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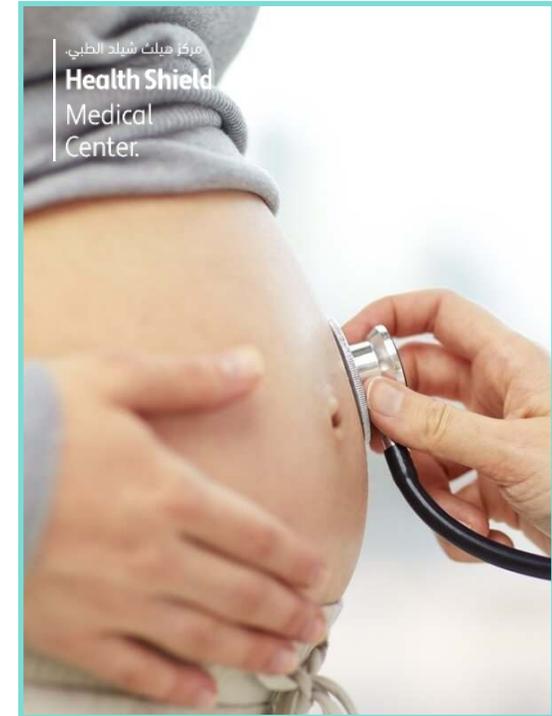


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TRIMESTER INFORMATION



A guide to help you through each trimester of your pregnancy to the birth of your child. It is required reading for any new mother-to-be.





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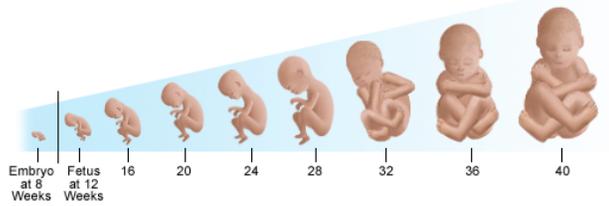
The following guide has been developed by Health Shield Medical Center in an effort to ensure women are provided with appropriate early pregnancy care regarding issues such as routine early blood testing, services if women are experiencing bleeding and/or miscarriage and options for prenatal screening.

It outlines important information pertaining to early antenatal care including routine investigations, prenatal screening; this guide will also give you information about what your baby's movements mean. It also provides some tips on how you can keep a check on your baby's health by being aware of their movements.



TRIMESTER OVERVIEW

Fetal Growth From 8 to 40 Weeks



First Trimester (Week 1 -12)

Your body is preparing for a developing baby with a flood of pregnancy hormones. You may experience morning sickness, fatigue and increased urination. Your baby's heart starts beating around the sixth week, and by the end of the trimester all vital organs have been formed. At your first doctor's visit you can expect to have a Pap smear, a urinalysis, and blood work done to test for hormone levels, your blood type and the presence of any infections.

Second Trimester (Week 13 - 26)

You may start to feel your baby move inside of you between 18 and 20 weeks. The nausea and fatigue you may have experienced during the first trimester will likely be gone. You may begin to experience Braxton Hicks contractions. Your baby is able to make facial expressions and hear your voice. By the end of the trimester your baby will weigh a little less than 0.6 kg and measure about 28 cm from crown to rump.

Third Trimester (Week 27 - End of pregnancy)

The fatigue you experienced in the first trimester may return. You may experience difficulty sleeping and shortness of breath. While you're likely to feel uncomfortable, your baby continues to make important developments up to the last weeks of pregnancy and isn't considered full-term until 39 weeks. On average, a baby born 40 weeks weighs 3.5 kg and measures 50 cm long.

Trimester Exercise Tips

First Trimester

Exercise is sure to help ease the pains associated with pregnancy and give you a healthy, stronger baby, too. Try at least **30 minutes** of walking to get your heart rate up. Remember to stay hydrated and take breaks.

There is no reason for you to try to lose weight right now. You are pregnant and your baby needs healthy food and room to grow! Also, the more you exercise now and get your heart rate up, the less your baby will stir when you are trying to sleep.

Second Trimester

Exercise will help relieve joint pressure and tone muscle, making everyday activities like cooking and running errands much easier. Try:

- Pelvic Tilts
- Back Lifts
- Low-Impact Sports
- Stationary Biking
- Swimming
- Walking

Third Trimester

Third trimester exercises are some of the most important, helping to alleviate aches and pains while also prepping your body for labor. These exercises will open up the hips and pelvis, strengthening the muscles you'll be using during childbirth. Here are some workouts you can continue into your third trimester.

- Pelvic Floor Exercises
- Yoga
- Swimming
- Walking



First Trimester

Month One

Your First Doctor's Visit

Don't be surprised! Your first prenatal visit is very important and will take a considerable amount of time. Your doctor has to collect as much information as possible about you and your body in order to track the changes that will occur.

