



Pregnancy Care Information for Staywell Members

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SEE YOUR DOCTOR as soon as you know you are pregnant. Doctors can help you know if you may be at risk of having the baby too early. You can do things to keep you and your baby healthy. If the doctor finds problems early, they may be able to stop or slow down those problems.¹ If you see the doctor early and regularly, you are more likely to have a healthier baby.²

THE DOCTOR SHOULD DO THE FOLLOWING:

Each Visit

- Take your weight and blood pressure.
- Ask for a urine sample.
- Measure your tummy to see how the baby is growing.
- Listen to your tummy to hear the baby's heart rate.
- Ask if you feel the baby moving.
- Ask if you are leaking any fluids.
- Ask if you are eating and taking your vitamins.
- Ask if you are walking, stretching and bending.
- Talk to you about not smoking, drinking alcohol or using drugs.
- Talk to you about what your body will do when the baby is coming.
- Ask you if anyone is hitting or hurting you.
- Ask how you and your family are feeling about the baby coming.
- Ask you about your safety.

First Visit

- Ask you about your other pregnancies or sicknesses.
- Ask you about your mom, dad and grandparent's health and sickness.
- Ask you if you have signed up for WIC.
- Look in your ears, nose and throat.
- Listen to your heart, lungs and tummy.
- Look at your ankles for swelling.
- Ask you to lie down and do an internal exam and Pap smear.
- Take blood to run some tests.

First Visit *continued*

- Give you any shots that you did not get yet.
- Do an ultrasound to listen to the baby's heart rate and see how the baby is doing.
- Talk to you about further testing as needed.
- Teach you about what to eat, drink and do to have a healthy pregnancy.

Visit Before the Baby Is Born

- Talk to you about what your body will do when the baby is coming.
- Talk to you about what it feels like to have a baby.
- Talk to you about work and going on trips away from home.
- Ask how you and your family are feeling about the baby coming.

First Visit After the Baby Is Born

- Take your weight and blood pressure.
- Look at where the baby came from and do a Pap smear to be sure you are healing.
- Press on and listen to your tummy to be sure everything is back to normal.
- Press on your breasts to be sure everything is back to normal.
- Ask if you are eating and taking your vitamins.
- Ask if you are walking, stretching and bending.
- Ask how you and your family are feeling about the baby.
- Talk to you about future babies and planning.

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¹ Prenatal and Postpartum Care, The State of Health Care Quality 2005, National Committee for Quality Assurance

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