

# Pregnancy: Nine Months of Special Care

**C**ongratulations...  
*you are going to have a baby!*

**T**he next 9 months will be a special time for you and your baby. Your body will help your baby develop and grow. So, you need to get medical care as soon as you think you are pregnant. Do not wait until you are "showing."

**D**uring the early part of your pregnancy you will probably visit a clinic or doctor once a month. Be sure to ask

any questions you might have about your pregnancy. At the first visit they will:

- ask about your health
- ask you the date of the first day of your last period to find out when the baby is due
- weigh you
- take your blood pressure
- take a urine sample
- give you a pelvic (vaginal) exam to tell the age of the baby in your uterus (womb)
- give you a Pap test to check your cervix (opening to the womb)
- take blood



**F**ollow your doctor's advice about how often you will need to make visits. By the 9<sup>th</sup> month, you can expect to make weekly visits. During later visits they will check your baby's growth and position. You and the doctor will listen to your baby's heartbeat.

**Y**our baby is depending on you. You, and only you, can help to give the gift of health to your baby by:

- not smoking
- not drinking any kind of alcohol. Even a little can hurt your baby.
- not taking drugs or medicines (even aspirin) of any kind without asking your doctor first
- staying away from caffeine ... coffee, tea, chocolate and cola all have caffeine
- eating a variety of foods every day ... limiting junk foods
- gaining between about 20-30 pounds during the 9 months
- getting some exercise every day ... walking is good
- getting enough rest

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**R**emember,  
your baby's  
health is up to  
you. Your baby  
will thank you  
for the chance to  
be born healthy. ■