

Your Pregnancy Guide



1st & 2nd Trimesters

Frequently Asked Questions

Thank you for choosing HealthNet for your prenatal care. We are here to serve you! HealthNet has a great team of OB providers, including Certified Nurse Midwives, Women's Health Nurse Practitioners, Family Nurse Practitioners, and Doctors. You may see any of these providers.

What is a Certified Nurse Midwife?

A Certified Nurse Midwife is a women's health expert who is a nurse and has a master's degree in nurse midwifery. Our nurse midwives can take care of women from the time they start their periods and every other stage of life, too. They can help you deliver vaginally and take care of you after your baby is born.

When do I see a doctor?

Our doctors see all of our pregnant patients. If you have health issues, your doctor will see you more often during your pregnancy.

How often do I need to visit my provider?

You will visit your provider:

- Every 4 weeks until you are 26-28 weeks pregnant
- Every 2 weeks until you are 36 weeks pregnant
- After that, every week until you have your baby



Your provider might want you to have more visits based on your pregnancy. We can schedule you with the same provider if you let our staff know who you'd like to see.

Where will my baby be born?

Your baby will be born at the Riley Maternity Tower at Riley Hospital for Children.

Who will deliver my baby?

Certified Nurse Midwives or OB/GYN Doctors will deliver your baby. There is always someone at the hospital to deliver your baby, 24 hours a day, 7 days a week. The person who delivers your baby might not be the same person that you were seeing at your health center.

Is it ok to travel while pregnant?

Yes. If you take a long trip, get up at least every couple of hours to stretch your legs (this helps prevent blood clots). Most airlines will not let you fly after 35 weeks of pregnancy. You should always wear your seatbelt, even when your belly grows! Make sure to drink a lot of water and stay hydrated.

Is it ok to have sex while pregnant?

Yes, as long as you are not bleeding or leaking any water from your vagina (like when your water breaks). If something happens in your pregnancy and it is no longer safe to have sex, your provider will talk to you about this.

Frequently Asked Questions

Is it ok to exercise while pregnant?

Yes! Avoid any exercises or contact sports that can cause an easy injury, like rollerblading or basketball. It is best not to begin an exercise that you have never tried before while you are pregnant because there is a greater chance you might get hurt. Walking, light weight lifting, and swimming are great exercises to do in pregnancy!

How much weight should I gain?

Everyone is different. If you were a healthy weight before you got pregnant, then it's okay to gain 25-35 pounds. If you were underweight or overweight before you got pregnant, weight gain could be more or less than this. Often people will tell you to "eat for two". This is not true. You only need a little extra food to grow a healthy baby. Talk to your provider about how much weight you should gain.

Can I take medicine while I am pregnant?

You should limit taking medicine as much as you can during your pregnancy, especially during your first trimester (1-14 weeks). You should talk with your provider **before** you start taking any medicine. Please see the [Safer Medicine during Pregnancy](#) handout in your folder for more information.

Can I change my cat's litter box while I am pregnant?

No. Cat poop has toxins in it that can infect you and your baby. Make sure to wash your hands well after petting your cat and avoid changing the litter box while you are pregnant.

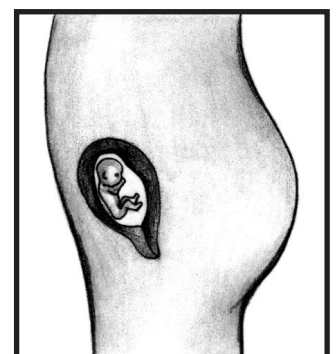
Week 12: How We Grow...Month 3

Your Baby:

- Has formed major body organs - heart, lungs, brain, hands, fingers and toes
- Has a heart beat
- Moves and wiggles, but it's too early for you to feel the movement
- Is only 3 inches long

You:

- Uterus (womb) gets bigger
- Breasts feel full and tender (they are changing to get ready to breastfeed)
- Have to pee more often
- Might get tired easily
- Might feel sick to your stomach
- Could have headaches



