



جامعة الإمام عبد الرحمن بن فيصل
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Care During Pregnancy



What is the importance of health care during pregnancy?

- It helps maintaining your physical and mental health during pregnancy.
- It protects you from complications may occur.
- It helps in early detection of some diseases.
- It enables the medical team to intervene urgently and refer the case to specialized medical care when needed.
- It prepares you for the process of childbirth, breastfeeding and caring for the newborn.
- It helps in protecting the fetus from some diseases and birth defects.



Is my first visit to the doctor important?

Yes, your first visit to the doctor is important for many reasons, including:

- Your basic information will be recorded during this visit.



- Determining of your health, social and educational needs, along with developing a plan for your care.



- Establishing of a good relationship with the medical staff which will help you to gain confidence in them, and thus you are reassured to review the clinic regularly.



- whenever your first visit is earlier during pregnancy, this will be more helpful for you to get better medical care.



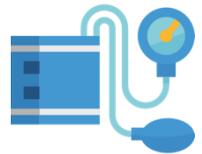
What is expected in your follow-up visits to the clinic?

In your frequent visits to the doctor during pregnancy, the following checks are carried out:



Weight Measuring

Blood Pressure Measuring



Urine Test

Abdomen check, fetus position and its pulse



How is the schedule of visits to the doctor?

Care begins at the first clinic visit and during the first trimester of pregnancy and then becomes:



- One appointment every month until the seventh month of pregnancy.
- Two appointments every month in the seventh and eighth months of pregnancy.
- One appointment every week during the ninth month of pregnancy.



If the pregnancy is classified as a dangerous pregnancy, the visits will be every 15 days until the seventh month, then every week in the eighth month, and admission to the hospital will be in the ninth month, i.e., the thirty-seventh week, and according to the case.

When pregnancy considered dangerous?

Pregnancy becomes dangerous in case of any of the following symptoms or factors where special care should be provided during pregnancy, childbirth, and the postpartum period:



- If you are over 35 years old or under 18 years old.
- When you have gestational diabetes
- If you had a previous delivery by caesarean section
- High blood pressure
- When the fetus dies
- You are exposed to premature labor (less than 37 weeks)
- You have had recurrent abortion
- Other infections

What advices should be followed during pregnancy?

First: kinesthetic activity

- You can do housework, but make sure to avoid exhausting, because this cause a risk to your health and your fetus health. It is also recommended to practice some simple exercises, such as walking, for example, as it is one of the best exercises during pregnancy.
- Make sure to get an enough sleep (8 hours during the night and 2 hours during the day), to increase at the end of pregnancy.
- Make sure to sleep on your left side so that the fetus has more oxygen and to prevent or reduce pressure on the superior vena cava.



What advices should be followed during pregnancy?

Second: In case of overweight

It is very normal to gain weight during pregnancy, as the normal rate of weight gained during pregnancy for those who do not suffer from obesity ranges between 9-15 kg.



What advices should be followed during pregnancy?

Third: Taking Medication

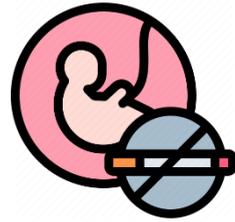
One of the things that harm the fetus's growth process and may cause birth defects is that you take medications or some types of vitamins without medical advice. This may expose your fetus to danger, hindering its growth or causing birth defects. Therefore, you should be careful while taking all medications and vitamins unless necessary, especially in the first three months of pregnancy and this should be under the supervision of the medical staff.



What advices should be followed during pregnancy?

Fourth: Smoking

Smoking in general or the presence of smokers in the same place may affect the growth process of your fetus and may cause delayed growth, so you must stay away from places where there are people who smoke, and if your husband smokes, try to sit elsewhere during the time of his smoking.



Fifth: Clothes

You must wear comfortable and spacious clothes, and it is better to be cotton. It is also preferable to wear comfortable shoes to maintain your balance and stay away from high-heeled shoes or those without heels at all.



What advices should be followed during pregnancy?

Sixth: personal hygiene

Keep clean according to the weather. Take daily shower in summer season. It helps you to relax, get rid of anxiety, and sleep.



What advices should be followed during pregnancy?

Seventh: breast care

Preparing the breast for the breastfeeding process starts from the sixth month of pregnancy. Wash the breasts and the nipple once a day with lukewarm water. Avoid using soap or alcohol to clean the nipple because it may lead to infections.



Note:

You will be provided with instructions on how to breastfeed.

What advices should be followed during pregnancy?

Eighth: Marital relationship (sexual intercourse)

It is recommended during pregnancy and at any period, but rationalization is recommended only.



Note:

Sex should be avoided completely in the following cases:

- If you had a previous abortion
- If you gave birth before the due date
- If you have ever had an early water breaking

What advices should be followed during pregnancy?

Ninth: Travel

- You can travel with it during pregnancy, but the means of travel must be comfortable.
- Avoid traveling if you are at risk or have had an abortion or premature labor.
- Avoid traveling in the last month of pregnancy.
- The train, the plane, and the car are considered the best means of travel in a consecutive order.



Sources and References:

All pictures used from Flaticon.com & Freepk.com

Review and audit:

The content of this booklet has been reviewed by
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