

A Healthy Pregnancy

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Early Signs of Pregnancy

- How does a woman know that she is pregnant?
 - A missed period
 - Fullness or minor aching abdomen
 - Tired
 - Urinate more
 - Discomfort or tenderness in breasts
 - Periods of nausea, especially early in day

Medical Care

- As soon it is suspected that a woman is pregnant, she should seek medical care.

The Initial Exam

- Pregnancy is confirmed
- Doctor will check blood pressure, pulse, respiration, and initial weight.
- The doctor will interview regarding medical history of both parents.
- The pelvis is measured to determine birth passage way.
- Urine tests are taking for presence of infection, diabetes, or pre clampsia.
- Blood tests are taken to see if the woman has anemia.

Initial Exam contd.

- Blood tests are also done to determine the Rh factor in the blood.
- The Rh factor is whether or not a mother has a certain protein in the blood or not. Problems arise if the baby has the protein and the mother doesn't.
- The doctor checks for immunity to rubella, or German Measles.

Questions to Ask Ob

- When will the baby be born?
- The due date is nine months plus one week after the last menstrual cycle began.
- Doctors usually advise that the birth may take place after two weeks before to weeks after the due date.

Later Check-ups

- An expectant mother has a check-up once a month until the sixth or seventh month of pregnancy.
- In the ninth month she sees the doctor once a week.
- These check-ups are crucial for monitoring the development and growth of the baby.

Discomforts in Pregnancy

- Nausea
- Sleepiness
- Heartburn
- Short of breath
- Varicose veins
- Muscle cramps
- Low back pain
- Rib pain

Possible Complications

- Vaginal bleeding
- Unusual weight gain
- Excessive thirst
- Reduced or painful urination
- Severe abdominal pain
- Persistent headaches
- Severe vomiting
- Fever
- Swelling of face, hands, ankles
- Blurred vision or dizziness
- Prolonged backache
- Increased vaginal mucus

Please answer the following questions on a separate sheet of paper:

- 1. What is usually the first sign of pregnancy?
- 2. Why should a pregnant woman see a doctor from the start?
- 3. What steps are part of the initial examination of a pregnant woman?
- 4. How often does a woman typically see a doctor during her pregnancy?
- 5. Traci is pregnant. She suffers from frequent headaches. What should she do?
- 6. What can a pregnant woman do to reduce stress?
- 7. What is the minimum and maximum recommended weight gain?