CHOICES HARMFUL TO PREGNANCY

- Smoking
- Secondhand smoke
- Drinking any alcohol like beer, wine, wine coolers, mixed drinks, and hard liquor
- Street or illegal drugs like cocaine, marijuana, and methamphetamines
- Sitting in hot tubs
- Changing cat litter boxes

QUESTIONS	I HAVE FOR
MY HEALTH	CARE PROVIDER

FIRST PRENATAL APPOINTMENT



Early Pregnancy Information is part of the WAPC series Becoming a ParentTM. Other materials in the series, including an informational pamphlet, preconception checklist, and provider's guide, are accessible on the WAPC Web site, www.perinatalweb.org.

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EARLY PREGNANCY INFORMATION

TIPS FOR A HEALTHY PREGNANCY

This leaflet was designed specifically for pregnant women who have not had preconception care and who experience a delay in getting prenatal care. However, all pregnant women will find valuable information to use.

IN THIS LEAFLET YOU WILL LEARN ABOUT:

- Some normal changes that you may see in your body
- Warning signs
- A few things that might help you feel better
- Healthy choices you can make

If you have questions about any of this information, write them down and ask your health care provider. Or you can contact any of the following agencies in your community for more information: local public health nurse (call city hall or county courthouse), school nurse, local family planning agency, or hospital or clinic.

All of these agencies and phone numbers can be found in your local phone book. You can also contact the Wisconsin Maternal and Child Health Hotline at 1-800-722-2295 or www.mch-hotlines.org.

EARLY BODY CHANGES DURING PREGNANCY

You may:

- Feel that your breasts are tender and enlarged
- Feel sick to your stomach, vomit, or have "morning sickness"
- Feel lightheaded or faint
- Have headaches more often
- Feel tired
- Urinate more often

WARNING SIGNS IN EARLY PREGNANCY

Call your health care provider if you have any of the following signs or symptoms:

- Bleeding or spotting
- Cramping
- A headache that doesn't go away with rest
- Unable to keep down food or fluids for 12 hours
- Burning, itching, and/or smelly, green, or yellow discharge from the area of your vagina (bottom)



TO HELP WITH NAUSEA AND VOMITING

- Eat bland foods, such as:
 - plain potatoes
- rice
- crackers
- plain noodles
- cooked cereal
- Avoid spicy foods.
- Eat a small snack at bedtime or when you first wake up.
- Eat when hungry—don't wait to eat.
- Eat small, frequent meals and don't skip meals.
- Try eating small amounts of different kinds of foods to find what makes you feel better.
- Try drinking ginger ale, lemonade, or sports drinks.

MAKE HEALTHY CHOICES IN YOUR LIFESTYLE

This is an important time in your life. There are a lot of changes going on inside your body. You must make choices about things you would normally take for granted; for example, the food you eat or what medications or drugs you take. . . even for a cold or a headache.

This is a time of change. You may be happy or unhappy. You may feel uncertain and stressed. Ask your partner, a family member, or a close friend to help you or be there when you need to talk. Just knowing that there is someone who cares about you and understands can be a big help.

Remember that everything you eat, drink, or take into your body will reach your baby.

HEALTHY CHOICES FOR PREGNANCY

- Take a multivitamin with 400 mcg of folic acid every day.
- Eat a variety of healthy foods.
- Get some daily exercise such as walking or swimming.
- Get enough rest.
- Take deep breaths to relax or reduce stress.
- Limit caffeine. Caffeine is in foods like coffee, chocolate, tea, and soft drinks.
- Talk with your health care provider about any prescription, herbal, or over-the-counter drugs you are taking.