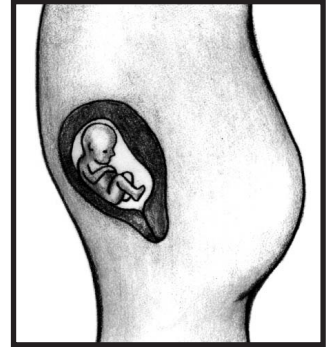
Week 16: How We Grow...Month 4

Your Baby:

- Muscles and bones are growing
- Can grasp, kick, and even suck their thumb
- Heartbeat can be heard
- About 4 inches long (the size of an avocado)
- Should weigh between 5-7 ounces

You:

- May feel better and have more energy
- Clothes start getting tight



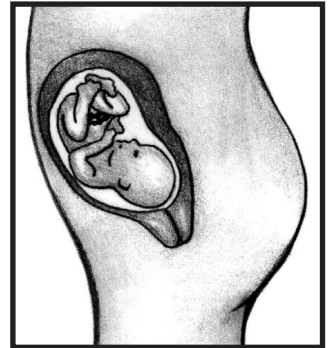
Week 20: How We Grow...Month 5

Your Baby:

- Can turn, swim, kick, hear loud noises and music
- Growing hair, eyebrows, and eyelashes
- Covered with a lotion-like film (vernix), which protect your baby's skin
- About 8-11 inches long (the size of a banana)
- Should weigh about 8 ounces

You:

- May start to feel the baby move
- Will have an ultrasound to look at the baby's organs and may be able to find out the sex of your baby (between 20-22 weeks)
- May notice a sharp pulling feeling called round ligament pain



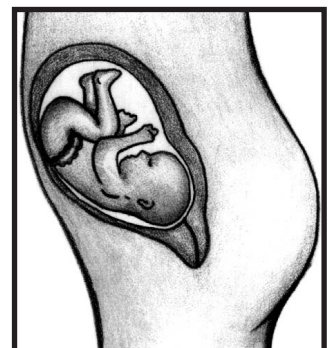
Week 24: How We Grow...Month 6

Your Baby:

- Can open and close their eyes and move around
- Has red and wrinkled skin
- About 12 inches long (the size of a melon)
- Should weigh about 1 ½ pounds

You:

- Look pregnant
- May notice more clear or white discharge from your vagina
- May have some backaches and leg cramps
- Should gain about 1 pound per week



Prenatal Tests

These tests are done to check your health. Some health issues can hurt your baby. If the tests show that you have one of these health issues, your provider will work with you to keep you and your baby healthy.

| Test | Why? | When? |
|-------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------|
| Blood Tests | | |
| Blood Count (CBC) | Looks for anemia (low iron which can make you feel tired) and infection (sickness caused by germs) | 1st visit, 26-28 weeks, at delivery |
| Blood Type | To find out your blood type | 1st visit |
| Rh Factor | To see if you are Rh- or Rh+ | 1st visit |
| Antibody Screen | To see if you have antibodies (how your body fights other blood types) that could affect your baby | 1st visit |
| Rubella | To see if your body can fight off measles | 1st visit |
| Sickle Cell | To see if you carry or have sickle cell (a blood disease) | 1st visit |
| Cystic Fibrosis & Spinal Muscular Atrophy | To see if you have a gene for Cystic Fibrosis or Spinal Muscular Atrophy. This is optional. | 1st visit |
| Hepatitis B & C | To see if you have Hepatitis B or C (a blood virus that can hurt your liver) | 1st visit |
| HIV | To see if you have HIV (a blood virus that keeps your body from fighting germs) | 1st visit and at 36 weeks |
| Syphilis | To see if you have syphilis (a germ that can make you sick if left untreated) | 1st visit, 28 weeks, at delivery |
| Thyroid Test | To see if your thyroid hormone is in a normal range | 1st visit (if needed) |
| Diabetes Screen | To see if you have diabetes before and during pregnancy | 1st visit and at 24-28 weeks |
| Urine Tests | | |
| Culture | To see if you have germs in your pee | 1st visit |
| Drug Screen | To see if you have drugs or medicine in your pee | 1st visit or any time |
| Urinalysis | To check your urine for health problems | As needed |
| Gonorrhea, Chlamydia, and Trichomonas | To check for sexually passed infections that can hurt you or your baby if left untreated | 1st visit and 36 weeks |
| Swab Tests | | |
| Pap Smear | To see if you have cervical cancer | 2nd visit (if needed) |
| Group B Beta Strep | To see if you have group b beta strep (a bacteria that can make your baby very sick) | 35-37 weeks |
| Imaging Tests | | |
| Ultrasound | Looks at your baby's organs and how they are growing | 20-22 weeks and as needed |

