

1st Trimester of Pregnancy



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1st Trimester

Pregnancy is a very precious period for both husband and wife. Both have beautiful dreams regarding the new world after the birth of child, at the same time female has some apprehension and queries related to her pregnancy.

9 months of pregnancy is divided into 3 trimesters. This book explains about 1st trimester of the pregnancy i.e first three months.....

The symptoms of Pregnancy

1. Amenorrhea : if the date of menses is overdue by 3-4 days then urine pregnancy test can be confirmative of pregnancy.....
2. Nausea and vomiting : morning sickness without any other reasons
3. Chakkar - giddiness.....
4. Increased frequency of urine
5. Increase white discharge from vagina.
6. Heaviness of breast and tingling sensation at nipple
7. Loss of appetite

8. Increase salivation
9. Constipation
10. Food aversion : When you're pregnant, you might become more sensitive to certain odours and your sense of taste might change.

Common problems of 1st trimester of Pregnancy and their solutions

I. Nausea and vomiting

Most common complaint during 1st trimester, also called as morning sickness but can be there for whole day. Changes in the hormones during pregnancy are cause of nausea and vomiting. To reduce this nausea & vomiting following measures can be taken

1. Do not step down immediately from bed in the morning , after waking up first sit on bed for some time and then step down.
2. Before even brushing the teeth take some dry breakfast. Ex: rusk, khakhra or biscuits
3. Eat something at every 2 hours, even if you are not hungry i.e frequent small meals
4. Do not take oily and spicy food
5. Drink plenty of water

6. Avoid odour of those things which can cause nausea
7. Do not smoke
8. Have good sleep without any tension
9. 2-3 vomiting a day is normal, no need to take medicine for it, as this can lead to more nausea
10. After vomiting, clean your mouth and eat something immediately, this can relieve you of repeated vomiting.
11. If there is more nausea and vomiting then take tablet "Doxylamine succinate, Pyridoxine, Meclizine hydrochloride, emeset, domstal etc" one at night
12. For nausea take " POLO, MINTO, chocolates, chewing gumetc

II. Heart burn

During pregnancy there is increased regurgitation of food from stomach to oesophagus, which causes heart burns. This is due to hormonal imbalance which leads to decreased peristalsis in intestine.

To take care of burning sensation at center of upper abdomen following measures can be taken.

- Eat every two hourly
- Avoid oily and spicy food
- Do not lie down straight and put a pillow under the head
- After meal do not sleep immediately and prefer walking for 15 to 30 mins.
- Take more of milk shakes , ice cream and fruit salads

III. Constipation

Due to decreased peristalsis of food in intestine, constipation can occur. This is one of the common problems of pregnancy. To reduce this, take plenty of water and liquids and increase intake of fibrous (fibre) food in diet. If constipation continues then take Isabgol powder (fiberlact powder)-2 table spoons with 2 glasses of water at night

IV. Vaginal discharge

Sometimes there is white thick discharge from vagina during pregnancy. This is due to hormonal (progesterone) changes . If there is any foul smell

or change in color of discharge or itching over private parts then consult the doctor immediately. Keep the genitals clean and dry. Regularly shave the pubic hairs and wear cotton underwear. Sprinkle antifungal powder 2-3 times over private parts.

V. Disturbed Sleep.....

During pregnancy female should sleep for at least 6-8 hrs in night and 2 hrs in day time. Reasons for decreased sleep / insomnia

1. Fear of what will happen in pregnancy
2. Those, who don't have habit of sleeping in day time and are told to take rest in afternoon-- have problem of sleepless in night
3. Increase frequency of micturition also disturbs sound sleep at night
4. If doctor has advised complete bed rest then it can also lead to decreased sleep at night

Solutions

- Do some walking exercise in day time which can lead to good sleep..and leads to strong pelvic muscle that helps in vaginal delivery.

- Listen to music and read books
- At bed time have one big glass of lukewarm milk
- If there is increased frequency of urine in night , then avoid taking liquid and water before 2 hrs of sleep

VI. PICA

During pregnancy - women can have craving for those things which she didn't eat earlier like chalk and mud. This is due to deficiency of iron and calcium in body. For this consult the doctor and take medicine of iron and calcium regularly.

