

**Congratulations on your pregnancy!**

Here are some basic “must knows” about your pregnancy. For any additional questions please ask your doctor or refer to your copy of What to Expect When You Are Expecting.

**THE FIRST VISITS**Your care with us will generally start around 6-8 weeks of pregnancy. At your initial visit we will simply establish your care here and possibly verify your pregnancy. You will also be set up with a physician of your choosing. This physician will follow you for the duration of your pregnancy and in most cases be the person who delivers you.

Your second visit is your OB intake exam. This includes an extensive review of your current and past health issues as well as a complete physical exam and pap smear if indicated. This visit generally takes about 45 minutes.

**ADDITIONAL VISITS**

* Every 4 weeks until the 28th week of pregnancy
* Every 2 weeks until 36 weeks
* Every week from 36 weeks until delivery

**ULTRASOUNDS**
An ultrasound is generally done at some time during your first trimester and again at about 20 weeks gestation. Your doctor will help you decide when and if you need these ultrasounds.

**WEIGHT GAIN**
Desirable weight gain over the course of a pregnancy is 25-35lbs for most moms. For twins it is 35-45lbs. Most moms should gain about ½ lb. each week during the first trimester and about 1 lb. each week during the second and third trimesters.

**EXERCISE**We recommend staying fit and active during pregnancy. Most moms should strive for approximately 30 minutes of moderate aerobic exercise at least 5 days per week. In general, you can use your previous level of fitness as a guide for your current level of activity during pregnancy. In other words, if you were doing it before, you can continue to do it. If you choose to start a new exercise program you should do it slowly and under the supervision of your physician. Walking, swimming and yoga are excellent choices that, in most cases, can be continued throughout your pregnancy. Recommendations can vary depending on your risk factors, so please discuss your specific situation with your doctor.

**HOT TUBS/HOT BATHS**Hot tubs should be no hotter than 101 degrees Fahrenheit. You should generally limit time at this temperature to just 5 minutes.

**CALL YOUR DOCTOR FOR ANY OF THE ABNORMAL SYMPTOMS NOTED BELOW:**

**Abnormal: Severe abdominal pain or cramping**

Normal: It is normal to have mild uterine cramping in the first trimester. This may feel as if you are about to start your period. You will also likely experience some discomfort in your right or left lower abdomen with coughing, moving or sneezing. This is known as round ligament pain or discomfort from enlarged ovaries.

**Abnormal: Severe nausea and vomiting – unable to hold down any solids or liquids for 24 hours.**

Normal: Nausea/queasiness with occasional vomiting.

 \*See separate instruction sheet for what to do about morning sickness.\*

**Abnormal: Bright red bleeding**

Normal: It is very common and normal to have light spotting (small amounts of blood on your underwear or toilet paper) in the first trimester. You may have small amounts of brown blood as well. This can be ignored unless it is heavy or painful.

**Abnormal: Temperature greater than 100.5 degrees Fahrenheit. Please contact us immediately if this occurs.**

Normal: You may have some warm or cool flushes due to hormone changes. You may find that your temperature runs up to 1 degree higher than usual.

**When in doubt, please call us with any questions or concerns at (509) 332-3548.**