After confirming your pregnancy, your provider will record necessary information about you, including weight, height, blood pressure, etc. The doctor will then take down your medical history. This history will be used to detect any complications, irregularities and prevent harm to you or your developing baby. Your visit will include a pap smear, HIV and STD testing, a urinalysis, a pelvic exam and blood tests.

Frequency of antenatal appointments

For a woman who is nulliparous with an uncomplicated pregnancy, a schedule of 10 appointments should be adequate. For a woman who is parous with an uncomplicated pregnancy, a schedule of 7 appointments should be adequate.

Prescription Drugs

Specific drugs are off-limits during pregnancy. Other medication is allowed only if the mother's health would be compromised without the drug. Over-the-Counter drugs such as Regular Strength Panadol (1000 mg) and anti-histamines are safe for minor pains and allergies. You must consult your doctor before taking any other medications.



Warnings

The first trimester is the most critical time for the health and development of your baby. Therefore, it is very important that you eliminate the use of alcohol and tobacco products in any form. Also, places where you may be exposed to second-hand smoke should be avoided and caffeine intake should be limited.

Month Two

Gain Some Weight

What you eat is crucial to the healthy development of your baby. Try eating cheese, eggs and drinking more milk to get the calcium and protein you both need. You can also take a calcium supplement if you are lactose intolerant or do not care for dairy. The healthier you eat, the more likely your baby will have well-developed bones and organs. On average, a woman will gain 12-15 kg throughout her pregnancy.

Morning Sickness

Morning sickness is a feeling of nausea or vomiting most likely caused by rising hormone levels as well as your body adjusting to being pregnant. Just because it is called morning sickness does not mean that morning is the only time you will feel nauseous. It can occur at any time of the day or night. In most cases, morning sickness will only occur in the first trimester and in some cases, it does not occur at all.

Dehydration can occur, so be sure to drink plenty of water whether you are experiencing symptoms or not. Ginger can also help with nausea and calm your stomach.

Prescription Drugs

Your body is going to go through all kinds of changes during this period. It is important that you take preventative measures to avoid colds and exposure to people who might be contagious. Here is a list of medications approved by us:

- Cold/Sinus Problems: Pseudoephedrine, Actifed, Diphenhydramine
- Sore Throat: Chloraseptic Spray, Lozenges
- Headaches: Panadol
- Constipation: Fybogel, Nature's Remedy, Water
- Diarrhea: Immodium AD
- Nausea: Vitamine B-6, (25-50 mg every 12 hours)
- Heartburn: Maalox, Gaviscon and Ranitidine
- Hemorrhoids: Preparation H, Anusol and Tucks Pads

Month Three

Folic Acid

Folic acid helps new cells to grow and therefore, is essential for your growing baby. These supplements will help your baby's brain and nervous system develop in the best possible way. It has just the right amount of Vitamin B, which drastically decreases the risk of neural tube defects, meaning the brain and spine, and is found naturally in foods such as broccoli and spinach. There are also benefits for you because folic acid keeps hair and skin healthy. Many multivitamins are available with folic acid, but pregnant women should consider the number of other vitamins to avoid an overdose.

Routine Exams & Tests

Throughout your pregnancy, you will have blood, urine tests and clinical examination. These show your doctor any deficiencies or abnormalities that may exist. A blood test will check on antibodies, hemoglobin and hematocrit levels, and STDs. It can also tell you about your baby's development, fetal blood levels, and catch whether your baby has any birth defects. Your doctor will perform a urine test at the beginning of each office visit. These results show sugar and protein levels and any possible infections. There are a few other tests that may be performed but this is nothing out of the ordinary. Prenatal care is different for every woman and you may need tests which your friends or family did not have.



Second Trimester



Month Four

What Not to Eat

Any undercooked or uncooked food may cause serious health problems for your baby. Some fish have very high levels of mercury and other toxins. Here is a list of some foods you will want to avoid:

- Raw Shellfish
- Sushi
- Raw Eggs
- Swordfish
- Shark
- King Mackerel
- Fresh Tuna (and Albacore)
- Farm-raised Fish

Weight Gain

While most women will gain anywhere from 12-15 kg during their pregnancy, it helps to know where that weight is coming from:

- 3.5 kg: baby
- 1 kg: amniotic fluid
- 1 kg: placenta
- 1 kg: uterus
- 2 kg: blood
- 1 kg: breast
- 2 kg: water
- 4 kg: fat, protein, nutrient stores

Month Five

Changes in Your Body

Symptoms of pregnancy will be different for every woman, so if you aren't experiencing these changes, don't think that something is wrong. If you do experience these symptoms, know that they have happened before and are treatable or will go away with time.