VII. Chakkar / Giddiness

During pregnancy the blood vessels get dilated to provide adequate blood supply to the fetus due to which the blood supply to brain of mother reduces, this contributes to giddiness / chakkar. Anemia and low blood pressure are other causes for this. One should take proper balanced diet and plenty of liquid like lemon juice etc.

Pregnant lady should avoid heavy weight lifting, travelling, crowded places and avoid the work which can lead to jerks.

Implantation of fetus and its growth in steps

Implantation is the process of adhesion and anchoring of embryo to the lining (Endometrium) of uterus, formed as a result of fertilization of egg by sperm , gradually embryo grows to fetus and at the end of 9 months a mature baby takes birth.

Stage wise / fetal growth

At 4 weeks

Gestational sac is 2-3 cm in perimeter and embryo 4-5mm in length. At this stage embryo -cardiac development starts and heart beat appears as flicker at around 5 + weeks, it weighs approximately 1 gm.



At 5-6 weeks

Length of the embryo is 1 cm, heart and liver develops accordingly. Limbs are not developed yet. These all feature can be seen by USG only.



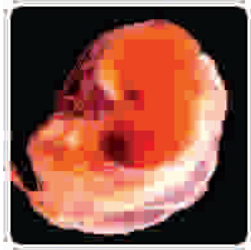
At 6 weeks

Length of the embryo is 15 mm. embryo is transparent and spinal cord is visualized at this stage.



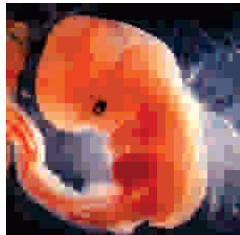
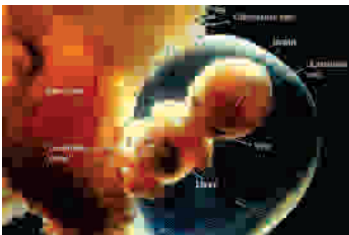
At 6-8 weeks

After one and half months embryo heart has started beating at the rate of 142-150 bpm. Blood circulation starts, embryo start movement. Gradually it takes the shape of human being.



At 8 weeks

Heart of the embryo grows faster than the body; fingers of arm and legs appears. On both lateral sides of head there is elevation for ears. Embryo length is 22-25mm. After 9 weeks the embryo is called fetus.



At 12 weeks

After 3 months of pregnancy eye with eyelids are developed. Eyelids are always closed. Movements of arms and legs starts but mother cannot feel it. Fetal genitals start developing. Fingers of arms and legs can be seen separately and nails also develop at this time.

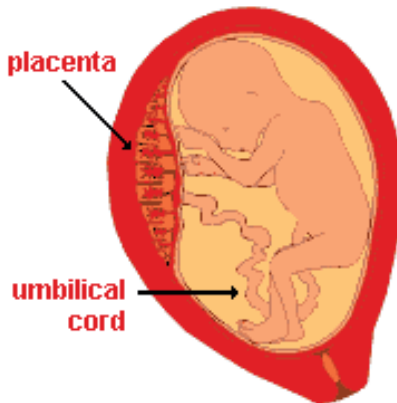


Placenta

Blood circulation between mother and fetus occurs through placenta. It is attached to uterine wall and via umbilical cord which originate from placenta - provides nourishment to the fetus.

Function of Placenta

- It helps in providing/transferring nourishment to the fetus from mother and waste product from fetus to the mother.
- It produces hormones and enzymes which help in maintaining pregnancy
- Protect fetus against diseases



General Precautions

Self-medication can damage pregnancy and one should not take any medicine without doctor's permission because the medicine gets transferred to the baby through mothers and can harm the baby.

X ray : X ray radiation harms the fetus during pregnancy. Hence should not be done at least during 1st trimester of pregnancy. But if required then consult the doctor first .

Travelling

Avoid unnecessary travelling. Do not travel on two/three wheeler. If need to travel - train is advisable with doctor's permission.

Intercourse

During 1st trimester of pregnancy, intercourse should be avoided. But if there is any previous history of miscarriages/abortions or if the placenta is low lying then intercourse should not be done.

Work

- If the women is working then she can continue her job by taking precaution and care.