Helpful Tips for Common Discomforts

| | |
|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Back Pain</p> <p>Many women have lower back pain throughout their pregnancy. Your growing belly puts strain on your back.</p> | <ul style="list-style-type: none">• Avoid standing for a long time without rest• Wear comfy shoes that give support• Stretch to keep your muscles loose (see Exercises for Back Pain in this booklet)• Use your legs for lifting, not your back• Try a maternity belt to help lift your belly and ease the strain on your back |
| <p>Constipation</p> <p>Hormones and extra iron during pregnancy can make it hard to poop.</p> | <ul style="list-style-type: none">• Eat high-fiber foods like fruits and vegetables• Drink 8 glasses of water a day• Exercise: take a walk around the block• Ask your provider for medicine if you strain a lot |
| <p>Heartburn</p> | <ul style="list-style-type: none">• Avoid caffeine, chocolate, spicy foods, or tomato-based foods like spaghetti sauce• Have a small glass of milk or saltine crackers• See the Safer Medicine during Pregnancy handout for medicine you can take to help heartburn |
| <p>Trouble Sleeping</p> | <ul style="list-style-type: none">• Avoid caffeine at least 2-4 hours before you go to bed• Have a small snack before you go to bed (avoid fatty foods)• Do something calm before bed like reading or taking a warm bath• Get comfy – use extra pillows behind your back and between your legs |
| <p>Joint Pain</p> <p>As your body gets ready for birth, your joints loosen so the baby can come out.</p> | <ul style="list-style-type: none">• Put ice on sore joints• Use a maternity belt• Do mild to moderate exercise like walking or swimming• Take a prenatal yoga class |
| <p>Vaginal Discharge</p> <p>You might notice more wetness in your underwear.</p> | <ul style="list-style-type: none">• Normal discharge is clear or white• If you notice a bad odor, irritation, or itching, call your health center |

Nausea and Vomiting

Feeling sick to your stomach and vomiting is very common during pregnancy. This is due to an increase in hormones and stomach acids. Here are some tips to help calm your stomach.

Diet Changes

- Drink lots of fluids. Take small sips. Water is the best option.
- Eat foods that do not make you sick.
- Keep saltines or some bland crackers beside your bed. Eat a few right when you wake up and right before going to bed.
- Eat more often. Try eating small meals every 2-3 hours.
- Avoid foods with strong smells.
- Stay upright after you eat – wait about 30 minutes before you lay down.
- Avoid greasy, fried, spicy, or very hot foods.
- Take your prenatal vitamin at the time of day you feel the best. That might mean that you take it right before you go to bed.

Other Tips:

- Try eating a more bland diet like bananas, rice, applesauce, and toast.
- Ginger can help calm your stomach. You can get ginger root tea, ginger gum, ginger syrup added to water, ginger pills, or ginger snaps.
- Peppermint or spearmint can help calm your stomach. You can get mints or tea.
- You can take Vitamin B6 (25mg tablet every 8 hours as needed) and Unisom (12.5 mg, which is half of a 25mg tablet, every 8 hours as needed). Together these can calm your stomach.
- Acupressure wristbands are a good medicine-free way to help control nausea and vomiting. A small plastic stud in the wristband puts pressure on a point on your wrist. You can buy this at most pharmacies.



You should call your health center if you cannot keep any food or water down for 24 hours.

Think about Breastfeeding

We hope you will think about breastfeeding your baby.

Human breast milk is a safe and natural way to feed your baby. We cannot replace your milk with anything as good. Breast milk helps your baby grow. It also helps your baby fight germs and allergies.