- Stretch Marks
- Itchy Palms
- Longer, Thicker Hair
- Bleeding Gums
- Swelling in hands, feet, or face
- Mood Swings
- Worry or Fret

What is an Ultrasound

An Ultrasound uses waves in order to produce a visual image of your body. Ultrasounds also monitor heartbeat and will help your doctor notice any abnormalities that may be present as soon as possible.

Your baby is doing a lot of changing during this trimester. An ultrasound will be the perfect way for you to see how much your baby has grown in four months!

What to Carry

A well-prepared pregnant woman's purse should contain:

- Eye drops for dry, itchy eyes
- Regular strength Tylenol
- Essential oils to discourage nausea from certain smells (try peppermint)
- Tums and crackers for indigestion
- Health Shield emergency information card
- List of emergency numbers

Month Six

What's My Baby Doing?

By the end of the sixth month, the baby is almost fully formed and is depositing fat on its body to keep warm. It is now **28 to 35 cm** long and weighs **0.5 to 0.6 kg**. The baby's growth rate is slowing down, but organs and systems continue to mature.

Buds for permanent teeth are beginning to form and your baby can still move around in the amniotic fluid. The muscles gain strength and the eyelids and eyebrows are developed. The baby is starting to produce white blood cells, which will help combat disease and infection.

Around this time in your pregnancy, you will start to feel the baby's movement more strongly. You've probably gained between **4.5 and 6 kg** by now. Leg and foot cramps, backache, as well as mild swelling of the ankles and feet, may persist. Stay attuned to significant changes you experience and keep your physician up to date on your progress.

Your Body During the Second Trimester

As you gain more weight, be increasingly wary of wearing high heels or standing for long periods of time, as these will put an added strain on your back and joints. Also, you may start to notice recurrent heartburn, decreased tolerance for large meals and for rich or spicy foods.



Third Trimester

Month Seven

What's My Baby Doing?

By the end of the 7th month, your baby weighs about 1.5 kg, and may also suck its thumb or hiccup.

As the birth of your baby gets closer, you and your doctor will discuss what kind of delivery you will have and learn about the differences between natural births and cesarean sections.

Some Symptoms

Symptoms you may experience will include adjusting to strong and more frequent movements from your baby and low abdominal aches. Shortness of breath and difficulty sleeping are also normal, though can be a nuisance. You may also experience something called **Braxton Hicks** contractions, which are not signs of labor, but may feel as such.



Easing Aches and Pains

Some of the best ways to ease the pains of pregnancy are the simplest. For instance, try drinking hot tea or warm milk before bed to help you unwind. To soothe frazzled nerves, soak in a warm bath. Use pillows to support your growing body and to ease aches and pains and change your position for relief from baby's little movements. Play your favorite music to enhance relaxation and give your mood a boost.

Something to Remember

Continue to stick with the healthy behaviors you learned at the beginning of your pregnancy. Maintain a healthy, balanced diet—between 2500-2700 calories per day—and keep yourself hydrated.

Month Eight

What's My Baby Doing?

By the end of the 8th month, the fetus weighs about 2.5 kg and is approximately 45 cm.

The baby's brain is growing at an increased rate during this period and most systems are well developed at this point.

The symptoms you may encounter during your eighth month of pregnancy will be similar to those encountered during your seventh month. Continue to monitor yourself closely, looking for any significant changes or warnings signs and contact your physician if necessary.

Feeling Your Best

The last months of your pregnancy can be quite challenging, both mentally and physically, but there are several things you can do to keep yourself feeling your best.

For example, to reduce backache, practice good body mechanics like squatting instead of bending over. Maintain good posture and wear comfortable shoes with low heels.

To reduce heartburn, eat small meals more often and eliminate fatty, processed foods. Remember, it is okay to take it easy and give yourself a break. Caring for yourself and your baby should be your first priority.



Month Nine

What's My Baby Doing?

Once you have reached your ninth month of pregnancy, your baby will be about **50 cm** long and weigh around **3 kg**. You should still feel movement every day as your baby will continue to grow and mature.

At this point in their development, your baby will be able to blink, close its eyes, turn its head, grasp firmly, and respond to sounds, light and touch.

As the baby prepares for its arrival, it will move down in the pelvis, usually with its head facing towards the birth canal. While the last month of your pregnancy is an exciting time, it can also be quite a challenge.

It is absolutely normal to be anxious, tired and ready for your baby's arrival. You will still be experiencing the same physical and emotional symptoms as you did in prior months, maybe even more so. Be sure to rest and relax as much as possible. It's only a matter of days before you can hold your beautiful newborn!

Am I in Labor?