- Pregnant lady should keep her legs up at elevated level
- Do not wear high heels
- Take rest in between work, if you are working in sitting position for long time then have walk for some time and if standing for long time than sit in between your work and take rest.
- Take lots of liquid and healthy food time to time
- Always keep yourself happy and joyous
- Don't over work at home/office

Smoking/chewing tobacco/Alcohol consumption

Smoking/tobacco chewing causes low birth weight of child or health problem of childhood. During pregnancy alcohol containing drinks / alcohol consumption can cause low birth weight of child / birth deformities/congenital anomalies/mental retardation. Drinks containing caffeine should not be consumed during pregnancy.

Diet and exercise

- Eat every two hours whether you are hungry or not . Frequent small meals are preferable
- Ground nut, gram, fruit salad, ice cream, milk

- shakes etc. should be taken
- During pregnancy women should have nutritious food
 - Don't eat spicy and oily food
 - Don't eat street food or outside food

Exercise

- Do light exercise regularly
- As per doctor's advice walk for 30 min
- Pranayama and meditation should be done
- Do not do kapalbhati pranayama.

Medicine

During pregnancy following medicines must be taken

- Folic acid
- Vitamin B 12
- Vitamin B6
- Protein powder
- Iron tablet

Danger signal / Alert Signal

• Any vaginal bleeding

Bleeding from vagina during pregnancy is dangerous because there is possibility of abortion.

- **Abdominal pains**

In case of continuous or intermittent colic pain in abdomen, immediately consult the doctor.

- **Persistent Vomiting**

2-3 vomiting a day is common in pregnancy, but if it is more and women is not able to eat properly than immediately consult the doctor

- **Fever of any type**

During 1st trimester of pregnancy never neglect the fever because it can lead to abortion

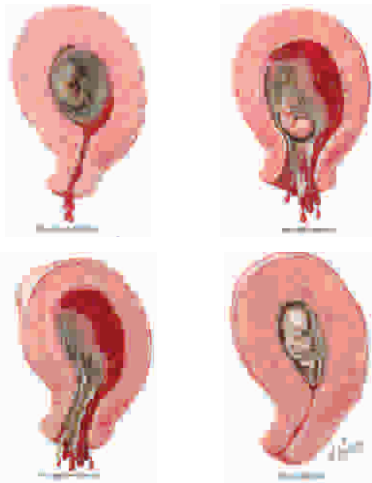
- **Burning and pain during micturition and itching in private parts**

- If there is increase frequency of micturition, burning or pain during micturition or itching on private parts then consult the doctor as this can be due to infection
- Take plenty of liquids, milk, juices etc

Abortion and miscarriage

Embryo / Fetus which has not grown, stop growing with no heart beat tends to get expelled out of uterus, this process is called as abortion.

During 1st trimester there is 15-20% chances of abortion. The most common reason for this is fetal anomaly. Mostly anomalies restrict the growth of fetus and leads to abortion. Other reasons for abortion include uterine anomalies or malnourishment to the fetus.



Two most important symptoms of abortion are

1. Bleeding from vagina
2. Abnormal pain/colic pain in abdomen

Many times without any symptom of abortion, death of embryo / fetus occurs in the uterus. At times symptoms of pregnancy like nausea, vomiting and heaviness of breast get reduced just before abortion.

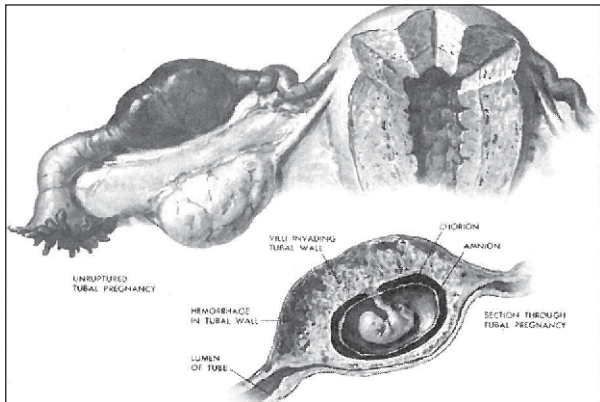
Measures to avoid abortion

1. If there is any symptoms of abortion as explained above, immediately consult the doctor
2. Only after blood investigation and ultrasonography doctor can decide whether fetus will grow further or not.
3. If there are chances to save the pregnancy , following should be done;
 - Complete bed rest preferably in head low position
 - Medicine should be taken to relieve pain
 - Injection and medicine to maintain pregnancy and for further development of fetus should be taken
 - Serial USG can be done to know the exact condition and growth of fetus
 - If abortion occurs at home, then immediately rush to the doctor with all aborted material collected in

clean glass jar, so that doctor can make out whether it is complete abortion or some parts of conceptions are still retained in the uterus

- If there are retained products inside the uterus then patient may need curettage and evacuation.
- If there is any previous history of abortion then further pregnancy should always be planned after consulting the doctor. There should be atleast 2-3 months of space/interval between abortion and next pregnancy.

