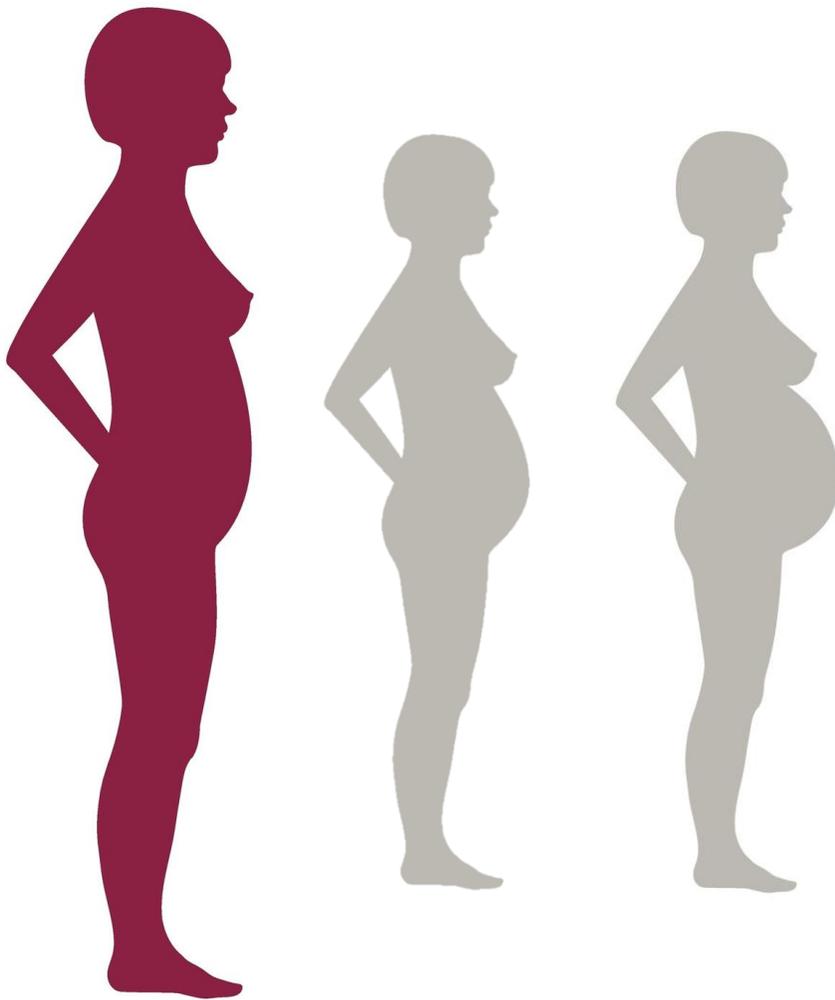


What to Know During Your Pregnancy: Weeks 6-26



We look forward to caring for you, and we hope all goes well during your pregnancy. Just in case, here is some information on when and where to call:

Emergency Warning Signs

If you have any of these symptoms, **please call your clinic or call OB Triage 272-2460.**

- ⚠ Bleeding from your vagina
- ⚠ Strong lower belly pain or cramps
- ⚠ Pain or burning when you pee
- ⚠ Vomiting (throwing up) a lot
- ⚠ Fever more than 101°F after taking Tylenol

What's in This Booklet

Congratulations on your pregnancy! The beginning of your pregnancy is an exciting time. This booklet will give you information and advice that you can use during weeks 6-26 of your pregnancy.

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Your Clinic Visits

During your first visits, we will:

- Take your medical history. A provider will give you a physical exam if needed.
- Teach you about your health and the growing baby.
- Do blood, urine, and other tests.
 - We'll test your blood type, iron levels, and sugar levels.
 - We'll do tests to be sure you do not have some sexually transmitted infections or a UTI (urinary tract infection).
 - We'll check your blood to see if you need any vaccines once the baby is born.
- Send you to other providers or services if you need them.
- Encourage your partners and family members to join you at your visits.

