BEGIN PRENATAL CARE EARLY

During your first visit, we will take a complete medical history. This may include one or more of the following:

• a complete physical exam
• a pelvic exam
• routine blood tests

It is very important for your health and the health of your baby that you keep all prenatal appointments. These appointments will usually be once every four weeks during the first six months of your pregnancy, once every two weeks during the seventh and eighth month, and once a week during the ninth month.

BEGIN A PLAN OF HEALTHY LIVING FOR YOU AND YOUR BABY

Your lifestyle is important for a healthy pregnancy. Avoid alcohol, smoking, and drugs. Ask your doctor or nurse practitioner about any prescriptions and over the counter drugs before taking them. And, make sure you get enough rest.

Your diet is important, too. We will schedule a visit with our registered dietitian, if available, if you have any concerns. You should continue regular physical activities, but please check with your doctor or nurse practitioner before starting a new activity or exercise.

SIGNS TO LOOK FOR?

Call your doctor’s office immediately if you experience any of the following symptoms:

• Bleeding or leaking fluid from your vagina
• Severe stomach or pelvic cramps
• Severe headache that won’t go away
• A lasting backache or bellyache
• Excessive vomiting or diarrhea
• A fever above 100° F
• Unusual swelling of the feet, hands, or face
• A sudden weight gain
• Blurring, spots, or other disturbances of vision
• Painful or burning urination
• Fainting or dizzy spells
• Heavy and itchy yellow or white vaginal discharge
• Your baby is moving less than usual

PREGNANCY IS A VERY SPECIAL TIME IN YOUR LIFE

The decisions you make during your pregnancy will have a lasting effect on your baby’s life. The first step to a healthy pregnancy is making sure that you are in good health before you become pregnant.

At Adagio Health, we make it easy and affordable for you to receive the highest quality care you need during your pregnancy.

Our medical team of doctors, nurse practitioners, and registered dietitians are committed to caring for you throughout your pregnancy.

Adagio Health accepts most insurance plans. Our staff will be happy to provide more information about your plan.

Learn how you can protect your health at:
www.adagiohealth.org