Breastfed babies have:

- Fewer colds and ear aches
- Less diarrhea
- Fewer allergies
- A lower risk of Sudden Infant Death Syndrome (SIDS)
- A lower risk of childhood cancer
- A lower risk of diabetes
- Higher IQ scores

Breastfeeding moms have:

- Less blood loss after birth
- Faster weight loss after birth
- A lower risk for early breast cancer
- A lower risk for ovarian cancer
- Stronger bones later in life



Breastfeeding is free and is much more convenient than formula feeding. Even breastfeeding one time right after your baby is born still provides health benefits.

Some new moms worry that breastfeeding will take too much time, be awkward, or that no one will support them. You can get help at your HealthNet health center or while you are in the hospital. Read and learn all you can about breastfeeding. Breastfeeding is great for you and your baby!

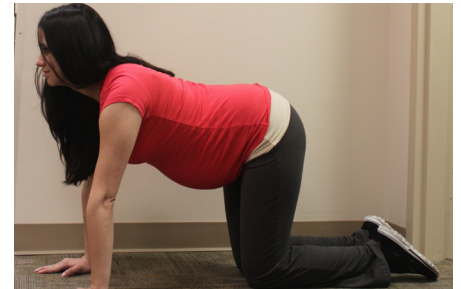
Did you know the first milk you get after your baby is born is called colostrum?

It is thick and a small amount which is perfect for your baby's marble sized stomach. After the colostrum, your milk will come in thinner and make your breast feel full. This normally happens after the 2nd day when your baby wants to eat more often. This is called "cluster feeding" and is normal.

Exercises for Back Pain during Pregnancy

Pelvic Tilt

- Get on your hands and knees. Keep your wrists under your shoulders and your knees under your hips.
- Relax your back and let your belly hang loose. Make sure your back is straight. Do not sag your back in the middle.
- Arch your back like a cat and drop your head.
- Relax your back and bring your head up.
- Do this up to 10 times a day as long as it feels ok.



Leg Stretch

- Get a chair or bench and place one foot on it. You may need to hold onto something for balance.
- Keep your back flat as you slowly lean forward to stretch the back of your leg.

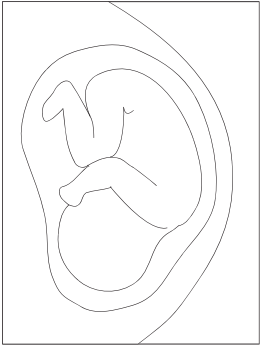
Back Stretch

- Kneel on your hands and knees, with your legs spread apart.
- Put a small pillow under your belly.
- Keep your bottom on your heels, and reach your arms forward to feel a stretch along your spine.
- You can also put your hands on the back of a chair and bend over for a stretch.



Thank you to Yaily Padron, HealthNet staff member for demonstrating these exercises!

Round Ligament Pain



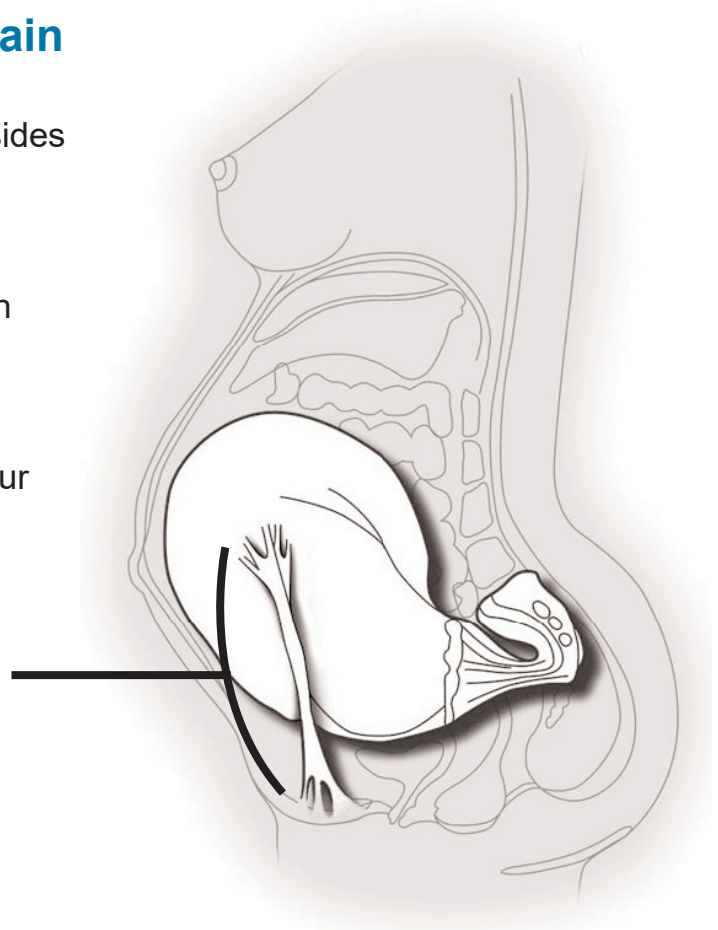
Tissue bands - called **ligaments** - support each side of your uterus. As your baby grows, these tissue bands stretch. Sudden movements can cause the ligament to tighten quickly, like a rubber band snapping. This causes a sudden or quick jabbing feeling called **round ligament pain**.

