

FIRST TRIMESTER

CONTINUES UNTIL THE END OF
////// WEEK 13



NAUSEA AND VOMITING ARE COMMON.

*(Refer to the handout
"Nausea and Vomiting").*

If nausea and vomiting still occur after attempting OTC treatment, a prescription may be offered.

Take a prenatal vitamin daily. The first trimester is the most critical time to take a prenatal vitamin.

If you cannot keep the prenatal vitamin down, refer to the handout "Nausea and Vomiting" for alternative solutions.

- Healthy pregnancy weight gain varies depending on your pre-pregnancy BMI.
- For BMI less than 18.5, weight gain should be 30-40 pounds.
- For BMI 18.5-24.9, weight gain should be 25-35 pounds.
- For BMI 25-29.9, weight gain should be 15-25 pounds.
- For BMI 30 and over, weight gain should be 11-20 pounds.
- A good rule of thumb is to consume 300 more calories per day during the pregnancy. Additional calories should come from nutritious foods, such as fruits, vegetables, whole grains, lean meats, and low-fat dairy.
- Consume one gallon of water daily.
- Alcohol should never be consumed during pregnancy.
- Abstain from tobacco and illicit drugs.
- Exercise is strongly advised, including most activities that you employed prior to the pregnancy.
- Moderate weight lifting is acceptable
- Walking and/or jogging is acceptable.
- If you were not in a habit of exercising before the pregnancy, go on a daily 30-45 minute walk.

Refer to the handout "Safe Over The Counter Meds" to address mild conditions and illnesses.

**PLEASE CALL
IF ANY OF THE
FOLLOWING
OCCUR DURING
YOUR
PREGNANCY**

- Unexplained vaginal bleeding
- Fever over 100.4 degrees
- Severe pain
- Severe headache not relieved by good hydration and Acetaminophen
- Visual disturbances, double vision, blurry vision
- Excess leakage of vaginal fluid
- Contractions that suggest labor (Refer to handout: "Recognizing Labor")
- Decreased movement of the baby (Refer to handout: "Recognizing Labor")