Genetic Testing

- We offer tests to find out if your baby might have a genetic disorder, including Down Syndrome or problems with the development of the baby's spine (spinal defects).
- We can find some of these disorders using ultrasounds and blood tests.
- Some families have more risk because of age or family history.
- Ask your provider about options or call Genetics at 272-6611 to make an appointment.



Caring for Yourself

Eating and Cooking

- ☑ Eat well and choose healthy foods. Most pregnant women need to eat only 100-300 extra calories per day to support a baby's growth. For example, if you eat 2 eggs and 2 corn tortillas, that's about 300 calories. One medium-sized apple and 2 tablespoons of peanut butter is about 300 calories.
- ☑ Eat many different fresh foods daily, including vegetables, fruits, protein, grains, and dairy.
- ☑ Watch serving sizes. You may be eating more than you need to. Don't eat for two! 100-300 extra calories is not that much.
- ✗ Stay away from doughnuts, chips, fast food, sodas, cookies, and candy. Junk foods and sweets don't support your baby's growth.
- ✗ Do not eat fish with high levels of mercury like shark, swordfish, king mackerel, tilefish, fresh or frozen tuna steaks, or orange roughy.
- ✗ Do not eat unpasteurized (raw) milk and cheeses. Bacteria in **unpasteurized** milk and cheese can be dangerous. If milk or cheese is **pasteurized**, that means the bacteria has been taken out.
 - Stay away from soft cheeses like Mexican-style Queso Blanco or Fresco, Feta, or Brie. They are often unpasteurized.

Cooking Food Safely

- ☑ When you cook, wash your hands and cooking surfaces often.
- ☑ Wash all fruits and vegetables before you eat them.
- ☑ Keep raw meat away from other food.
- ☑ Cook your food until it's steaming hot. Put the food that you don't eat in the refrigerator or the freezer.
- ✗ Never eat **raw** foods like meat, fish, shellfish, or eggs.



If you're wondering if your milk or cheese has been pasteurized, check the label. If it says "made from pasteurized milk" or "pasteurized" you can eat it!



Weight Gain

Most women gain 11-35 pounds during pregnancy. How much you should gain depends on what you weighed before your pregnancy.

- If you are starting at a heavier weight, it is better if you don't gain a lot of weight.
- Talk to your provider to find out how much weight you should gain.
- We have nutritionists for support.

Exercise

Doing exercise every day will help you stay strong and fit and it will help you prepare for having your baby.

- Most women can do light to medium exercise. Talk with your provider about your ideas before you start a new exercise.
- Try to get 2-and-a-half hours of aerobic exercise every week. Examples of aerobic exercises are:
 - Walking
 - Swimming
 - Riding a bike (either a regular bike or a stationary bike)
- Try strengthening exercises using light weights.
- Maybe join a prenatal exercise or yoga class. Tell your instructors that you are pregnant.

Vitamins and Supplements

Prenatal Vitamins

Prenatal vitamins contain many vitamins and minerals that support your health and your baby's health.

- Take a prenatal vitamin every day. Choose one with folic acid, iron, and iodine.
 - If it makes you feel like you're going to throw up, you can try taking it before bed. You can also try chewable or gummy vitamins.
 - If you're throwing up your prenatal vitamin, take a folic acid supplement instead. You should take 800 micrograms of folic acid every day until your stomach feels better.



Omega-3s

Omega-3s are a type of fat in fish. They are important for your baby's brain and eyes.

- ☑ Try to eat two meals of low mercury fish every week. Some examples of low mercury fish are catfish, salmon, tilapia, sardines, anchovies, and whitefish.
- ☑ If you don't eat fish, take a Fish Oil (DHA) capsule every day.

