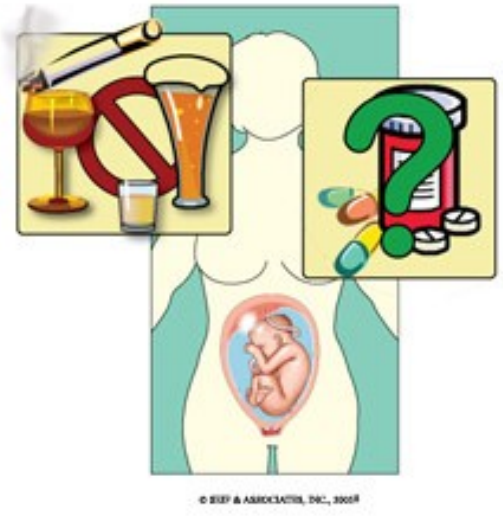
Pregnancy - First Trimester

The first trimester is the first three months your baby is growing inside you. It is important to follow your doctor's instructions.



HOME CARE

- Do not smoke.
- Do not drink alcohol.
- Only take medicine the doctor tells you to take.
- Exercise.
- Eat healthy foods. Eat regular, well balanced meals.
- You can have sex if there are no other problems with the pregnancy.
- Things that help with vomiting (morning sickness).
  - Eat soda crackers before getting up in the morning.
  - Eat 4 to 5 small meals rather than 3 large meals.
  - Drink liquids between meals, not during meals.

Exams are usually done every month during the first three months.

- See your doctor as often as directed.
- There are tests done to make sure you and your baby are healthy. These include:
  - Blood tests.
  - Urine tests
  - Checking your weight and blood pressure.
  - PAP Test
  - Cultures of the cervix to make sure there is no infection.
- Sometimes, you need extra vitamins and iron during pregnancy. Ask your doctor if you might need these.

GET HELP RIGHT AWAY IF:

- You have a fever, by mouth of 100° F (37.8° C).
- Bad smelling fluid is leaking from your vagina.
- There is bleeding from the vagina.
- You develop severe belly or back pain.
- You vomit blood. You vomit what looks like coffee grounds.
- You lose more than 2 pounds in a week.
- You gain 5 pounds or more in a week.
- You gain more than 2 pounds in a week AND you see swelling in your feet, ankles, or legs.
- You have severe dizziness or faint.
- You are around people who have German measles.
- You are around people who have chicken pox.
- You are around people who have fifth disease.
- You have a headache, diarrhea, pain with peeing, or can not breath right.

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