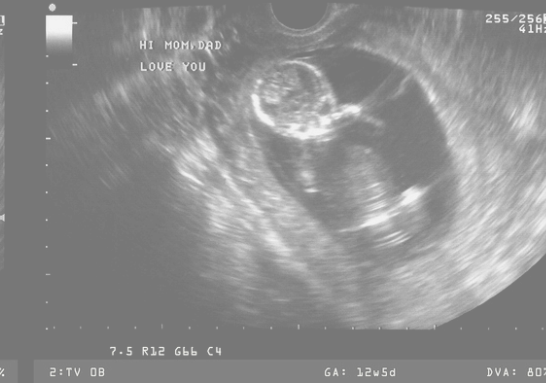


Dr. Mohammed Agha
Consultant, Obstetrics & Gynecology



Your Pregnancy RESOURCE

FROM BUMP TO BABY: KEY INFORMATION FOR A
HEALTHY PREGNANCY

HI THERE!

Congratulations on your pregnancy! Here is a helpful resource containing general guidelines tailored to your needs. It is advisable to seek personalized medical advice from your healthcare provider to address your specific requirements.

Outlined are the expectations for each week of pregnancy for new mothers. Prior to making any significant alterations to your diet or exercise regimen during pregnancy, consulting your healthcare provider is crucial. Given the unique nature of each pregnancy, your healthcare provider can offer personalized advice tailored to your individual needs.

It is important to note that the questions provided are common inquiries, and any specific concerns or health issues should be discussed with your healthcare provider. Should you have any additional questions or concerns, please feel free to inquire.

Dr. Mohammed Agha
Consultant, Obstetrics & Gynecology



”

PREGNANCY IS A UNIQUE JOURNEY THAT REQUIRES ATTENTIVENESS, SELF-CARE, AND REGULAR MEDICAL SUPPORT TO ENSURE BOTH MOTHER AND BABY ARE HEALTHY AND THRIVING."

Trimester One

WEEKS 1-12

Nutrition:

Focus on eating a well-balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Make sure to consume plenty of folate, iron, and calcium.

Exercise:

Gentle exercises like walking, swimming, and prenatal yoga are generally safe during the first trimester. Be sure to consult with your healthcare provider before starting any exercise routine.

Weeks 1-4 (Month 1):

- The first day of your last menstrual period is considered the start of your pregnancy.
- The fertilized egg implants itself in the uterus.
- Your baby's development begins.

Weeks 5-8 (Month 2):

- The baby's major organs and body systems start to form.
- Your baby is now called an embryo.
- Heartbeat may be detected during week 6-7.

Weeks 9-12 (Month 3):

- The embryo becomes a fetus.
- Fingers, toes, and facial features start to develop.
- The risk of miscarriage decreases after week 12.

Questions to Ask your Provider:

1. **What prenatal vitamins do you recommend, and should I be taking any additional supplements?** Prenatal Vitamins: I recommend taking prenatal vitamins that contain folic acid, iron, calcium, and other essential nutrients. You may also require additional supplements such as vitamin D, especially if you have a deficiency. It's important to consult with your healthcare provider for personalized recommendations.
2. **Are there any foods or activities I should avoid during pregnancy?** During pregnancy, it's generally recommended to avoid raw or undercooked meat, unpasteurized dairy products, certain types of fish high in mercury, alcohol, and excessive caffeine. Activities such as contact sports, hot tubs, and saunas should also be avoided to reduce the risk of harm to the baby.
3. **When should I come in for my first prenatal visit and what should I expect during that appointment?** You should schedule your first prenatal visit as soon as you suspect you are pregnant or within the first 8-10 weeks of pregnancy. During this appointment, your healthcare provider will likely perform a physical exam, confirm your pregnancy, take blood and urine samples, and discuss your medical history.
4. **What early pregnancy symptoms are normal, and when should I call you if I have any concerns?** Normal early pregnancy symptoms may include fatigue, nausea, breast tenderness, and frequent urination. However, if you experience severe symptoms such as heavy bleeding, severe abdominal pain, or persistent vomiting, it's important to contact your healthcare provider immediately.
5. **Are there any genetic screenings or tests you recommend based on my medical history or family background?** Based on your medical history and family background, your healthcare provider may recommend genetic screenings or tests to assess the risk of genetic disorders such as Down syndrome or cystic fibrosis. These tests are optional and can help you make informed decisions about your pregnancy and the baby's health.

Trimester Two

WEEKS 13-26

Nutrition:

Continue eating a nutritious diet and pay attention to your increased calorie needs. Stay hydrated and aim for smaller, more frequent meals to ease any digestion issues.

Exercise:

Consider incorporating moderate-intensity exercises such as prenatal water aerobics, stationary biking, or low-impact aerobics. Listen to your body and avoid activities that are too strenuous.