Ectopic Pregnancy



This is the condition where the implantation of embryo is outside the uterine cavity, in which development of embryo / fetus can't be possible beyond a stage & it causes problems / emergency situation.

Causes of ectopic pregnancy are;

- Infection of fallopian tubes
- Defects / anomalies of fallopian tubes
- H/O previous surgeries of fallopian tubes
- Copper-T / foreign body in uterus, it prevents the implantation of embryo in uterine cavity
- Recurrent MTP
- Failed family planning operation

Symptoms of ectopic pregnancy

- Amenorrhea
- Severe pain in abdomen, giddiness
- Dark brownish discharge per vaginally
- If patient becomes unconscious, then it is very critical condition so immediately consult the doctor

Diagnosis of ectopic pregnancy can done by

- Transvaginal sonography (TVS) is diagnostic. In this uterine cavity is empty and products of conception is seen somewhere else in pelvic cavity.
- Serum B HCG levels
- Laproscopy

Treatment

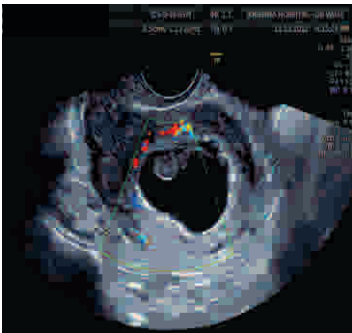
If ectopic pregnancy is in fallopian tubes then medicines can be helpful to treat.

But if there is rupture of fallopian tube than operative laparoscopy or laparotomy is the only treatment

