

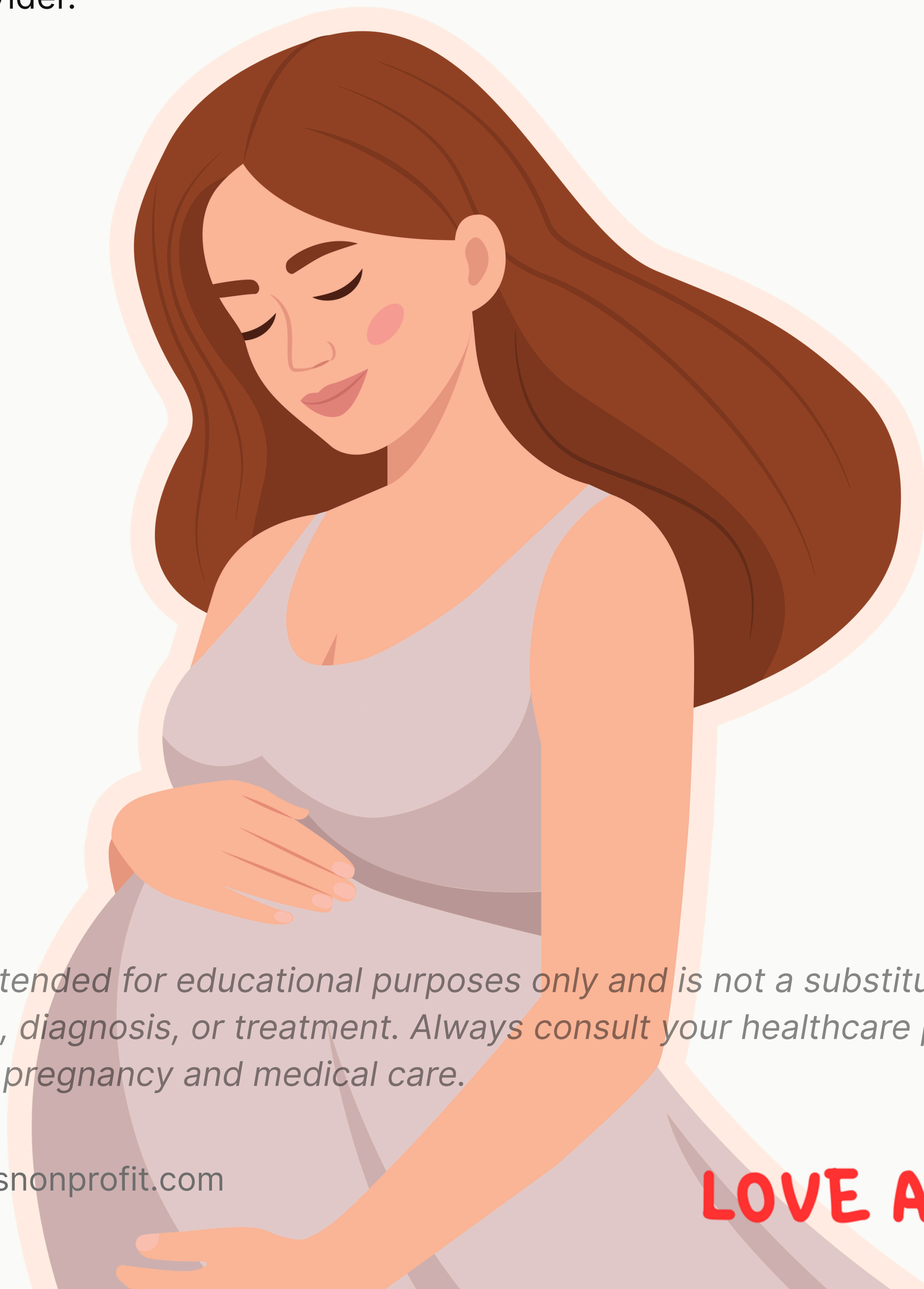
Pregnancy Care Guide

Key Health Information for a Safe and Healthy Pregnancy

Congratulations on your pregnancy!

Prenatal care is one of the most important ways to protect your health and support your baby's development. Regular checkups allow your healthcare provider to monitor your pregnancy, answer your questions, and identify potential concerns early.

This checklist is designed to help you stay organized throughout each trimester. Every pregnancy is unique, so always follow the recommendations of your healthcare provider.



This guide is intended for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. Always consult your healthcare provider regarding your pregnancy and medical care.

First Trimester

Weeks 1-13

Schedule Your First Prenatal Visit

- ☐ Choose your OB-GYN, family physician, or certified nurse-midwife.
- ☐ Confirm your pregnancy.
- ☐ Review your medical history and current medications.
- ☐ Discuss any previous pregnancies or medical conditions.

Complete Recommended Screenings

- ☐ Blood type and Rh factor
- ☐ Complete blood count (CBC)
- ☐ Urine test
- ☐ Blood pressure check
- ☐ Screening for sexually transmitted infections (STIs)
- ☐ Screening for immunity to rubella and other infections
- ☐ Discuss optional genetic screening based on your personal and family history.

Build Healthy Habits

- ☐ Take a prenatal vitamin every day.
- ☐ Drink plenty of water.
- ☐ Eat a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.
- ☐ Avoid smoking, alcohol, and recreational drugs.
- ☐ Ask your provider before taking any medications or supplements.
- ☐ Stay physically active if approved by your healthcare provider.

Second Trimester

Weeks 14-27

Continue Routine Prenatal Visits

- ☐ Attend all scheduled appointments.
- ☐ Monitor your blood pressure and weight.
- ☐ Discuss any new symptoms or concerns.

Important Milestones

- ☐ Anatomy ultrasound (usually between 18–22 weeks)
- ☐ Feel your baby's first movements
- ☐ Discuss recommended vaccinations during pregnancy.
- ☐ Complete gestational diabetes screening (typically between 24–28 weeks).

Healthy Lifestyle

- ☐ Continue taking prenatal vitamins.
- ☐ Sleep on your side when comfortable, especially later in pregnancy.
- ☐ Stay hydrated.
- ☐ Practice light to moderate exercise as recommended.
- ☐ Begin thinking about childbirth classes.

Third Trimester

Weeks 28-Birth

Prepare for Delivery

- ☐ Pack your hospital bag.
- ☐ Install your baby's car seat.
- ☐ Choose your baby's pediatrician.
- ☐ Review your birth preferences with your healthcare provider.
- ☐ Learn the signs of labor.

Final Prenatal Care

- ☐ Attend all scheduled prenatal appointments.
- ☐ Monitor your baby's movements.
- ☐ Discuss Group B Streptococcus (GBS) screening (typically 36–37 weeks).
- ☐ Review your postpartum recovery plan.
- ☐ Arrange support for your first weeks at home.

Call Your Healthcare Provider Immediately If You Experience:

- **Heavy vaginal bleeding**
- **Fluid leaking from the vagina**
- **Severe abdominal pain**
- **Persistent severe headache**
- **Changes in vision**
- **Swelling of the face or hands**
- **Fever (100.4°F / 38°C or higher)**
- **Trouble breathing**
- **Chest pain**
- **Your baby's movements decrease noticeably after they have become regular**