

Common Pregnancy Facts & Feelings

First Trimester (1-12 weeks)



- * You may experience morning sickness. Eat frequent small meals, avoid spicy foods, eat what you're craving, and drink a lot of water.
- * Morning sickness may occur at any time of the day.
- * You may experience light bleeding and mistake it as your period; this is often normal.
- * You may notice tenderness in your breasts and the area around your nipples may become dark or achy.
- * You may need to urinate more often; call your doctor, midwife or nurse if there is pain.
- * You may lose interest in sex; this is often normal and will change throughout your pregnancy.
- * You may feel tired or experience headaches, this is often normal; eat well and rest often.

Talk with your doctor, midwife or nurse if these discomforts are very strong or don't go away. Always talk with your provider before taking any over the counter medicines.



**JACKSON COUNTY
Prenatal Task Force**

Promoting strategies for healthy pregnancies

General Nutrition

During your pregnancy it is important to stay healthy, eat small, frequent meals daily, and stay physically active.

The following are examples of healthy food choices:

- * Protein 2-3 servings daily: Fish, chicken, well cooked red meats, nuts, peanut butter, etc.
- * Dairy 2-3 servings daily: yogurt, eggs, hard cheeses, milk, etc.
- * Fruits 2-4 servings daily: Apples, citrus, bananas, etc.
- * Vegetables 3-5 servings daily: green and yellow vegetables etc.
- * Bread (other wheat products) 6-11 servings daily: breakfast bars, corn, rice, noodles, etc.
- * Don't forget to take your prenatal vitamins.
- * Drink a lot of water, and get plenty of rest and exercise; talk with your doctor, midwife, or nurse about safe activities during pregnancy.
- * Avoid fast foods and caffeine.
- * Check with your doctor, midwife, nurse or pharmacist before using any medications.



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Second Trimester (13-26 weeks)

- * You may feel a surge of energy and a sense of well being, this can last about 12 weeks.
- * A dark line may appear down the center of your stomach, this may fade after the birth of your baby.
- * You may have some special tests, including an ultrasound, a blood test, and amniocentesis (some tests may occur earlier in your pregnancy).
- * You may feel a faint, fluttering feeling (around 18-20 weeks); it's your baby moving!
- * You may notice increased vaginal discharge.
- * You may feel romantic; safe sexual activity is okay if you are not experiencing signs of preterm labor.
- * You may feel short of breath; your uterus may be pressing on your other organs. Stand tall, stretch your arms over your head and take a deep breath, then relax.
- * You may feel some **PAINLESS** Braxton-Hicks contractions. Unlike labor contractions they do **not** get stronger (call your doctor or midwife if contractions are strong or don't go away).

***If something doesn't feel right
contact your doctor or midwife or
go to the emergency room right away.***



What is Preterm Labor?

Preterm or premature labor is when you go into labor three or more weeks before your due date. This is too early and your baby could be born too soon and have problems.

Warning Signs of Preterm Labor

- * Contractions every 10 minutes or more often
- * Clear, pink or brownish fluid (water) leaking from your vagina
- * The feeling that your baby is pushing down
- * Low, dull backaches
- * Cramps that feel like your period
- * Cramps with or without diarrhea

Are you at risk? YES

- * History of pre-term births
- * Smoking
- * Alcohol use
- * Poor nutrition
- * Small weight gain
- * Chronic health problems, such as diabetes and high blood pressure
- * Pregnant with twins, triplets or more
- * Bladder or sexually transmitted infections
- * Violence (domestic violence)
- * Late or little or no prenatal care

Know what to do

Call your health care provider or go to the hospital right away if you think you are having preterm labor, or if you have any of the warning signs. Call even if you have only one sign.

Questions

Contact your doctor, midwife, or nurse .

Allegiance Health Labor & Delivery Unit (517) 788-4836

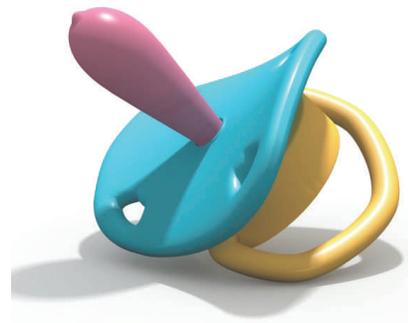
www.AllegianceHealth.org www.marchofdimes.com



Common Pregnancy Facts & Feelings

Third Trimester (27-42 weeks)

- * Your lungs are getting a lot of exercise; they work harder during pregnancy.
- * It's normal to worry about your baby's health, being a good mom, and childbirth.
- * Varicose or spider veins are common at this time.
- * You may have a spurt of energy, but don't worry if you don't.
- * Your blood pressure may go up a little. Try to avoid stress, relax, and do light exercises. Read the back side of this handout to learn danger signs of high blood pressure.
- * Your stomach takes longer to empty. Lots of small meals can keep you from feeling too full.
- * Milk may leak from your breasts. This first milk is protein-rich and called "colostrum".
- * You may get stretch marks on your stomach, breasts, and thighs. You can't prevent the marks, but lotions may help with itching.
- * Your baby's head may drop down by the end of the ninth month. This is called "lightening." After lightening occurs, you should be able to breath easier.



**If you have questions about this information,
ask your doctor, midwife, or nurse.**



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Warning Signs of High Blood Pressure

- * **Sudden weight gain**—More than three pounds in one day or more than five pounds in one week
- * **Swelling of the face and fingers**—Usually starts early in the morning or is there all day
- * **Severe Headaches** —A headache that is not better with simple pain medicine
- * **Blurred Vision**—Sudden blurry eyesight or seeing spots or “silver waterfall”
- * **Pain in the upper abdomen**—Pain in the upper right area of your stomach
- * **Abdominal Cramping/Bleeding**—Severe pain with or without bleeding from the vagina



If you have any of these warning signs or questions about this information, please call your doctor, midwife, or nurse.