

## OBSTETRIC VISIT 5 TO 10 WEEKS

### HOW IS MY BABY DEVELOPING?

- After ovulation the egg is fertilized with the sperm and travels through the fallopian tube into the uterus.
- The baby (called a blastocyst) enters the uterus about 3 days after fertilization and is implanted into the lining of the uterus about 6 to 7 days after fertilization.
- The placenta begins to develop by about 12 days after fertilization and blood from mother and baby begins to flow through the placenta by day 17.
- The baby's organs begin to develop from 3 to 11 weeks and this is the critical time to avoid medicines and supplements that may cause birth defects
  - The brain and heart begin to develop by 3 weeks
  - The eyes, fingers, diaphragm, lungs, liver, bowels, kidneys, and gender begin to develop at 4 weeks
  - The lips, tongue, ureters, and vertebra begin to develop at 5 weeks
  - The ears and abdominal wall develop at 6 weeks
  - The gender area differentiates into penis and labia at 7 weeks
  - All of these areas continue developing through weeks 8-10.

### 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

### 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.

## 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 during the pregnancy

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

- Yes, you should wear your seatbelt during the entire pregnancy.
- The lap belt is placed across the hips and below the uterus; the shoulder belt goes between the breasts and lateral to the uterus.
- Air bags should remain turned on.

## WHAT TESTS ARE ROUTINELY PERFORMED AT THE FIRST VISIT AND BLOOD DRAW?

- At the initial visit a pap smear and testing for gonorrhea and chlamydia are performed
- A urine culture is sent
- Blood draw tests for your blood type and whether you have antibodies, HIV and syphilis status, whether you are immune to rubella, and hemoglobin levels are tested

## 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 with small frequent meals that avoid fatty or greasy food.
  - If this is not enough you can try to take half a pill of Unisom (an over the counter sleeping medicine) and 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 Miralax over the counter one dose daily may be used