http://www.healthwise.net/patiented) and enter C327 into the search box.



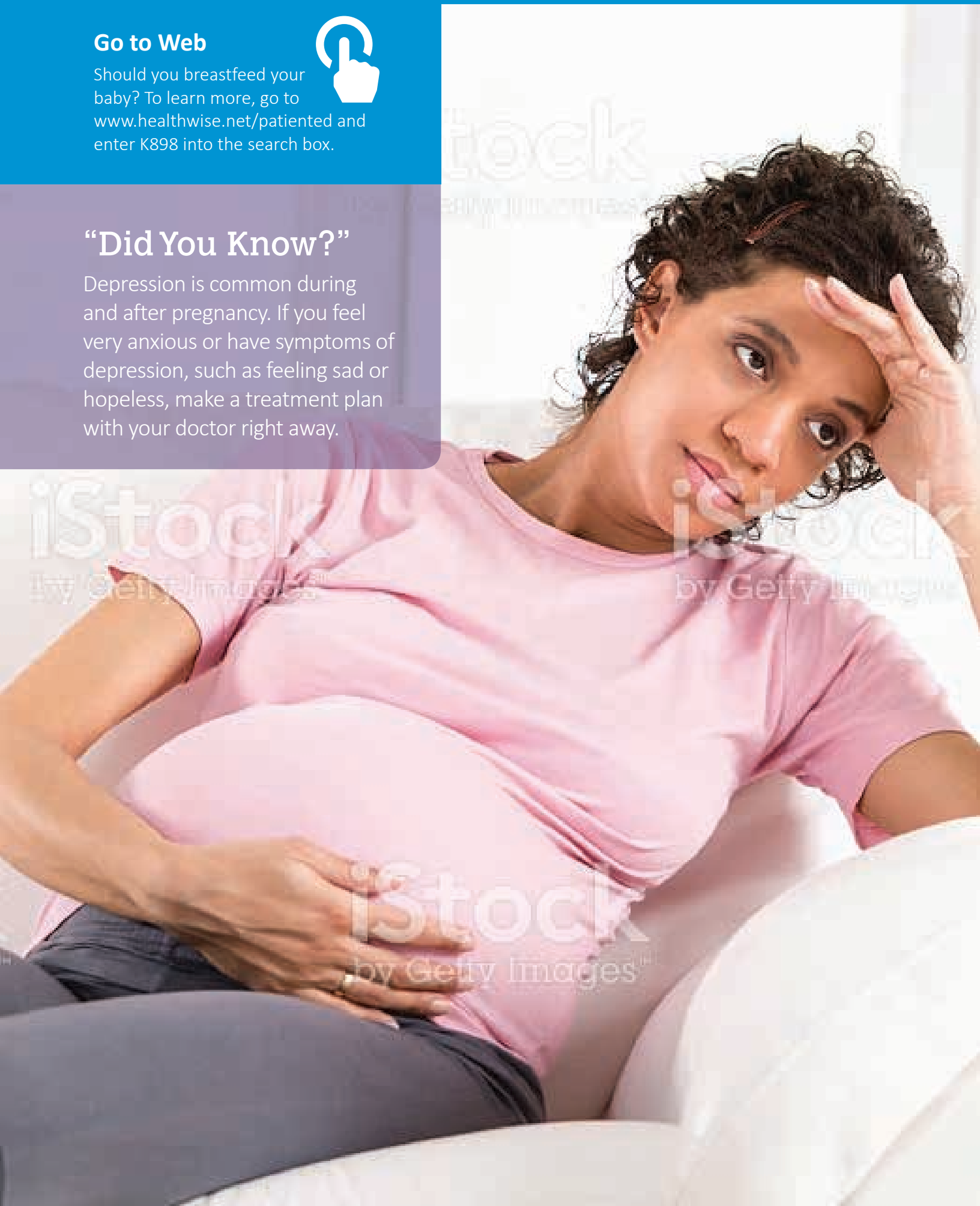
## Go to Web

Should you breastfeed your baby? To learn more, go to [www.healthwise.net/patiented](http://www.healthwise.net/patiented) and enter K898 into the search box.



## “Did You Know?”

Depression is common during and after pregnancy. If you feel very anxious or have symptoms of depression, such as feeling sad or hopeless, make a treatment plan with your doctor right away.



## Planning for Labor and Delivery

Toward the end of your pregnancy, you'll want to start making plans for labor and delivery.

- Talk with your doctor or midwife about what you would like to happen during your labor. Think about writing a birthing plan. You can write your plan in a childbirth education class or on your own. Look for samples of birthing plans on parenting websites.
- Be flexible. Your labor may be quite different from what you planned. If an emergency or an urgent problem happens, your plans may be changed for your or your baby's safety.
- Think about where you want to have your baby. Who will deliver your baby? Do you want support from a doula, a friend, or family members?
- This is also a good time to decide if you'll attend a childbirth education class. (Maybe you already decided.)
- Learn about labor and delivery ahead of time. Think about what you prefer for comfort measures, pain relief, medical procedures, and fetal monitoring. And think through how you want to handle your first hours with your newborn.



**Week 37:** Your baby is now full-term.

## When to Call a Doctor

It's common to have concerns about what might be a problem during pregnancy. Most pregnant women don't have any serious problems. But it's important to know when to call your doctor or midwife if you have certain symptoms or signs of labor.

These are general suggestions. Your doctor or midwife may give you more details about when to call.

