



PRENATAL CARE

Prenatal care is defined as health care during pregnancy, which will help you and your baby stay healthy. This includes visits to your doctor and prenatal tests to prevent and detect health problems. In this way, complications during pregnancy or childbirth can be avoided.

Having a healthy lifestyle is an important part of Prenatal Care

Eat healthy and drink plenty of water	<ul style="list-style-type: none"> Choose a variety of fruits, vegetables, cereals, whole grains, low-fat dairy products Limit the amount of caffeine you consume, whether in coffee, tea or soft drinks. Avoid energy drinks Take your prenatal vitamins daily
Important Nutrients	<ul style="list-style-type: none"> ✓ Folic Acid: beans, fortified cereals, dark green vegetables ✓ Iron: beats, beans, fortified cereals, dark green vegetables ✓ Calcium: dairy, dark green vegetables canned salmon ✓ Vitamin D: dairy, fortified cereals and salmon
Gain a Healthy Weight	<ul style="list-style-type: none"> Discuss with your doctor how much weight you should gain
Stay Active	<ul style="list-style-type: none"> Physical activity during pregnancy helps relieve constipation, back pain, helps you sleep better and strengthens the muscles you will use during labor Do at least 30 minutes of physical activity Check with your doctor about how much and what type of exercise you should do
Be careful with medicines	<ul style="list-style-type: none"> Talk to your doctor before you start or stop any medicine, including over-the-counter medicines and dietary or herbal supplements

Prenatal Care

Having a healthy lifestyle is an important part of Prenatal Care (Cont.)

Oral Health	<ul style="list-style-type: none">Visit your dentist during pregnancyUse dental flossBrush your teeth after every meal
Avoid substances that could hurt your baby	<ul style="list-style-type: none">If you have problems with alcohol, cigarettes or drugs, talk to your doctor

When to call the doctor?

- ✓ If you suffer a fall
- ✓ Severe abdominal pain
- ✓ Fever, chills and pain when urinating
- ✓ Vaginal bleeding
- ✓ Little or no movement of the baby from the second trimester of pregnancy
- ✓ Symptoms of premature birth



PSM Beneficiary Services

Toll-Free: **1-866-600-4753 / 1-844-726-3345 TTY** (hearing impaired)

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As requested, this document may be available in alternate formats such as large print, audio or other languages. If you speak English, language assistance services are available free of charge. Call 1-866-600-4753 and 1-844-726-3345 TTY (hearing impaired).

Reference: <https://medlineplus.gov/pregnancy.html>