



جامعة الإمام عبد الرحمن بن فيصل
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Antenatal Care



How can I maintain pre-pregnancy health?

Before thinking about getting pregnant and giving birth to a child, you must ensure that your health is at its best, as your body will be a home for the fetus during its first nine months, and therefore making this home its best condition must be one of your priorities.

What are the symptoms of pregnancy?

- Vomiting and nausea
- frequent urination
- Breast enlargement





What are the symptoms of pregnancy?

- Lethargy
- Increased vaginal discharge
- Nasal bleeding and congestion
- Heartburn
- Swollen feet as a result of fluid retention
- Hemorrhoids
- Constipation
- Back pain
- Leg cramps

How can I receive prenatal care?

- **First trimester visits:**

An important point to note is that **prenatal care is essential for a healthy pregnancy.**

The initial trip:

Make your first prenatal appointment after discovering your pregnancy. Reserve time for the initial consultation to review your medical history and discuss any potential risk factors for pregnancy complications.

How can I receive prenatal care?

1. Medical background:

Share information regarding the menstrual cycle, history of gynecological diseases if any, and all previous pregnancies, as well as personal and family history, exposure to toxic substances, medications taken, lifestyle, travel to endemic areas, or drug use. This will help your doctor provide you and your baby with the best care possible



How can I receive prenatal care ?

- Your due date does not indicate when you will give birth. It is simply the date on which your pregnancy reaches 40 weeks. Women rarely give birth on their due dates. However, determining the estimated date of delivery is essential. It allows your healthcare provider to monitor your baby's development and the progression of the pregnancy. Your deadline is also utilized to schedule tests and procedures so that they can be completed on time.

How can I receive prenatal care?

- The doctor will calculate your body mass index and measure your weight and height to determine how much weight you need to have a healthy pregnancy.
- Your doctor may perform a physical examination that includes a breast exam and pelvic exam. Depending on how long it has been since your last Pap test, you may need to be retested. Depending on your condition, you may need heart, lung, and thyroid.

2. Laboratory tests:

Blood tests may be done during your first follow-up visit to:

- **Determine blood type**, including Rh status. If you are Rh negative and your baby's father is Rh positive, you may need special care during pregnancy and referral to a specialist.

How can I receive prenatal care?

2. Laboratory tests:

- **Check your hemoglobin level:** Low hemoglobin level indicates anemia.
- **Evaluate immunity to a specific infections:** This typically includes rubella and chicken pox (**varicella**), unless your medical history contains proof of vaccination or natural immunity.

How can I receive prenatal care?

- **Determine additional exposure to infection:** Your doctor will advise you to have blood tests to detect hepatitis B, syphilis, gonorrhea, chlamydia, and HIV, the virus that causes AIDS. In addition, a urine sample may be examined for signs of a urinary tract or bladder infection.

3. Tests for fetal abnormalities:

They may include ultrasound or blood tests to detect certain genetic disorders of the fetus, such as **Down syndrome**, as well as **NIPT (Non-Invasive Prenatal Testing and Nuchal Translucency Neck Thickness Screening)**.





How can I receive prenatal care?

Your doctor may discuss the importance of proper nutrition and vitamins during pregnancy, inquire about permitted exercises, sex, dental care, vaccinations, and travel. If you are a smoker, consult your doctor for advice about quitting smoking.

4. Discomforts associated with pregnancy:

Early in pregnancy, you might experience physical changes. Your breasts may be swollen and tender.

Nausea with or without vomiting (**morning sickness**) is also common. If morning sickness is severe, consult a specialist.



How can I receive prenatal care?

- **Other visits during the first trimester:**

Your pregnancy follow-up visits, which are usually scheduled every four weeks during the first trimester, may be shorter than your first appointments. If there is concern regarding the last menstrual period for calculating the gestational age, your healthcare provider may also recommend a first trimester ultrasound.

How can I receive prenatal care?

If there is a concern about the last menstrual period for calculating gestational age, your health care provider may also recommend a first-trimester ultrasound.

During the second trimester of pregnancy:

Follow-up appointments will focus on your baby's growth and detect any health problems. Your doctor will start by assessing your weight and blood pressure. Your provider may measure the size of your uterus by measuring the distance from the pubic bone to the top of your uterus (**fundal height**).



How can I receive prenatal care?

The highlight of your visits at this stage may be hearing your baby's heartbeat. Your doctor recommends an ultrasound for anatomical details. You can also determine your child's gender, if you choose. During these visits, diabetes in pregnancy screening is performed.

Gestational diabetes: It is a form of diabetes that can occur during pregnancy. Treatment options and healthy lifestyles can help you control your blood sugar and have a healthy pregnancy.



How can I receive prenatal care?

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Third trimester visits:

During the third trimester, your health care provider may request more frequent checkups, perhaps every two weeks beginning in week 32 and weekly beginning in week 36. Similar to previous visits, your doctor will measure your weight and blood pressure and inquire about any signs or symptoms you may be experiencing.



How can I receive prenatal care?

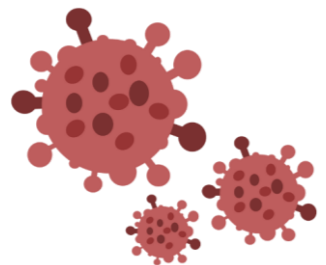
If you have not yet received Corona vaccinations, you should do so. In addition, a one dose of tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis (Tdap) vaccine is recommended during each pregnancy, preferably between weeks 27 and 36 of the third trimester. This can provide protection against whooping cough before vaccination.

How can I receive prenatal care?

You'll also need screenings for a variety of conditions, such as **iron deficiency anemia**. Iron deficiency anemia occurs when there are insufficient healthy red blood cells to carry enough oxygen to the body's tissues. To treat anemia, you may need iron supplements.

Group B streptococci:

(Group B Streptococcus) is a type of bacteria that can inhabit the vaginal or rectal cavity. During delivery, exposure can result in serious infection for the infant. If you test positive for group B strep, your health care provider will advise you to take antibiotics during labor.



How can I receive prenatal care?

Your doctor will also check your baby's size and heart rate.

Near the end of pregnancy, your health care provider will also examine your baby's position and movements. As you prepare delivery, he or she may also inquire about your preferences regarding labor and pain management. Specify your preferences for labor and delivery in your birth plan, such as laboring in water or foregoing medications. Review the plan with your health care provider, but keep in mind that pregnancy complications may necessitate modifications.

Sources and references:

All images used are from [canva.com](https://www.canva.com)

Review and audit:

The content of this booklet has been reviewed by consultant obstetricians and gynecologists at King Fahd University Hospital.

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