

Your First Trimester (0-13 weeks)

The first three months of your pregnancy tend to be full of emotions. Not only is the news of a new addition to the family emotional on its own, at the same time your body is going through many changes. These changes may make you happy one second, exhausted the next and crying five minutes later. This is all normal. Below we share with you the most common changes your body will go through during the first 13 weeks (first trimester).

Nausea: You may feel like you want to throw up or feel sick to your stomach. Some women have nausea all day, while others may only have it when they first wake up. You may also notice smells more than before. To help with the sick feeling, eat some crackers before getting out of bed. Try eating every couple hours, to keep some food in your stomach and avoid greasy, fried or spicy foods. Drink lots of water.

Breast Changes: Before you even find out you are pregnant, you may notice your breast changing. They may feel heavy and tender and your nipples may get darker and bigger. Some women start leaking milk before baby is born. To help with any pain, wear a bigger, supportive bra.

Feeling tired: Your body is working extra hard during pregnancy so you may feel very tired like you want to sleep all day. Try to go to bed early and take naps whenever you can.

The need to go urinate (pee) more: Your uterus is growing and pressing on the bladder. This may cause you to go to the restroom more often. Remember to stay hydrated by drinking water and avoid caffeinated drinks like coffee, tea and soda.

Headaches: Some women notice more headaches during pregnancy. Drink 10 glasses of water each day and eat healthy foods every two to three hours. Also, rest when you can.

Mood changes: You may have feelings that change from happy and excited to worried and sad. This is all normal. Talk about your feelings with your family, friends and your provider. Always ask for help when necessary.

Bleeding gums: Pregnancy hormones can make your gums bleed more easily. Use a soft toothbrush and floss every day. It's especially important during pregnancy to visit the dentist for regular checkups and cleaning.

What to Expect at Your Visits

Whether you are a first-time mom, or having another baby, Mountain Park Health Center is here for you and your family to guide you through the process. Our Care Team will help keep you and your baby healthy. Below, you will find answers to some questions to prepare you for your visit with your provider.

Q. Why do I need prenatal visits?

A. Prenatal visits help you and your provider make sure baby is growing well. They also check for problems such as high blood pressure, diabetes and various infections or anemia. And most importantly, our Care Team answers questions or worries you may have.

Q. How often will I have prenatal visits?

A. You will see your Care Team once a month until you are seven months (28 weeks) pregnant. After, you will have a visit every two week until the last month where it will change to a weekly visit. Your provider may ask you to come more often for any problems you may have.

Q. What happens at my first prenatal visit?

A. You will see a provider on your first visit. He or she will ask important questions about your and your family health history. You will have your weight, blood pressure, heart, lungs, thyroid and breast checked. Your provider will also check your uterus and cervix, order a group of tests and confirm your baby's due date.

You will be at our office for at least an hour. With our integrated Care Team you may also see a dietitian, behavioral health consultant, dentist or a pharmacist during the same visit.

Q. Will I have an ultrasound?

A. Ultrasounds are done when medically necessary. In most cases you can expect to have an ultrasound early on in pregnancy. This helps confirm your due date. Between weeks 18 and 20, a second more detailed ultrasound will be scheduled. More ultrasounds may be ordered if medically necessary to check for placenta issues, bleeding or other abnormalities.

Nausea in Pregnancy

Nausea is one of the most common concerns that women experience during their pregnancy. This can occur at any time during the day, not just in the morning. Many women find that nausea improves or goes away after the third or fourth month (end of first/beginning of second trimester) of pregnancy. Most times, we do not know what causes nausea and throwing up in pregnancy. It is rare that it becomes dangerous to the baby. If you are unable to keep down fluids for more than 24 hours or unable to keep down any food for more than 48 hours, call our clinic.

Here are some tips to help control nausea and vomiting that may occur in your pregnancy.

- Get enough rest (sleep at night and take naps if possible)
- Do not get too hungry or too full. Eat small frequent snacks or meals every 2 to 3 hours
- Eat food that are higher in carbs and lower in fat
- Try eating starchy foods like plain toast or crackers before getting out of bed in the morning
- Drink fluid between meals instead of during meals
- Carbonated drinks and hard candy can calm the stomach
- Avoid brushing your teeth for 1 to 2 hours after a meal
- Foods that can make nausea worse include coffee and fried and spicy food
- Foods like milk, apples and potatoes can help decrease nausea
- Avoid cooking foods with strong smells
- Try drinking herbal teas with ginger or chamomile
- Get regular exercise and fresh air
- Avoid tight clothing on your stomach
- Avoid lying down or reclining for 1 to 2 hours after eating to prevent acid reflux
- Take prenatal vitamins with a meal instead of on an empty stomach
- Wear over the counter sea sick wrist bands (available at baby stores, amazon, and pharmacies)
- Try acupressure or a prenatal massage

Medications for nausea in pregnancy

- Ginger capsules (250 mg by mouth 4 times per day), ginger candy, ginger ale and ginger snaps
- Vitamin B-6 (pyridoxine) 25 to 50 mg by mouth 3 to 4 times per day, no more than 200 mg per day
- Unisom sleep aid (doxylamine succinate) ½ to 1 tablets at bedtime or ½ tablet twice per day. Unisom will make you sleepy, avoid driving or other medication and alcohol.

