

WHAT TO EXPECT WHEN EXPECTING

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.

PREPARATION

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

COMMON COMPLAINTS

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

Write down any questions, comments, or concerns to discuss with your healthcare provider at your upcoming visit.

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.