The beginning of labor feels different for every woman. You'll know you're in labor when you feel frequent and regular contractions, the only true sign that labor has begun. The length of labor varies for all women. The average labor lasts 12-14 hours for a first baby. Your childbirth classes should have prepared you for what to expect during labor and delivery, but don't hesitate to ask your doctor questions if there is something you don't understand.

Call Your Doctor if:

- Your contractions are between 5 and 10 minutes apart.
- Your water breaks, especially if the fluid is stained dark, greenish brown.
- You experience vaginal bleeding (beyond occasional spotting).
- You can no longer walk or talk during your contractions.



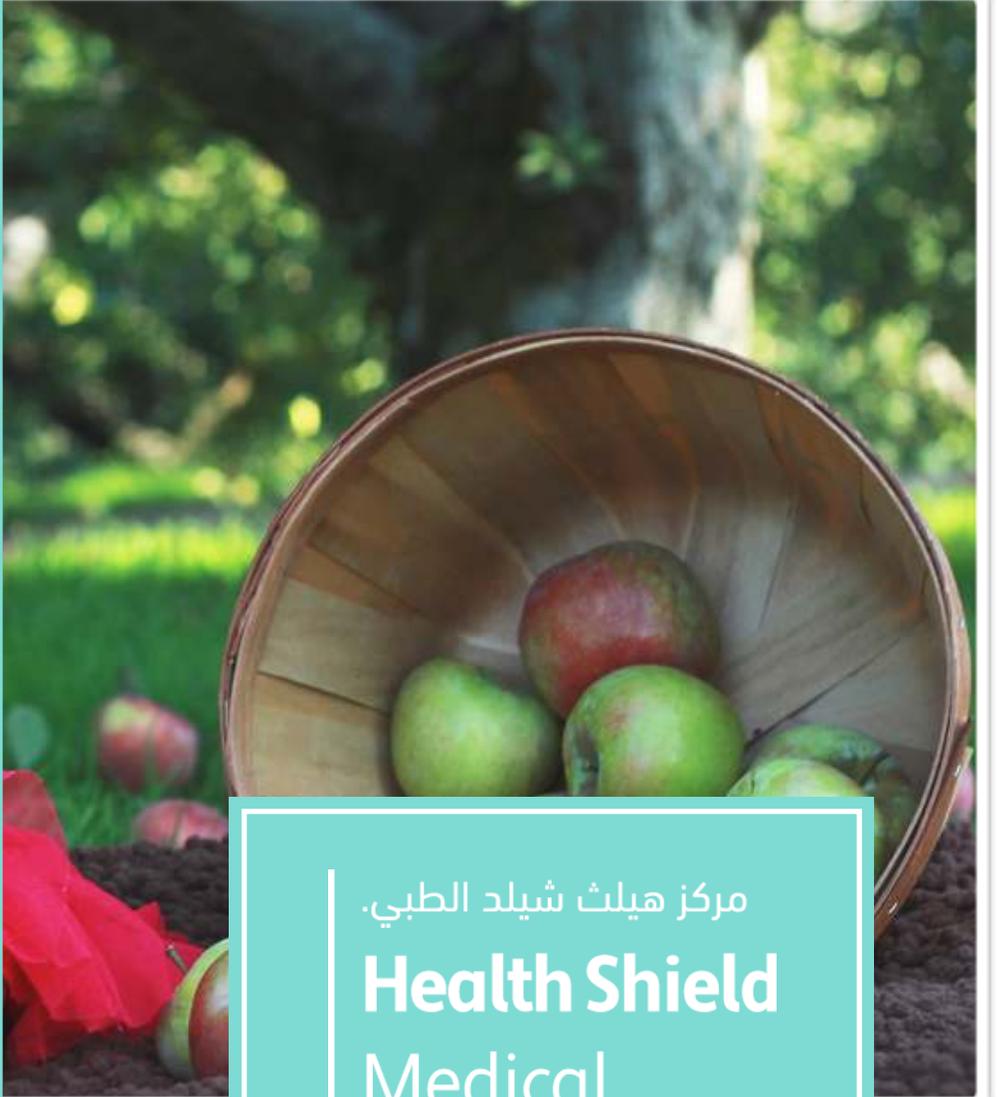
Packing Your Delivery Room Bag

Things for You:

- A nightgown or big shirt
- Socks/Slippers/Robe
- Washcloths/Towels
- Extra Clothes
- Underpants
- Large, Self-Adhesive Sanitary Pads
- Toiletries
- Cosmetics/Hairstyling Equipment
- Phone Numbers of Friends and Family
- Your Phone Charger
- Loose-Fitting Clothes to Wear Home

Things for Baby:

- A Receiving Blanket
- Clothes to Wear Home, Including an Undershirt/Onesie, Cap and Socks
- Disposable Diapers
- Bunting or a Warm Blanket
- A Car Seat



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