

## OBSTETRIC VISIT 11 TO 14 WEEKS

### HOW IS MY BABY DEVELOPING?

- 11 weeks – length of baby is 5cm and the baby weight is 8 grams. External features include fused eyes and more rounded head. The intestines are in the umbilical cord.
- 12 weeks – length of baby is 6.1 cm and the weight is 14 grams. External features include early fingernail development and the intestines move into the abdomen. Fingers and toes develop and the bones begin to ossify. The fetus begins to make spontaneous movements.
- 14 weeks – length of baby is 8.7 cm and the weight is 45 grams. External features include well defined neck and gender can be determined externally

### HOW DO YOU DECIDE MY DUE DATE?

- We will compare your due date by your last menstrual period to the growth of the baby at the first ultrasound. First trimester ultrasound is very accurate. Based on this comparison you will get a final due date after your first ultrasound. This due date does not change throughout the pregnancy.

### WHAT FOODS CAN I EAT AND NOT EAT IN PREGNANCY?

- Avoid eating any uncooked meat, eggs, or poultry including sushi
- Avoid any unpasteurized juice or dairy products
- Avoid eating raw sprouts including bean sprouts, radish, alfalfa, and clover
- You can eat only 2 servings of fish per week. Safe fish include shrimp, canned light tuna, shellfish, salmon, pollack, and catfish.
- Avoid eating tuna steaks (canned light tuna is OK) also avoid shark, swordfish, tile fish, and king mackerel due to elevated mercury levels
- You should not intake more than 200 mg of caffeine per day – this is about 5 cups of coffee
- Artificial sweeteners are OK
- Avoid taking any medicine that is not prescribed to you by a doctor except Tylenol and other medicines that are on the safe list of medicines that we give at the office. If you have any questions please call me or ask me at the visit so I can review any other medications.

### HOW MUCH WEIGHT SHOULD I GAIN?

- BMI <18.5 kg/m<sup>2</sup> (underweight) — weight gain 28 to 40 lbs
- BMI 18.5 to 24.9 kg/m<sup>2</sup> (normal weight) — weight gain 25 to 35 lbs
- BMI 25.0 to 29.9 kg/m<sup>2</sup> (overweight) — weight gain 15 to 25 lbs
- BMI ≥30.0 kg/m<sup>2</sup> (obese) — weight gain 11 to 20 lbs
- BMI Calculator: <http://www.nhlbisupport.com/bmi/bminojs.htm>

### HOW MANY MORE CALORIES SHOULD I EAT DURING PREGNANCY?

- In the first and second trimester you should eat an additional 340 calories per day.
- In the third trimester you should eat an additional 450 calories per day.

## DO MY PRENATAL VITAMINS HAVE ENOUGH VITAMENS IN THEM FOR ME AND MY BABY?

- Yes, all prenatal vitamins contain adequate amounts of calcium, zinc, iron, copper, vitamin B6, folic acid, vitamin C and Vitamin D. Some women who are anemic may require extra iron.

## CAN I CONTINUE TO WORK, EXERCISE, AND HAVE SEXUAL ACTIVITY DURING PREGNANCY?

- Women with low risk pregnancy may continue to exercise during pregnancy
- Exercise may decrease the risk of diabetes and high blood pressure of pregnancy
- Thirty minutes of walking or swimming 5 days per week is recommended
- Other activities should be discussed with me before you start them
- Women with low risk pregnancies can continue to work and have sexual activity

## CAN YOU TELL THE BABIES GENDER BASED ON THE HEART RATE?

- No, unfortunately there is no way to tell at this stage and heart rate is not predictive.

## SHOULD I GET A FLU SHOT?

- Yes, the flu shot is recommended for all pregnant patients during the flu season (from October to May each year). The flu shot is important to prevent serious flu infection in the mother and also helps the baby not to get sick with the flu in the first 6 months of life.

## SHOULD I WEAR MY SEATBELT AND HAVE MY AIRBAGS ON DURING PREGNANCY?

- Yes, you should wear your seatbelt and keep airbags on during the entire pregnancy.

## COMMON PROBLEMS

- Nausea and vomiting
  - If it is very mild it may be treated with a few saltine crackers and sips of water or sprite in the morning. Small frequent meals that avoid fatty or greasy food may also help.
  - If this is not enough you can try to take half a pill of Unisom (an over the counter sleeping medicine) plus Vitamin B6 25 mg by mouth 3 times per day.
  - Eating food or drinking tea with ginger may help.
  - If these things do not work then you may need prescription medicine.
  - At any time if you cannot keep down sips of water or feel that you are getting to dehydrated you should go to the doctor or to the hospital to see if IV fluids are needed.
- Vaginal bleeding
  - May occur with a normal pregnancy but can also be a sign of miscarriage.
  - If you have light vaginal bleeding you should be seen in the office to evaluate the cause.
  - Heavy vaginal bleeding that makes you feel dizzy or soaks through more than 1 large pad per hour is not normal and you should go to the ER immediately for evaluation.
- Constipation
  - Occurs because increased progesterone in pregnancy slows down the bowels
  - Can be initially treated with increase in exercise, fiber, and water intake
  - If these don't work use Miralax over the counter one dose daily