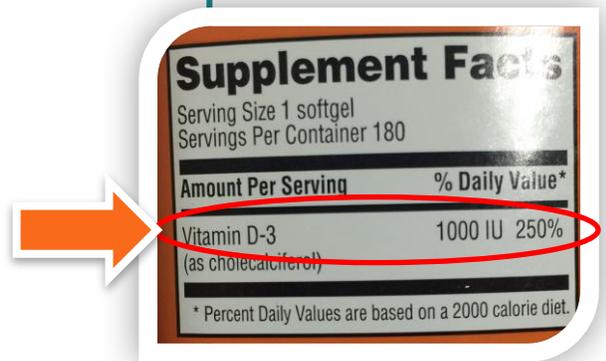
Vitamin D

Vitamin D is an important vitamin that helps you and your baby develop strong and healthy bones. It may also lower the risk of problems during pregnancy, such as diabetes during pregnancy, early birth, and infection.

- Prenatal vitamins usually don't have much vitamin D.
- You can get extra vitamin D from:
 - sunlight.
 - foods with vitamin D, such as fish, egg yolks, shitake mushrooms, beef or calf liver, and foods that are fortified with Vitamin D.
 - vitamin D pills.
- Generally, 600-4,000 IU per day is a safe amount of vitamin D to take. Check the label to see how much vitamin D is in your prenatal vitamin or vitamin D pill.

Iron and Calcium

Ask your provider if you need to take an iron or calcium supplement.



There are 1,000 IU of Vitamin D per pill in this bottle.



Always wear a seat belt

Healthy Habits

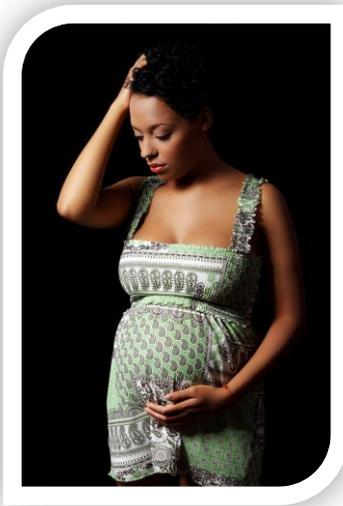
- ✗ Do not drink alcohol or use street drugs. If you have a problem not using, please talk to us.
- ✗ Do not smoke cigarettes or e-cigarettes. Stay away from second-hand smoke.
- ☑ Always wear a seat belt
- ☑ Brush your teeth every day and visit the dentist during pregnancy.
- ☑ It's okay to have sex when you are pregnant unless your provider tells you not to.
- ☑ Get enough rest and sleep.
- Only drink **one cup** of caffeine drinks per day. This includes coffee, soda, and tea.
- If you're being abused, tell your provider or seek help. Abuse can be physical, financial, verbal, emotional, or sexual.

Mental and Emotional Health

Pregnancy and after birth are times of great change. While pregnancy and birth are usually joyful, they are also times of stress.

Your emotional health is really important. Here are some things to know about pregnancy and your mental and emotional health.

- **Depression:** Women can develop depression during pregnancy or after pregnancy. Here are some common signs of depression—
 - Feeling down, depressed, or hopeless
 - Having little interest or pleasure in doing things
 - If any of these feelings are bothering you, talk to your provider.
- **Anxiety (Worry):** It's normal to worry during pregnancy. If your worries are so strong that you're having trouble sleeping, thinking, or doing your normal activities, talk to your provider.



Traveling

As long as there are no complications with your pregnancy, it is usually safe to travel before 36 weeks of pregnancy. Ask your provider if you are uncertain.

Dangers in the Environment

Cleaning Products

- ✗ Don't use anything labeled "toxic".
- ☑ Try natural cleaning products. They can be safer.
- ☑ Wear thick rubber gloves and open the windows and doors to get rid of the fumes.

Beauty Products

Nail Salons:

- Stay away from nail salons when you're pregnant. Chemicals in nail salons can let off dangerous gases.
- If you can't get away, stay near an open window or door for fresh air.

Hair Products:

- Dyes, permanents, and straighteners are generally safe. A very small amount of the chemical can go from your head into your body, but there are no reports that this is harmful to you or your baby.
- It's best to avoid these products during the first trimester (weeks 1-12).



Stay away from nail salons.