Normal Pregnancy



Abortion

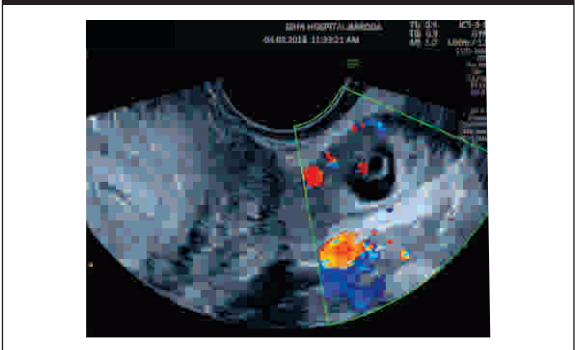


Bleeding in Pregnancy

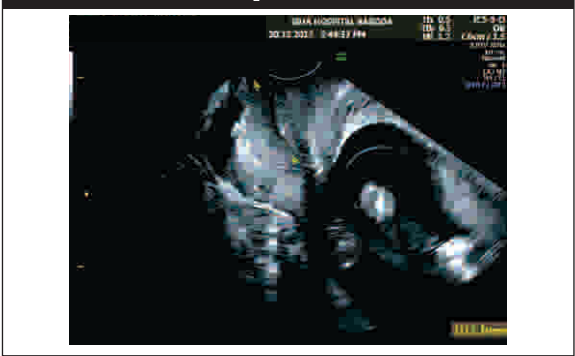
Subchorionic Hemorrhage



Ectopic Pregnancy



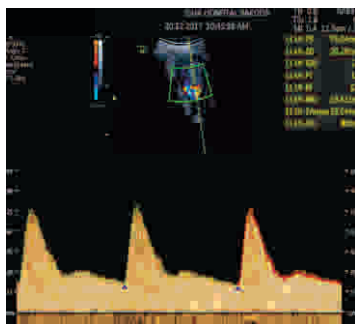
Incompetent OS



Twin Pregnancy



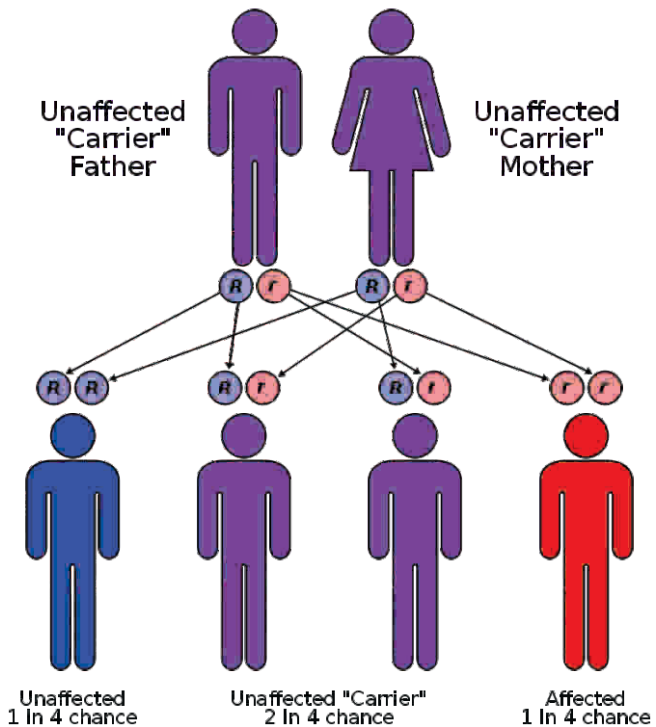
Doppler Sonography



3D / 4D Sonography



Inheritance pattern / autosomal recessive for thalassemia



Role of ultrasonography (USG) in 1st 3 months of pregnancy

1. On 1st visit
 - to confirm pregnancy
 - Location of gestational sac – intrauterine or extrauterine
 - Number of gestational sac
2. Dating scan – to measure the size of fetal pole, fetal heart rate (FHR) and confirm the LMP by correlating with USG findings.
3. Repeat USG for growth at 8-9 weeks of pregnancy
4. Nasal bone (NB) , Nuchal translucency (NT) scan at 11-12 weeks with Double Marker test

(Double marker test is 1st trimester screening for non-invasive evaluation that combines a maternal blood screening with ultrasound evaluation of fetus to identify risk of certain chromosomal abnormalities, including Down's syndrome (trisomy 21) , Edward's syndrome (trisomy 18) and Patau syndrome (trisomy 13).

Nasal bone of the baby can be seen as a white mark on the face at 12 weeks , absence of which indicates risk of chromosomal problems.

Thalassemia and pregnancy

Thalassemia is an inherited blood disorder in which the body makes an abnormal form of hemoglobin.

There are mainly two forms of thalassemia minor and major.

If both parents are carrier of thalassemia child have a greater chance of inheriting a more serious form of the disease called as thalassemia major. Thalassemia occurs when there is abnormality or mutation in one of the genes involved in the defect.

If only one of the parents is a carrier for thalassemia, child may develop thalassemia minor. If this happens, child probably won't have symptoms, but he/she will be a carrier of the disease and the hemoglobin level would be low.

- There is 50% chances of thalassemia minor in child if one of the parent is thalassemia minor and other is normal.
- If both the parents are thalassemia minor then there is 25% i.e, 1 in 4 child will have thalassemia major and 50% chances of having thalassemia minor and 25% with normal Hb.

- If one of the parent is thalassemia major & other is normal than all the children will be thalassemia minor
- If both parent are thalassemia major than all the children will have thalassemia major and hence in this condition, pregnancy is not advised.
- If one of the parents is thalassemia major and other is minor then there is 50% chances of children having thalassemia major and 50% will have thalassemia minor.

In case if both parent are thalassemia minor than during pregnancy chorion biopsy or amniotic fluid DNA study is to be done to rule out thalassemia major and if it is thalassemia major than decision for termination of pregnancy can be taken.

Both α and β thalassemia often inherited in autosomal recessive manner. Thalassemia minor usually doesn't have any symptoms. If it does it causes minor anaemia.