Tests to Expect During Pregnancy

As part of good prenatal care, our staff recommends certain tests to detect infections and other conditions in pregnancy. Our clinic has a laboratory in the building to eliminate more stops for you. Stop by today.

[At your first OB visit your provider may order the following tests](#)

CBC: Checks for anemia and other factors.

Blood type and Rh: A pregnant woman who is Rh negative may need to receive a blood product called anti-D Immune Globulin (Rhogam). This prevents the breakdown of your baby's red blood cells.

Antibody screen: Checks for red blood cell antibodies.

Syphilis: Checks for a sexually transmitted infection which can cause birth defects.

Hepatitis B: If the mother has this viral infection, there is an increased chance that without treatment the baby will be infected. The baby can be treated at birth to prevent infection.

Rubella: Checks for an infection that can lead to severe birth defects. If a woman is not immune, a vaccine can be given to her after the baby is born.

Pap smear: This screens for cervical cancer.

Gonorrhea/Chlamydia: This screening test detects sexually transmitted infections that can potentially be harmful and cause preterm labor if not treated.

Urinalysis/Urine culture: This screens for a urinary tract infection.

HIV: A blood screening for AIDS.

[During your 24-28 week visit your provider may order the following tests.](#)

Glucose screen: Checks for diabetes in pregnancy.

Blood count: Re-checks for anemia.

Syphilis: Re-checks for a sexually transmitted infection that can cause birth defects.

Antibody screen: If you are Rh negative, Rhogam will be given at 28 weeks.

Urine drug screen: A screening test for any drug use.

Urinalysis: Checks for urinary tract infection

[During your 35 week visit your provider may order the following tests:](#)

Group B Strep culture: Checks for a common bacteria found in many woman's vaginas that could infect the baby.

Urinalysis: Checks for urinary tract infection

Possible Problems to Look for During Pregnancy

Sometimes problems may come up that need to be addressed right away. Please call our office during business hours if possible. If you experience an urgent problem after hours, our answering service can contact the provider on call and you will receive a call back. For emergencies, please call 911.

To get in touch with our on-call provider call (602) 243-7277.

Call if you are experiencing any of the following:

- Very bad nausea with vomiting that won't go away
- Pain or burning when you pass urine
- Very bad stomach ache
- Sharp blow or trauma to your stomach
- Chills or fever greater than 100.4°F
- Your baby is not moving as much as before
- Very bad headache that won't go away
- You feel dizzy
- Your vision is blurry
- Bleeding

Preterm labor (labor before 37 weeks)

Some signs may be:

- Contractions (your stomach gets hard) more than 4 times in an hour
- Stomach cramps like when you get your period
- Low, dull backache
- Blood or fluid from your vagina

Depression during pregnancy

Some women feel sad or depressed when they are pregnant. Pregnancy is a time of change, and change can be stressful. Too much stress can make you feel sad, worried or unsure. It is not your fault. With help and support from others, you can feel better. Talk to your provider.

Safety in Pregnancy

Your Care Team is here to help you lead a healthy life and give your child the best chance at a healthy start. Here are some important things women need to remember when pregnant.

Avoid alcohol, cigarettes, and street drugs: Alcohol (beer, wine and liquor) can hurt your baby's brain and body. Smoking cigarettes can cause your baby to be born too early or too small and street drugs can hurt your baby's brain and cause labor to begin too early. If you need help quitting ask your Care Team for help.

Chemicals: Certain chemicals—including paint, varnish and house cleaning fluids—can be toxic. Avoid breathing strong-smelling chemicals in your home or workplace.

Dirty cat litter: If you have a cat, have someone else change the cat litter. Cat stool can have a virus called toxoplasmosis. Getting sick with this virus can harm your baby.

Hot tubs or saunas: You may become too hot in a hot tub or sauna. This can hurt your baby's brain and body.

Caffeine: If you plan on drinking caffeinated drinks limit them to no more than two a day. Drinking more may affect your pregnancy. Some drinks with caffeine are coffee, tea or certain sodas.

Fish with mercury: Mercury is a poisonous metal found in some fish. These fish include shark, swordfish and king mackerel. Avoid eating a lot of fish with mercury.

Foods with germs that could harm your baby: Raw or under-cooked meat, fish, shellfish and eggs could harm your baby. Also, it's best to stay away from unpasteurized cheese, milk or juice.

Taking medications while pregnant: Talk to your provider about any herbs, vitamins or medications you may be taking or want to take.

Travel during pregnancy: Most women can travel up to the last month of their pregnancy. Always wear your seat belt. Take breaks when driving and get up and walk around every hour when flying. Always drink plenty of water.

Problems at home: In some families, people hurt each other by hitting or using mean or hurtful words. Contact our Care Team to get help for yourself and your children and call the National Domestic Violence Hotline: (800) 799-SAFE (7233).