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~~Trimester of~~

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~~SM1 What to~~

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on your
pregnancy!
Welcome to Step

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to make you feel
more at ease and
comfortable with
the changes that
will be

happening with
your body and
baby over the
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your pregnancy.

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step by step
through each
week of your
pregnancy, from
conception to
birth.

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By Guide various stages
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you first
discover you're
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through what to
expect at each
step. more 13
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classes You are
now 13 weeks
pregnant, which
is the beginning
of week 14. Your
baby measures

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about 9 cm in length (3.6 inches) from head to toe and weighs approximately 45 grams (1.56 ounces). more

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tests and
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date on
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Ideally, you should start taking 400 micrograms of folic acid at least one month before becoming pregnant. Once your pregnancy is confirmed, up

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your daily dose
to 600 mcg. You
also need to
make sure you're
getting enough
iron. Your iron
requirement
increases
significantly
during
pregnancy,
especially
during the
second and third

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You'll ovulate,
and if egg meets
sperm, you'll be
on your way to
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Your baby is a
tiny ball -

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blastocyst -
made up of
several hundred
cells that are
multiplying
quickly. 4 weeks
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including trying to get pregnant, foods to avoid, antenatal care, breastfeeding and bottle feeding.

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step. more 13
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pregnant, which
is the beginning
of week 14. Your
baby measures

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about 9 cm in
length (3.6
inches) from
head to toe and
weighs
approximately 45
grams (1.56
ounces). more

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For Care

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all your patients create a “postpartum preferences plan,” either using the resources above or by tailoring your own...

Change your practice so that all patients are seen sooner in the postpartum

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period. ACOG now recommends that everyone be... P
regnancy-induced hypertension is
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home pregnancy
test kit Sit on
the toilet seat
and take a deep
breath. If
required,
urinate directly
on the stick and
let the results
come in the
specific time
listed.

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contains
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All women
without
contraindication
should be
physically
active
throughout

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Pregnant women should accumulate at least 150 minutes of moderate-intensity physical activity each week 3. Physical activity should be accumulated over a minimum of three days

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per week 4.

Pregnant women should incorporate a variety of aerobic exercise and resistance training activities to achieve greater benefits

~~Exercise During
Pregnancy [A~~

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and take a deep
breath.

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Step-by-Step

Instructions for
self-injection

Important Safety
Information for

LOVENOX®

(enoxaparin
sodium

injection) You
should call your
doctor

immediately if

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any
of the
following:
unusual bleeding
or bleeding that
lasts a long
time, unusual
bruising, signs
of
thrombocytopenia
(such as a rash
or dark spots
under the

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