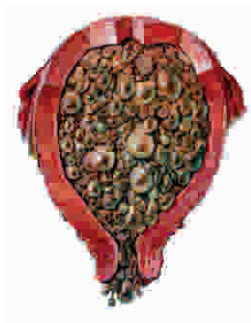
Thalassemia Major

Thalassemia major is serious form of disease, in this body makes an abnormal form of haemoglobin. Haemoglobin is the protein molecule of red blood cell that carries oxygen to different organs of body. The disorder results in excessive destruction of red blood cells, which leads to anaemia. The life span of RBC reduces to 15 days from 120 days. The symptoms of thalassemia major generally appear before child's first birthday. The severe anaemic related to this condition can be life threatening. Other signs and symptoms included; - paleness, frequent infection, poor appetite, jaundice or enlarged organ (hepatosplenomegaly) and sometimes it affects child's mental development too.

Treatment of thalassemia major is blood transfusion at the intervals of every 15 days. Due to frequent blood transfer there is deposition of iron in the organ of body such as heart, liver, kidneys, gall bladders and other organs. To treat iron overload related to frequent blood transfusion chelation therapy with the medicine and injections are to be taken by patient.

We advocate premarital counselling and checking for thalassemia.

Molar pregnancy / Vesicular Mole



A hydatiform mole ("hydatid" means " drop of water" & "mole" means " spot") ; it occurs when cells of chorionic villi (tiny projections that attach the placenta to the lining of the uterus) , don't develop correctly . Instead, they turn into watery clusters that can't support a growing baby. A partial molar pregnancy includes abnormal embryo(fertilized egg that has begun to grow). In a complete molar pregnancy there is a small cluster of clear blisters or pouches that don't contain a embryo. The chances of molar pregnancy are more in younger female (age below 16 yrs) & older women (age 30-35 yrs).

Choriocarcinoma

Mole can be cancerous. In 10 % cases, mole develops in uterus as a fast growing cancers called choriocarcinomas which may spread to lungs & brain. It is extremely important to make sure that all of the mole is removed from the uterus. Regular blood & urine tests are done for atleast 6 months & after that if chemotherapy is taken, **pregnancy is strictly avoided for one year.**

Choriocarcinoma can occur after any normal pregnancy or abortion. Incidence 1/45000 child births.

Symptoms :

- 1) Hyperemesis gravidum : severe vomiting which causes dehydration & requires admission
- 2) Lower abdominal pain
- 3) Irregular menses(menorrhagia)
- 4) Excessive growth of womb than expected

• Diagnosis :

- 1) Pregnancy test
- 2) Ultrasound will show abnormal placenta with or without some development of baby which looks like cluster of grapes

• Treatment :

- D & C
- Prostaglandin injection or blood transfusion if more bleeding
- chemotherapy

Questionnaire

Question 1: When to consult doctor for first time ?

Answer : if your menstrual period are regular then consult doctor after 3 days of your expected date of menses and if your menses are irregular then pregnancy can be confirmed by urine pregnancy test.

Question 2 : What information should be given to the doctor during first visit?

Answer :

A. History

- Tell about you, first day of last menstrual period, menstrual regularities, history of any physical, mental or hereditary disease like diabetes, blood pressure, jaundice or any heart or kidney disease, thyroid diseases. Thalassemia, G6PD deficiency or sickle cell disease.
- Inform doctor about previous surgeries if any
- Inform if you are taking any medicines
- Inform about the allergies if you had previously

after any medicine/injections.

- Inform of any congenital disease in family / consanguineous marriage.

B. Examination

- For examination per vagina and for transvaginal sonography- clean and shave your private parts properly on regular basis.

Question 3: I am having complaint of nausea in the morning, what should I do ?

Answer : This is a common problem of 1st trimester of pregnancy, don't worry about that. To avoid it, eat dry, light snacks just after waking up in morning even before brushing the teeth.

Question 4 : Why I have heart burns ?

Answer : There is no correlation between heart and heart burns, it is the burning sensation of the stomach. To control nausea and heart burns, eat small quantity of meal at frequent intervals instead of eating large

quantity of food at one time. Avoid eating oily and spicy foods. Tablet Digene/Divol/Gelusil can give relief to heart burns.

Question 5 : I am having 2-3 vomiting per day. What shall I do?

Answer : Don't worry if it is 2-3 times in a day, take medicine (antiemetic) only if vomiting is more than 2-3 times per day. After taking medicine, vomiting will stop but complaint of nausea will increase. Clean mouth and eat something immediately after vomiting to avoid repeated vomiting.

