

# What to know during your pregnancy

## First Trimester 1-13 Weeks of Pregnancy

### Signs that you are pregnant!



Mild cramping and spotting



Tingling or aching breasts



Missed period



Heartburn



Breast and nipple changes



Fatigue



Temperature changes



Frequent urination



Acne



Faster heartbeat



Bloating



Mood swings



Nausea



Motion sickness



Weight gain

### When to call your doctor

- Headache that won't go away or gets worse over time
- Dizziness or fainting
- Changes in your vision
- Fever of 100.4 degrees Fahrenheit or higher
- Extreme swelling of the hands or face
- Thoughts of harming yourself or your baby
- Trouble breathing
- Chest pain or fast beating heart
- Severe nausea and throwing up
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing during pregnancy
- Severe swelling, redness or pain of your leg or arm
- Vaginal bleeding or fluid leaking during pregnancy
- Heavy vaginal bleeding or discharge after pregnancy
- Overwhelming tiredness



## At 8 weeks!

It's important to schedule your first prenatal (pregnancy) appointment as soon as you think you may be pregnant, even if you have only confirmed it with a home pregnancy test.

### Timing for your first appointment

- Ideally, after the first 8 weeks of pregnancy.

### What to expect at your appointment:

- You will discuss your current and past health history.
- The doctor will check your height and weight and ask about your general health, including any medicines you take.
- Before starting or stopping any medicines talk to your doctor.
  - **Prescription medicines:** Medicines you can only buy with a doctor's note.
  - **Over-the-counter medicines:** Medicines you can buy without a doctor's note.
  - **Herbal medicines:** Plant or plant-based used to treat illness or relieve pain.
  - **Nutritional supplements:** Products taken to add nutrients that are not obtained from food.
- Your doctor will confirm your pregnancy.
- You will find out the due date.
- You may be able to hear the baby's heartbeat.
- You will learn about different lab tests you will need, including urine and blood tests.



### Nutrition during pregnancy

Eating healthy during pregnancy is important because it helps your baby grow strong and healthy. Healthy foods give you and your baby the vitamins, minerals, and other nutrients you both need. These nutrients help your baby's body and brain develop, keep you healthy, and can help avoid health problems during pregnancy. So, eating well isn't just about feeling good—it's about giving the baby the best start in life and ensuring that your body is healthy when you are pregnant.

Focus on "eating twice as healthy" instead of two times your normal diet. When you are pregnant, you will need many different vitamins and nutrients including folic acid, iron, calcium, vitamin D, choline, omega-3 fatty acids, vitamin B, vitamin C and more. Here are some examples:

Nutrient	Best Source
Calcium	Milk, cheese, yogurt, sardines, and dark green leafy vegetables
Iron	Lean red meat, poultry, fish, dried beans and peas, iron-fortified cereals, and prune juice
Potassium	Lentils, bananas, potatoes, oranges, spinach, and avocados
Iodine	Iodized table salt, dairy products, seafood, meat, some bread, and eggs
Choline	Milk, beef liver, eggs, peanuts, and soy products
Vitamin A	Carrots, green leafy vegetables, and sweet potatoes
Vitamin C	Citrus fruit, broccoli, tomatoes, and strawberries
Vitamin D	Sunlight, fortified milk, and fatty fish such as salmon and sardines
Vitamin B6	Beef, liver, pork, ham, whole-grain cereals, and bananas
Vitamin B12	Meat, fish, poultry, and milk (vegetarians should take a supplement)
Folic Acid	Fortified cereals, enriched bread and pasta, peanuts, dark green leafy vegetables, orange juice, and beans

Additional resources for nutrition during pregnancy can be found at [myplate.gov/life-stages/pregnancy-and-breastfeeding](https://myplate.gov/life-stages/pregnancy-and-breastfeeding).

## Safer food choices during pregnancy

- Cooked meat and eggs. Do not eat raw or undercooked poultry or meat.
- Washed vegetables and fruits.
- Pasteurized milk and dairy products made from pasteurized milk.
- Cooked fish that has low amounts of mercury.
- Nuts.
- Beans and lentils.

## Foods to avoid during pregnancy: These can make you and your baby very sick.

- Excessive amount of foods and drinks with caffeine, like soda, chocolate and energy drinks. It is okay to have a small amount, such as a 12-ounce cup a day, but too much can cause problems during pregnancy.
- Raw fish or fish that has high levels of a chemical element called mercury. Mercury is bad for our health when we eat too much of it. Blue fin and yellow fin tuna have high levels of mercury; however, canned tuna does not have high levels of mercury and is safe to eat during pregnancy.
- Undercooked or uncooked meat, seafood, eggs and milk.
- Deli meat.
- Raw sprouts.
- Alcohol: Even a small amount can be harmful to your baby and can affect their health for life.



Learn more by visiting [cdc.gov](https://cdc.gov) and searching for safer food choices for pregnant people.

# 11-13 weeks of pregnancy

## Prenatal screenings and genetic testing

Genetic testing helps parents learn about their baby's genes and to see if there may be any problems with your baby's health. Knowing your options and what they mean can help you make better decisions about your pregnancy and your baby.

### There are two types of tests:

- Screening test: This will give you information about your baby's health while you are pregnant.
  - A positive result means there is a higher chance of a genetic condition, but it does not confirm it.
  - A negative result means there is a lower chance, but it does not rule it out completely.
- Diagnostic test: This confirms if your baby has a specific genetic problem. It is usually done to confirm the results of a screening test.

### Remember, a prenatal screening is a choice! Before deciding on testing, ask yourself:

- Do I have any health issues that could increase the chances of genetic problems for my baby? For example, a known genetic disease in the family.
- How much do I want to know about my baby's health before they are born?
- How will I use the test results in my pregnancy care?

### Which test should I choose?

You can choose a diagnostic test, a screening test, or both. A screening test is less risky, but might not always give you all the information. Diagnostic tests can find many genetic problems but, they do not test for all genetic diseases. They may also come with some risks, like a small chance of miscarriage. **Make the choice that's right for you.** Ask your doctor about these risks. Talk to your doctor about the pros and cons of each test. Choose what feels right for you and your baby.

## Signs and symptoms of preterm labor - what to do?

Preterm labor happens early in the pregnancy, **before 20-37 weeks**, when it is not yet time for the baby to be born.

### Learn the signs of preterm labor

- Pain or tightening in the womb, thighs, and vagina, along with a lot of pressure in the pelvic area (between the stomach and thighs).
- More vaginal fluid and cramps like menstrual cramps lasting over an hour.
- Changes in the baby's movements, such as unusual fluttering, sudden but soft kicks, or a hardening of the womb.

### Talk to your doctor if:

- You notice any signs of preterm labor.
- You think you might have symptoms of preterm labor.
- You have had preterm labor in the past.
- You've had problems in past pregnancies.