

MEDICAL CARE DURING PREGNANCY



Medical Care

First Visit to Doctor:

- _____ (period must be two weeks "late"), _____ sample
- Comprehensive _____ history
- Complete physical _____
- _____ & _____ tests
- Determine if "high risk"
 - _____ or _____, previous problem pregnancies, _____, high _____, _____, over age _____ or under age 16, _____ birth, a previous C-section delivery, _____, _____, _____, emotional stress, _____ in life, _____ health issues.

During Month 1-6

- Visit every _____ to _____ weeks

During Month 7-8

- Visit every _____ to _____ weeks

During Month 9

- Visit every _____ to _____ weeks





Nutrition

- Variety of foods from food groups
- Healthy weight gain is _____ to _____ pounds
- _____ supplements – Folic Acid, Iron, Vitamin A, Calcium



Exercise

Stay active (maintain level of exercise that you had prior to pregnancy but avoid contact sports!)

- Ligaments _____, balance is off – more likely to get _____
- Do not get _____
- Use common sense

Other Concerns

- Try to _____ stress
- Limit _____ (in final trimester – no flying!)
- Work – Is the job hard on your body? How long will you be able to work for?