Weeks 13-16 (Month 4):

- The first trimester ends, and the second trimester begins.
- Baby's sex might be determined through ultrasound.
- You might start feeling the baby's movements (quickening).

Weeks 17-20 (Month 5):

- Baby's bones are becoming harder.
- The baby's eyebrows and eyelashes start to grow.
- Anatomy scan is usually done around week 20.

Weeks 21-24 (Month 6):

- Baby's sense of touch improves.
- Eyebrows and eyelids are fully developed.
- Viability outside the womb improves, but it's still considered a preemie.

Questions to Ask your Provider:

1. How is the baby's growth and development progressing? The baby's growth and development during the second trimester is significant. By this time, the baby's organs are continuing to develop, and they begin to practice breathing by inhaling and exhaling amniotic fluid.
2. What are some common discomforts or symptoms I might experience during this trimester? Some common discomforts or symptoms you might experience during the second trimester include back pain, round ligament pain, indigestion, heartburn, and increased appetite. You may also experience symptoms like leg cramps, varicose veins, and skin changes.
3. When should I start thinking about registering for childbirth classes or creating a birth plan? It's a good idea to start thinking about registering for childbirth classes and creating a birth plan during the second trimester. Childbirth classes can help you prepare for labor, delivery, and postpartum care. Creating a birth plan allows you to outline your preferences for labor and delivery, such as pain management options and who you want present during the birth.
4. Are there any specific exercises or activities that are safe for me to do during this stage of pregnancy? Safe exercises and activities for the second trimester include walking, swimming, prenatal yoga, and modified strength training. It's essential to consult with your healthcare provider before starting any new exercise routine to ensure it's safe for you and your baby.
5. What are the signs of preterm labor, and when should I contact you if I experience them? Signs of preterm labor include regular contractions, abdominal cramping, pelvic pressure, lower backache, vaginal spotting or bleeding, and an increase in vaginal discharge. If you experience any signs of preterm labor, it's crucial to contact your healthcare provider immediately for further evaluation and guidance.

Trimester Three

WEEKS 27-40

Nutrition:

As your baby grows, you may need to increase your calorie intake even more. Focus on nutrient-dense foods to support you and your baby's needs.

Exercise:

Low-impact exercises like walking, prenatal Pilates, and gentle stretching can help maintain your strength and flexibility. Avoid activities that involve lying on your back or any high-impact movements.

Weeks 25-28 (Month 7):

- Baby's brain is rapidly developing.
- Eyes open and close.
- Around week 28, you might start experiencing Braxton Hicks contractions.

Weeks 29-32 (Month 8):

- Baby is gaining weight rapidly.
- The baby's bones are fully developed, but still soft.
- You might start visiting your healthcare provider more frequently.

Weeks 33-36 (Month 9):

- Baby's lungs are maturing.
- Fetal movements may change due to limited space.
- You might start preparing for labor and delivery.

Questions to Ask your Provider:

1. How often should I expect to have prenatal visits now, and what will be checked at each visit? Typically, during the third trimester, prenatal visits are recommended every 2-4 weeks up to 36 weeks, then weekly until delivery. During these visits, your healthcare provider will check your weight, blood pressure, baby's growth and position, listen to the baby's heartbeat, and perform any necessary tests such as checking for gestational diabetes or Group B strep.
2. What should I expect during labor and delivery, and are there any pain management options you recommend? Labor and delivery can vary for each person, but some common experiences include contractions, breaking of the water, and the baby moving down the birth canal. Pain management options can include breathing techniques, relaxation exercises, epidurals, and other medications. It's important to discuss your preferences and any concerns with your healthcare provider.
3. What are the signs that labor is starting, and when should I go to the hospital or birthing center? Signs that labor may be starting include regular contractions, water breaking, bloody show, and a feeling of pressure in the pelvis. If you experience any of these signs, or if you have concerns, contact your healthcare provider for guidance on when to go to the hospital or birthing center.
4. How can I prepare for breastfeeding and what support is available if I encounter difficulties? To prepare for breastfeeding, consider taking a breastfeeding class, meeting with a lactation consultant, and gathering necessary supplies such as nursing bras and breast pumps. If you encounter difficulties, support is available through lactation consultants, La Leche League, and other breastfeeding resources in your community.
5. Are there any postpartum symptoms or warning signs I should be aware of after delivery? Postpartum symptoms to watch for include excessive bleeding, severe abdominal pain, fever, signs of infection, and feelings of extreme sadness or anxiety. It's important to seek medical attention if you experience any concerning symptoms, as postpartum issues can arise and early intervention is key. Remember that your healthcare provider is there to support you during this time.

Dr. Mohammed Agha
Consultant, Obstetrics & Gynecology
