



Your birth, your way! ***12-16 weeks***

Congratulations on your pregnancy!!!

By this point you have had a positive pregnancy test (most likely several) and have come to see us for confirmation of your pregnancy and may have had an ultrasound. Now you will begin your prenatal visits. Here is what you can expect at each of your visits:

- Weight checks
- Blood pressure monitoring
- Fetal heart rate monitoring
- Measurement of your growing uterus
- Blood testing (several times during your pregnancy)
- An ultrasound around 20 weeks gestation

As you progress in your pregnancy you will have many questions. It's a good idea to keep a journal of your pregnancy and questions. If you have any questions that cannot wait until your next visit, please call us at 972-542-8884. You can also message us through the portal, however, do not ask emergency questions through the portal!

As your pregnancy moves along, it's common to worry or feel anxious. Your body is changing a lot and you are thinking about giving birth, the health of your baby, and becoming a parent. Follow-up care is a key part of your treatment and safety. Be sure to make your appointments and call your provider if you are having problems.

Reduce stress:

- Ask for help with cooking and housekeeping
- Figure out who or what causes you stress and avoid these people or situation as much as possible
- Relax every day. Taking 10–15-minute breaks can make a big difference. Take a walk, listen to music, or take a warm bath.
- Learn relaxation techniques such as yoga. Or buy a relaxation tape
- Exercise: if you didn't exercise much before pregnancy, start slowly. Walking is best. Pace yourself and do a little more each day.
 - Try to do at least 2-3 hours of moderate exercise each week.
 - Wear loose clothing and shoes and a bra that fit and provide good support
 - If you want to use weights, be sure to use light weights.

Each time you come for your prenatal visits we will be discussing what to expect between that visit and your next visit. Here is a typical schedule of prenatal visits:

- Between weeks 12-28: Visits every 4 weeks
- Between weeks 28-36: Visits every 2-3 weeks
- Between weeks 36-40: Visits weekly

Final due date: _____

Gestational age: _____

Today's weight: _____

Total weight gain: _____

Next appointment: _____