Many women have round ligament pain when they are 4-5 months pregnant. Although it can be uncomfortable, this pain is normal and does not hurt your baby.

Symptoms of Round Ligament Pain

- A short, sharp, stabbing pain on one or both sides of your belly.
- Feeling worried or out of breath when the pain comes.
- Having a dull ache on one or both sides of your belly for a few days.

Round Ligament

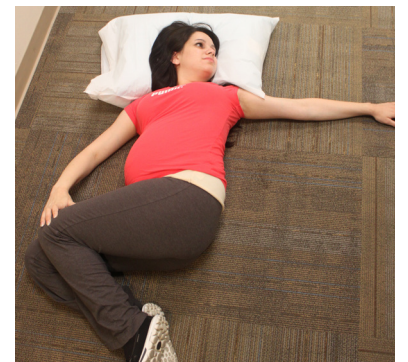


Tips To Relieve Round Ligament Pain

- Put a heating pad or warm towel over the area with pain.
- Put an ice pack over the area with pain.
- Do a gentle squat bringing your knees to your chest. →
- Use good body movement:
 - Move slowly
 - Avoid twisting at the waist
 - Bend your legs to lift things instead of bending at the waist



- When getting out of bed:
 - Roll to your side
 - Push up with your arms
 - Let your legs drop over the side of the bed



- Lie back with your head raised. Tilt to one side with your knees bent. →
- Wear a maternity belt for extra support. Some insurance companies pay for this if you have a doctor's order.
- Tell your provider if you take extra strength Tylenol® and still feel pain.

Call your Health Center if:



- **You start bleeding**
- **You stop feeling the baby move**
- **Your pain does not go away**
- **You have signs of preterm labor**

Eating Healthy during Pregnancy

During pregnancy, you need more foods that are good for you. Although prenatal vitamins are helpful, food is the best way to help your baby grow. Be sure to eat a wide range of foods like: cheese, yogurt, fresh fruits and vegetables, meat, and whole grains.

Folic acid and omega-3s are really important for expecting mothers. They can help reduce your baby's risk for birth defects of the brain and spine. The simplest way to get enough folic acid is to take a prenatal vitamin with at least 400 micrograms of folic acid. Foods like leafy greens, beans, nuts, and seeds are great sources of folic acid. Omega-3s are also important during pregnancy. You can get omega-3s from lamb, beef, flax seeds, chia seeds and eggs. Fatty fish like sardines, salmon, light tuna, and anchovies are also great sources of omega-3s.

Healthy Fast Food Options

Fast food can have lots of sugar, salt, white flour, saturated fat, and other processed items that are not healthy. There are ways to make healthy choices.

- Load up a burger with lots of vegetables and skip the fries.
- Use veggies or chicken to top a pizza. Skip the high fat meats like sausage and pepperoni.
- Pick the grilled chicken sandwich with veggies. Skip the mayo and fries.
- Eat a sub sandwich with lots of veggie toppings on whole grain bread.
- Top salads with grilled chicken. Go easy on the dressing.
- Top baked potatoes with veggies or chili. Skip the sour cream and butter.



