

Prenatal Care

Pregnancy Health Tips

- ◆ Get early and regular prenatal care for every pregnancy
- ◆ Don't smoke, drink or use drugs
- ◆ Avoid secondhand smoke
- ◆ Eat a variety of healthy foods
- ◆ Take a multivitamin with folic acid in it everyday
- ◆ Don't eat uncooked or undercooked meats or fish
- ◆ Get plenty of sleep
- ◆ Unless your doctor tells you not to, be sure to exercise several times a week
- ◆ Keep a list of questions to bring to each doctor appointment.

What is prenatal care?

Prenatal care is the care you get when you are pregnant. It is important for your health and your baby's health. Let your doctor know right away if you are pregnant or if you think you might be pregnant.



Your doctor will want to see you many times during your pregnancy. It is important that you don't miss any appointments. Your doctor can find problems early, which means problems can be treated earlier. This may prevent you from having other problems later in pregnancy.

How often should I see my doctor?



Your doctor will give you a schedule of how often you will have appointments. Most pregnant women will follow a schedule similar to the one below:

- One visit each month for weeks 4 through 28
- Two visits each month for weeks 28 through 36
- One visit each week for weeks 36 to birth.

Sometimes women need to go to their doctor more often. Talk to your doctor about your schedule.