## Call 911 if:

- You passed out (lost consciousness).
- You have severe vaginal bleeding.
- You have sudden, severe pain in your belly.
- You have a seizure.
- You see or feel the umbilical cord, and you are in your second or third trimester.
- You think you are about to deliver your baby and can't make it safely to the hospital.

## Call your doctor or midwife now or seek immediate medical care if:

- You have vaginal bleeding.
- You have belly pain.
- You have a fever.
- You are dizzy or lightheaded, or you feel like you may faint.
- You have symptoms of preeclampsia, such as:
  - Sudden swelling of your face, hands, or feet.
  - New vision problems (such as dimness or blurring).
  - A severe headache.
- You have a sudden release of fluid from your vagina. (You think your water broke.)
- You think that you may be in labor. This means that you've had at least 4 contractions within 20 minutes or at least 8 contractions in an hour.
- You notice that your baby has stopped moving or is moving much less than normal, and you are in your second or third trimester.
- You vomit a lot, or you are too sick to eat or drink.
- You have symptoms of a urinary tract infection. These may include:
  - Pain or burning when you urinate.
  - A frequent need to urinate without being able to pass much urine.
  - Pain in the flank, which is just below the rib cage and above the waist on either side of the back.
  - Blood in your urine.





Watch closely for changes in your health, and call your doctor or midwife if:

- You have vaginal discharge that smells bad.
- You have skin changes, such as:
  - A rash.
  - Itching.
  - Yellow color to your skin.
- You have other concerns about your pregnancy.

## If you have signs of labor at 37 weeks or more,

your doctor or midwife may tell you to call when your labor becomes more active.

Symptoms of active labor include:

- Contractions that are regular.
- Contractions that are less than 5 minutes apart.
- Contractions that are hard to talk through.

## Questions for Your Doctor or Midwife

You probably have a lot of questions for your doctor or midwife about your pregnancy. Some common questions are listed below. There's also space to write down your own questions. You can take this list with you to your prenatal visits.

### Symptoms and Body Changes

1. Is there a "right" amount of weight to gain while I'm pregnant?
2. I know pregnancy brings a lot of aches and pains. How can I tell what's normal and what's not?
3. My questions about symptoms and body changes:

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### Exams and tests

1. What tests will I need during my pregnancy?
2. How can I decide whether to have a test for birth defects?
3. My questions about exams and tests:

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### Healthy eating

1. How many calories should I be eating every day?
2. How can I make sure I get all the calcium, iron, and other nutrients I need?
3. My questions about healthy eating:

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### Activity

1. What type of exercise is safe for me to do?
2. I don't have a lot of time or I feel too tired to exercise. How much exercise do I need?
3. My questions about being active:

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### My Emotions

1. I thought I would be happy when I got pregnant, but I feel sad a lot of the time. Is there anything I can do about it?
2. How can I reduce the stress in my life?
3. My questions about my emotions:

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### Labor and Delivery

1. When should I start planning for labor and delivery?
2. How can I learn more about my options for labor and delivery?
3. My questions about labor and delivery:

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Other questions I have:

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## My Prenatal Visits

Use this space to keep track of the dates and times of your prenatal visits.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Appointment with: \_\_\_\_\_

Location: \_\_\_\_\_

Notes: \_\_\_\_\_  
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## Before Your Baby Comes Home: A Checklist to Help You Get Ready



**Congratulations! You are heading into an exciting adventure. You can make being a new parent a little less hectic by planning ahead.**

### Plan for child care

- Find a pediatrician or family doctor. Your hospital can help you. You can also ask other parents you know. Or you can look for local doctors on the American Academy of Pediatrics website at [www.healthychildren.org](http://www.healthychildren.org).
- Find a day care center or other child care service, if needed. Before you enroll your child in a day care center, check out the building. Talk with the care providers. Ask questions, such as: Are they certified? What are their safety guidelines? How do they prepare food? What activities do they have? Are there any hazards?

### Buy baby furniture and a car seat

Make sure all the baby gear you buy meets safety standards set by the U.S. Consumer Product Safety Commission. To learn more, go to the CPSC's website at [www.cpsc.gov](http://www.cpsc.gov).

Most new items will likely meet these standards. But older and used items may not. Equipment that has been used before may not be safe.

- Car seat
- Crib or bassinet
- Stroller
- Other: \_\_\_\_\_  
\_\_\_\_\_

### Stock up on baby-care items

- Tight-fitting sheets and mattress pad for crib or bassinet.
- Diapers (disposable or cloth).
- Baby wipes.
- Baby clothes. For newborns, try sleep sacks or sleeping gowns. Buy T-shirts that snap at the crotch ("onesies"). Get receiving blankets (small blankets to wrap the baby in) and burp cloths. Buy socks or booties and cotton caps.
- Baby care items: Get diaper rash cream and baby nail clippers. Get a nasal aspirator. (It's a tool to help clear a stuffy nose.) It's a good idea to have a digital rectal thermometer and baby acetaminophen. Buy baby towels/cloths, a pacifier, and baby wash. (You can also use baby wash as shampoo.)
- If you plan to breastfeed: Get nursing bras, nipple cream, breast pads, and a nursing pillow. You can buy or rent a breast pump. (Check with your insurance company to see if they will cover the cost.) You'll need plastic bags to freeze or store breast milk, and bottles with nipples to store breast milk.
- If you plan to bottle-feed: Buy cans of formula, bottles, nipples, and a bottle brush.
- Other: \_\_\_\_\_  
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Other things to do before baby comes home:

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