It is best to stay away from hot tubs



Try to have someone else clean the cat's litter box

Other Safety Warnings

Hot Tubs

While baths and showers are generally safe, it's best to stay away from hot tubs while you're pregnant.

If you use a hot tub—

- ✗ Do not go in a hot tub that is hotter than 101-102 degrees.
- ✗ Do not stay in the hot tub for more than 10 minutes
- ☑ Drink lots of water
- ⚠ If you feel hot, you probably need to get out!

Paint

It is best if you do not paint while you are pregnant. Ask someone else to do the painting and make sure there is good air flow where you're painting.

If you have to paint—

- ✗ Do not paint for a long time.
- Try to use paint that does not have a strong smell. That type of paint is called low or no VOC paint.

Cats

If you clean kitty litter or touch dirt where cats might have been, you can get a disease called toxoplasmosis.

You can protect yourself from toxoplasmosis by doing these things:

- ☑ Have a person who is **not** pregnant clean the litter box.
- ☑ Keep cats inside the house.
- ☑ Wear gloves while you garden.
- ☑ Wash your hands well with running water and soap after touching cat poop or gardening.
- ✗ Do not go near stray cats.

Breastfeeding

Breastfeeding is a natural and healthy way to feed your baby.

Breast milk has **all** your baby needs. You and your baby will get the most benefit from breastfeeding when your baby gets 100% breast milk.

We are proud that UNM was awarded a title of a Baby Friendly Hospital. This award means UNM offers information and support to help you breastfeed!



Pregnancy Resources

Pregnancy Websites

- Childbirth Connection: www.childbirthconnection.org
- ACNM Share with Women: www.midwife.org/Share-With-Women
- Text4baby: Sign up on the website www.text4baby.org or you can text Baby to 511411 to get free text messages about your pregnancy and baby
- March of Dimes: www.marchofdimes.com
- Mayo Clinic: www.mayoclinic.com/health/pregnancy-week-by-week/MY00331
- Medications and Safety during Pregnancy: www.safefetus.com/index.htm
- National Women's Health Resource Center: www.healthywomen.org/ages-and-stages/pregnancy-and-parenting/pregnancy

Pregnancy Books

- **The Complete Book of Pregnancy and Childbirth**, by Sheila Kitzinger
- **Pregnancy, Childbirth and the Newborn: The Complete Guide**, by Simkin, Whalley & Keppler
- **The Thinking Woman's Guide to a Better Birth**, by Henri Goer
- **Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation**, by Pam England and Rob Horowitz
- **The Birth Partner**, by Penny Simkin
- **Our Bodies, Ourselves: Pregnancy and Birth**, by Boston Women's Health Book Collective and Judy Norsigian
- **The Pregnancy Book: Month-by-Month**, by Martha Sears and William Sears
- **The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth**, by William Sears and Martha Sears
- **Ina May's Guide to Childbirth**, by Ina May Gaskin
- **Fathering Right from the Start: Straight Talk about Pregnancy, Birth, and Beyond**, by Jack Heinowitz
- **When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women**, by Penny Simkin and Phyllis Klaus



Healthy Eating and Exercise Websites

- Nutrition and Exercise: www.womenshealth.gov/fitness-nutrition
- Pregnancy and Nutrition: www.marchofdimes.org/pregnancy/eating-and-nutrition.aspx

Healthy Eating and Exercise Books

- **Fit & Pregnant: The Pregnant Woman's Guide to Exercise**, by Joan Marie Butler
- **Exercising Through Your Pregnancy**, by James Clapp
- **Expect the Best: Your Guide to Healthy Eating Before, During, and After Pregnancy**, by The American Diabetes Association and Elizabeth Ward

Childbirth Education Websites

- UNMH Childbirth Education: hospitals.unm.edu/health/pt_ed/childbirth.shtml
- Inspired Birth and Families - local childbirth resources and classes: inspiredabq.com
- ABQ Birth Network: albuquerquebirthnetwork.org

Mental Health Clinics and Phone Numbers

- **Journeys Clinic**
University of New Mexico Hospital, 4th Floor
Women's Health Center
Thursday mornings (505) 272-2245
- **UNM Perinatal Clinic: Transition to Parenting**
2400 Tucker NE, Family Practice Building 4th Floor
Albuquerque, NM 87131
(505) 272-6130
- **UNM Psychiatric Walk-In Clinic**
2600 Marble NE
Albuquerque, NM 87131
(505) 272-2800
- **New Mexico Crisis Access Line:** 1(855) NM CRISIS (662-7474)



UNM offers free childbirth education classes. We will talk with you more about this later in your pregnancy.



