



## **Perinatal Wellness Guidelines**

# Routine Recommendations for a Healthy Pregnancy

## Before Pregnancy

Making healthy choices is good for women who may get pregnant and their babies. Keep an ideal weight and a healthy lifestyle. Visit your doctor for a health exam before getting pregnant.



## First Prenatal Visit

Your doctor will check your personal health and family record. This helps your doctor plan the best care for you and your new baby. The first visit is often the longest, so be ready. You may be asked about:

- The date of your last menstrual period to help predict when your baby will be born
- Health problems like diabetes, high blood pressure or sexually transmitted diseases
- Past pregnancies and any problems
- Prior hospital admissions
- Current medicines and shot history
- Allergies to medicines, foods, etc.
- Whether you drink alcohol, use tobacco, or use recreational drugs
- Your diet and eating habits and how much you workout
- Stress in your life
- How safe you feel in your current living arrangements
- Health record of the baby's father
- Family history



Your doctor will also give you a checkup, do some tests and offer help. The doctor may:

- Check your height, weight and blood pressure
- Do a physical exam, along with a pelvic exam
- Take a urine sample for analysis
- Take blood to test for low iron and certain infections
- Give pre-birth vitamins
- Give suggested shots, along with but not limited to Tdap and flu
- Give education about what to expect during your pregnancy





## Later Pre-Birth Visits

Follow-up visits often take less time. Your doctor may also:

- Check your hands, feet and face for swelling
- Listen to the baby's heartbeat (starting as early as week nine)
- Do an ultrasound (often at weeks 18 to 20)
- Do testing to check for diabetes (often at weeks 24-28)
- Measure the size of your womb
- Ask about the baby's movement

Often, you will see your doctor every four weeks for the first 28 weeks of pregnancy, then every two weeks until 36 weeks of pregnancy and then weekly until your baby is born. Talk with your doctor and bring a list of questions to each visit.

## After Giving Birth

You should have contact with your doctor within 3 weeks of delivery and then have a more thorough exam no later than 12 weeks after birth. Your doctor:

- Will do an exam
- May do follow-up testing, if needed
- May give shots, as needed
- May ask about nursing or breast feeding
- May ask about sleep and your recovery from birth
- May ask about contraception and plans for future pregnancies

The doctor may also ask if you are feeling low, have lost interest in usual activities, have a problem caring for your baby and/or have a problem focusing or making decisions.







Based on your health and the health of your unborn baby, your doctor may wish to see you more often and do more testing. The recommendations are based on information from The American College of Obstetricians and Gynecologists. The recommendations are not meant as medical advice. Talk to a doctor or other health care professional. Please check with your doctor for advice on the recommendations given to you.

*Sources: Guidelines for Perinatal Care, Seventh Edition, American Academy of Pediatrics and The American College of Obstetricians and Gynecologists*

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-860-2837** (TTY/TDD: **711**).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-877-860-2837** (TTY/TDD: **711**).

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