Need extra help eating healthy during your pregnancy?

Make an appointment with HealthNet's dietitian to create a healthy eating plan that is good for you and your growing baby! Our dietitian can help you with things like:

- Eating out
- Managing gestational diabetes
- Adding more fruits and vegetables in your diet
- Finding foods with folic acid
- Creating affordable and healthy grocery lists

Talk to your provider to learn more about making a free appointment with HealthNet's dietitian.

Eating Healthy during Pregnancy

Because pregnancy affects your immune system, you and your baby may be more likely to get sick from the bacteria, viruses, and parasites that cause foodborne illness. Even if you don't feel sick, some "bugs" like Listeria and Toxoplasmosis can infect your baby and cause serious health problems. Your baby is also sensitive to the food that you eat, such as mercury in certain fish.

Do Not Eat

OK To Eat

| | |
|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Unpasteurized soft cheese Brie, Feta, Camembert, Roquefort, Queso blanco, Queso fresco, Blue cheese | <ul style="list-style-type: none">• Make sure all the cheese and dairy you eat is pasteurized. |
| Raw cookie dough or raw cake batter | <ul style="list-style-type: none">• Be sure to bake everything fully before eating. |
| Fish with high levels of mercury Shark, Swordfish, King Mackerel, Tilefish, Golden or White Snapper | <ul style="list-style-type: none">• Up to 12 ounces of shrimp, salmon, pollock, and catfish per week• 6 ounces of tuna or less per week |
| Raw or undercooked meats, seafood, and sprouts (seeds that start to grow like a bean or pea) | <ul style="list-style-type: none">• Cook fish, beef, veal, and lamb to 145°F• Cook pork and ground beef to 160°F• Cook chicken, duck, and turkey to 165°F• Cook sprouts thoroughly |
| Unpasteurized juice (including fresh squeezed), unpasteurized milk or dairy | <ul style="list-style-type: none">• Drink pasteurized drinks• If possible, bring any unpasteurized drinks to a boil for at least 1 minute before drinking |
| Salads made in a store Ham salad, chicken salad, seafood salad | <ul style="list-style-type: none">• Make salads at home and follow food safety basics: clean, separate, cook, and chill |
| Hot dogs, lunchmeat, cold cuts, fermented or dry sausage (unless it is heated) | <ul style="list-style-type: none">• Even if the label says precooked, reheat these meats to 165°F before eating• At sub shops get your sandwich toasted |

HealthNet Prenatal Resources

Behavioral Health

Struggling with your mental health or mood? Make an appointment with one of HealthNet's trained therapists and psychiatric providers. You can set up an appointment at your health center.

Dental Health

When you are pregnant, it is important to take special care of your body. This is true for your teeth and gums too. Visit your dentist for an exam and cleaning by calling **317-957-2450**.



Chiropractic Care

If you have back and neck pain, headaches, or muscle pain, your provider may recommend that you see a chiropractor. HealthNet's chiropractors are experienced in care for pregnant women and can help with the discomforts that come with your growing body.

Prenatal Education

Getting ready for the birth of your child can be an exciting time. It can also be an anxious time when you have a lot of questions. HealthNet has free prenatal classes to help you prepare for childbirth and baby care. Sign up for a class at your prenatal visit or call **317-957-2022**.

Social Work and WeCare

HealthNet has Social Workers to help you find community resources to meet your needs. You can set up an appointment at your health center. WeCare Indiana offers free visits with a health coach for a healthier pregnancy and baby! WeCare can help with things like prenatal and infant development, safe sleep for baby, emotional health and stress, smoking cessation and healthy weight. There is no fee for these services.

Healthy Families Program

Great childhoods begin at home. Healthy Families is a free home based program that partners with parents to build strong families. The program offers:

- Information on how your child grows and develops
- Safety Information
- Access to health care
- Parent education
- Community resources

For more information, call 317-957-2600.

To learn more about these services, please visit www.indyhealthnet.org or talk to your care team.