Question 6 : Why there is uneasiness during pregnancy?

Answer : During 1st trimester of pregnancy there is increased salivation and nausea due to which patient may have feeling of uneasiness, this can increase after taking antiemetics.

Don't worry for this, just do activities to divert your mind, do whatever you like and keep yourself busy.

Question 7 : I am a pregnant lady and I often get angry and have mood swings any time, what shall I do?

Answer : during pregnancy it is very common to have mood swings , don't worry. Be calm and do activities that increase your confidence.

Question 8 : I feel very weak, what is the reason for that?

Answer : there is increased need of energy and nutrition during pregnancy to mother, because of developing fetus inside mother. In 1st trimester of pregnancy due to nausea and vomiting the food intake reduces, that is why women feels weak. Eat whatever you like , eat every two hourly and take more juices and milk shakes so that you will not feel weak.

Question 9 : My weight is not increasing; it is dangerous?

Answer : due to nausea and vomiting during 1st trimester of pregnancy weight does not increase, so don't worry about that.

Question 10 : What shall I do if I feel heavier in breast ?

Answer : during pregnancy changes occur to prepare breast for feeding milk to baby . To avoid heaviness wear supporting bra. As the size of breast increases , change the size of bra accordingly.

Question 11 : I am having complaint of increase frequency of urination, what is the reason for that?

Answer : during pregnancy the increase size of uterus causes pressure on bladder continuously hence there is increase frequency of urination. If there is burning / itching during micturition, then consult the doctor.

Question 12 : I have complaint of bloating indigestion of food, what is the reason for that?

Answer : Pain in abdomen, gas , belching can occur during pregnancy. For this take, Tab digene, walking will also help to relieve the gas, eat fruits & vegetables and plenty of liquid.

Question 13: I am having complain of constipation, can it be relieved?

Answer : During pregnancy changes occurs which disturbs digestion system and this causes constipation. Take more fibrous diet like fruit, vegetable and plenty of liquid to avoid constipation. You can also take Isabghol powder 2 tea spoon with 2 glass of water at night

Question 14 : Can I do travelling during pregnancy?

Answer : Avoid travelling during pregnancy, if you can. In any case if travelling is necessary travel by train-avoid jerks.

Question 15 : I am not able to sleep properly at night what should I do?

Answer : This is common complaint of pregnancy. Do activities like reading books, listening to music, weaving etc. Drink lukewarm milk at night & have a evening walk.

Question 16 : I am having complaint of passage of white sticky discharge per vaginally during pregnancy?

Answer : there is increase blood circulation in uterus and vagina during pregnancy with hormonal changes due to which there is white sticky discharge per vaginally. To avoid any infection, regularly clean the private parts and shave properly.

Question 17 : I have just conceived; shall I do exercise?

Answer : Don't do any exercise during 1st trimester of pregnancy. Take walk for 30 minutes twice a day. You can do pranayama but don't do kapalbhati pranayama.

Question 18 : I am pregnant; can I have intercourse?

Answer : Avoid intercourse during pregnancy, if there is history of abortion or low lying placenta, intercourse should not be done, this can cause harm to the fetus. Intercourse is permitted in 2nd TM.

Question 19 : What investigation should be done before and during first 3 months of pregnancy?

Answer : Following blood investigation should be done before 1st 3 months of pregnancy.

- Hemoglobin
- Blood Group
- Rubella IgG
- HIV
- PG2BS
- Sr. TSH , FT4
- HPLC / HbA2

Question 20 : I am pregnant; do I need to inform doctor about my previous pregnancy details?

Answer : yes, it is necessary to inform you doctor about

- Number of previous pregnancy, delivery type / surgeries / complications.
- Number of abortion, if any
- History of any complication during previous pregnancies
- History of any anomaly/deformity in previous children.

Question 21 : I am having history of missed abortion. What precaution should be taken now?

Answer : First consult the doctor and get examined before planning for pregnancy, if there is any history of missed abortion. Plan, pregnancy only after doctor's advice. Consult the doctor as soon as you miss your period / 3 days after the expected date of your menses.

Question 22 : How to calculate the expected date of delivery?

