

1ST TRIMESTER

Weeks 1 - 13



PRENATAL CARE

- Visits are every 4 weeks.
- · Lab Work on initial visit.
- Dating Ultrasound around 7-8 weeks.
- Genetic Testing (NIPT) available @ 10 weeks.



- Add prenatal vitamin daily.
- Try to avoid ALL medications if possible.
- Should not expect to gain weight during this trimester.

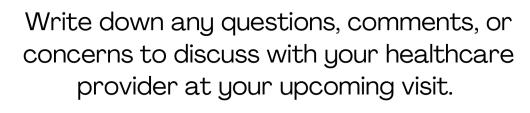


- Nausea and vomiting is usually worst during this trimester.
- Fatigue
- Spotting









TOTAL WEIGHT GAIN

UNDERWEIGHT BMI < 18.5

HEALTH WEIGHT GAIN 28 - 40 LBS NORMAL WEIGHT BMI 18.5 - 24.9

HEALTH WEIGHT GAIN 25 - 35 LBS OVERWEIGHT BMI 25 - 29.9

HEALTH WEIGHT GAIN 15 -25 LBS OBESE BMI > 30

HEALTH WEIGHT GAIN
11-20 LBS



You are a MOM, not a SUPERHERO. Always ask for help when needed.