Mental Health Websites

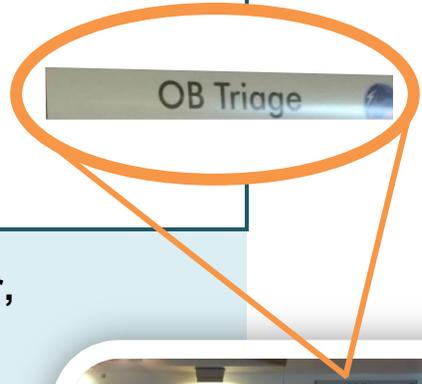
- Postpartum (after childbirth) support: www.postpartum.net
- Women's mental health: womenshealth.gov/mental-health

Books for After Childbirth

- **The Year After Childbirth**, by Sheila Kitzinger
- **Mothering the New Mother: Women's Feelings and Needs after Childbirth, a Support and Resource Guide**, by Sally Placksin
- **After the Baby's Birth: A Woman's Way to Wellness, A Complete Guide for Postpartum Women**, by Robin Lim
- **The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two**, by William Sears, Martha Sears, Robert Sears, and James Sears
- **Your Amazing Newborn**, by Marshall H. Klaus & Phyllis H. Klaus
- **Cesarean Recovery**, by Chrissie Gallagher-Mundy

Important Phone Numbers

- **272-2460: Emergencies** – UNM Hospital OB Triage (see the next section)
- **272-2245:** University Center for Women’s Health (at UNMH)
- **925-CARE (925-2273):** UNMH Women’s Primary Care (on Eubank)
- **272-2900:** Westside Family Health
- **861-1013:** Belen First Choice Clinic
- **865-4618:** Los Lunas First Choice Clinic
- **248-7703:** Albuquerque Indian Health



If you have an **emergency or if you are in labor, call OB Triage at 272-2460.**

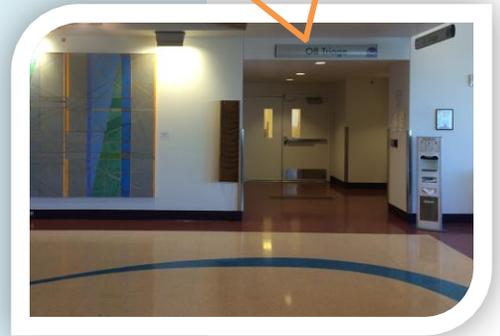
You can call at any time.

OB Triage is the part of the hospital that takes care of pregnant patients who are in labor or have an emergency. It is always open.

OB Triage is on the 4th floor of the Barbara and Bill Richardson Pavilion (the new part of the hospital).

Things to Know about OB Triage

- Call OB Triage before you go there at 272-2460. Sometimes the nurse can help you on the phone.
- OB Triage staff will see the patients who are the sickest or are in labor first.
- 2 people may be with you in the triage room.
- Bring a snack and something to drink in case you have to wait for a long time.
- Providers send most patients from OB Triage to Labor and Delivery when they are actively in labor. This is called “active labor” and is when the cervix is open (dilated) about 5-6cm.



If you do not have an emergency and are not in labor, but have questions, concerns, or are sick:

Call your clinic.

When the clinic is open—Call your clinic to talk to a nurse or leave a message. They’ll try to call you back on the same day.

During weekends and when the clinic is closed—You can call your clinic and leave a message on the nurse line. Someone will call you back during normal business hours.