Answer : if your menstrual cycle is regular of 28 days then just add 280 days to the first day of your last menses period and you will get the expected date of

delivery. But if your menses are irregular, expected date of delivery can be confirmed by dating scan.

Question 23 : During first 3 months of pregnancy, when sonography should be done?

Answer : 1st sonography should be done to confirm the pregnancy as soon as one crosses the expected date of period by 3 days . Then if there are no complaints then consult the doctor after 1 month or if there is any complaint then follow the doctor's advice and consult accordingly. Dating scan is advised at 6-8 weeks.

Transvaginal Sonography should be done at 11-13 weeks for NT scan & double test to detect any anomaly in the fetus

- By TVS doctor can - detect incompetent OS
 - see the number and size of fibroids in uterus or cysts in the ovaries or other abnormalities
 - diagnosis vesicular mole/ ectopic pregnancy or abnormal growth

Cleanliness of genitals:

- Drink plenty of liquids.
- Always wear cotton innerwear
- Use only cotton sanitary pad if needed
- Keep genital parts clean. Use razor for shaving
- Vaginal hygiene wash (vagibath / genwash lotion)
: clean private part . apply lotion externally , keep it for 3 minutes and then clean with water
- Sprinkle antifungal (imidil / nuforce / candid)
powder 2-3 times a day

Medicine :

- 1) Calpol / Crocin 650 mg - for headache, fever, bodyache.
- 2) Doxinate OD / Omez D- 1 at bed time
- for vomiting.
- 3) Digene / Divol / Gelusil - To chew - twice / thrice a day or Ocid QRS 20 at bed time for acidity.
- 4) T. Buscopan - 1 tab 3 times a day for pain in abdomen.
- 5) T. Trenexa 500 mg - 2tab 3 times a day for bleeding.
- 6) Symp. Duphalac - 3 tsf in morning with 2 full glass of water - or Lactifiber / Fiberlact Powder - 2 tsf at bedtime with 2 full glass of water for constipation.
- 7) Clean private part with Lactacyd / V-wash lotion and sprinkle Nuforce / Imidil powder 2 times a day
- 8) Cold / Cough - Steam Inhalation with Simple hot water + Salt Water Gargling 4-5 times / day
Kanthal / 3P - For Chewing.

Please keep above medicines handy and use it when required.

Antenatal Checklist

- **Dental** : 1st Visit
- **Physiotherapist** : 1st Visit
- **Dietician - Nutritionist** : 1st Visit

Upto 9 wks

- ✓ Obstetrician Consultation ☐
- ✓ Ultrasound screening ☐
- ✓ General Examination ☐
- ✓ Laboratory Investigation ☐
- ✓ Dietician Consultation & Counseling ☐

@ 11 wks

- ✓ Double Marker ☐
- ✓ NT, NB ☐
- ✓ Breast Examination ☐

11-14 wks

- ✓ 1st Trimester Anomaly Scan ☐
- ✓ Inj. TDVac - 1st dose ☐
- ✓ Dental Consultation ☐

Do's

1. Travel by train during pregnancy if at all required
2. Wear loose cloths
3. Take bath regularly
4. Before getting up from bed, turn to left side and then get up
5. Take clean and healthy home food , frequent small meals are advised
6. Try to sleep in left lateral position especially after 5 months.
7. Do your routine work regularly
8. Take plenty of water or liquids (3 litres a day) to avoid constipation
9. Take prescribed medicine regularly at time without missing
10. Do work in sitting position as much as possible- don't bend forward from back
11. Sit straight, don't sit in squatting position.

Don't

1. Don't travel by two/three wheelers
2. Don't wear tight cloths
3. Don't lift heavy weights
4. Don't wake up with jerks
5. Don't sleep in supine position
6. Don't wear high heels
7. Don't use tables or stools to reach the height
8. Don't eat pickles and papads
9. Don't eat outside/street foods
10. Don't eat spicy and oily and salty food
11. Don't do the work which requires weight lifting at home. Such as washing clothes, dusting or lifting buckets or boxes.
12. Take advice of doctor for doing intercourse
13. Don't take bath in bath tubs
14. Don't take much tea/coffee
15. Don't take any medicines without doctor's advice.

DISCLAIMER

This introductory booklet is just for guidance. Do not use this for treatment by yourself. Do not take any treatment without advice of doctor.



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