

First Trimester (1-12 weeks)

What to expect at the first visit:

- Please complete the genetics questionnaire and the prenatal record for Good Samaritan Hospital prior to your appointment and bring them with you. You can obtain these two forms on the website or ask them to be sent to you when you schedule your first appointment. The forms ask about your prior history and family history.
- A due date will be determined as well as an estimate of how many weeks pregnant you are to date. It is helpful if you know the first day of your last menstrual period (LMP) or when you ovulated. By tradition, the pregnancy starts week 1 at the beginning of your LMP and starts week 3 when you ovulate and become pregnant. A “9 month” pregnancy lasts 40 weeks.
- During the appointment, the paperwork you have completed will be reviewed. A history and physical exam will be performed including a pap smear if you have not had a recent examination.
- Certain genetic diseases can be diagnosed early in pregnancy. These include cystic fibrosis, muscular dystrophy, Tay-Sachs and sickle cell disease. If you or the father of the baby is of Jewish descent, you may be screened for carrying Tay-Sachs or Gaucher’s disease. If you are of African-American descent, you may be screened for carrying sickle cell disease.
- Nuchal screening will be discussed. (See page 31). This test is an optional screening test for Down’s syndrome and is available to all age groups. It is scheduled with a perinatologist between 11-14 weeks of pregnancy.
- We recommend that you take prenatal vitamins or folic acid (.4 mg to 1.0 mg) daily during at least the first trimester. If you have a preference, please let the nurse know and a prescription can be written. Most non-prescription (OTC or over-the-counter) vitamins have similar formulations and may be less expensive than the prescription vitamins.
- You will have an opportunity to meet with the financial counselor during this visit. She will call your insurance company with you to determine your level of benefits and complete a financial agreement.
- Please feel free to ask any questions during any of your visits. We recommend that you write them down so that you do not forget any of your concerns and all of your questions can be answered. Between appointments, you may call during office hours and leave non-urgent questions on the voice mail. Your calls will be returned.

What to expect at your second visit:

- Please sign up for birthing classes early in your pregnancy. You may not be able to take it at the time of your choice if you wait until the third trimester to register. Register at Los Olivos (extension 209), CBEclass@lowmg.com, or at Good Samaritan Hospital (559-BABY). Good Samaritan hospital also offers classes on breast-feeding, infant CPR and sibling classes if you are interested.
- Please read the information about the nuchal screen, AFP test and the genetic amniocentesis (if you are over 35). You will be asked at your second visit if you would like any of these procedures. If you elect to do the nuchal screen, you should schedule this with a perinatology group between 11 and 14 weeks of pregnancy.
- During your second and subsequent visits, you will be asked to give a urine specimen, which is tested for protein (seen in pregnancy-induced hypertension) and glucose (screening for gestational diabetes). Your weight and blood pressure will be recorded. We will listen for fetal heart tones and answer questions. As your pregnancy progresses, the uterine or fundal height will be checked and other tests may be ordered.

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What is happening to me?

You may be experiencing:

- Missed period
- Fatigue/Sleepiness/No energy
- Heartburn/Indigestion
- Food aversions/Cravings
- Emotional ambivalence/Anxiety
- Headaches
- Nausea and/or vomiting
- Breast tenderness and enlargement
- Frequent urination

*For helpful suggestions, please refer to the section "Common Discomforts of Pregnancy" pg.48

What is happening to my baby?

1st month (0-4 weeks):

- The fertilized egg grows rapidly
- The placenta begins to develop
- The heart and lungs begin to develop
- By the end of this month, your baby is ¼ inch long (smaller than a grain of rice)

2nd month (5-9 weeks):

- Your baby's major organs and facial features begin to develop
- Fingers, toes, ears and eyes are forming
- Bones are starting to replace cartilage
- By the end of this month, your baby is about one inch long
- The heart begins to beat

3rd month (10-13 weeks):

- Your baby's sexual organs develop by the end of this month
- Your baby can also open and close its fists and mouth
- As this month ends, your baby is about four inches long and weighs over one ounce
- Warning signs: Please call our office immediately if you experience bleeding, significant cramping, or trauma or injury to your abdomen.