

WOW.

You're expecting a baby.
Let us help you plan ahead.



A Member of Trinity Health

GUIDE TO PREGNANCY

At Mount Carmel, we've been delivering babies for more than 100 years now. Our maternity services at Mount Carmel East, West, St. Ann's and Grove City, which will open in early 2019, include the exceptional medical skills, technological expertise and service excellence for which we are known.

We think that part of that special care is helping you to be better informed about your pregnancy. Planning ahead is the best thing you can do for the health of your future baby.

This guide will help you plan ahead and know what to expect during the different stages of pregnancy (called trimesters).

This information is not a substitute for your primary care provider, obstetrician (OB doctor) or midwife. Prenatal care is absolutely essential for your own health and your baby's health. **If you do not have a physician, a list of OB/GYNs that will be delivering at Mount Carmel Grove City is available on page 7 of this guide.**

You can also call Mount Carmel HealthCALL at 614-898-MOMS (6667) for assistance with finding a physician. HealthCALL can also help you if you need financial assistance with prenatal care or want to register for classes.

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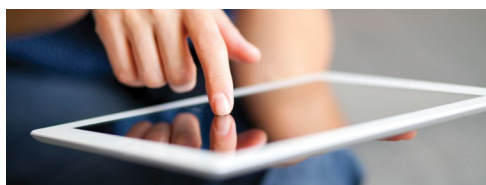
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Stages of Pregnancy

Your pregnancy begins when the egg is fertilized by the sperm. This fertilized egg is no larger than the period at the end of this sentence. During pregnancy, your baby develops from this size to his or her birth weight.

A full-term pregnancy lasts 9 calendar months, or 40 weeks from your last menstrual period. Pregnancy is divided into 3 stages, called trimesters, with each stage lasting 3 months.

THE FIRST TRIMESTER

The first 3 months are critical to your baby's health. Your baby will grow to about 4 inches long and will have formed his heart, lungs, brain and other organs. During the first trimester your body undergoes many changes. These changes can trigger symptoms even in the very first weeks of pregnancy. These symptoms may include:

- » Extreme tiredness
- » Tender, swollen breasts
- » Upset stomach with or without throwing up (morning sickness)
- » Craving or distaste of certain foods
- » Mood swings
- » Constipation
- » Frequent urination
- » Headache
- » Heartburn
- » Weight gain or loss

As your body changes, you may need to make changes to your daily routine, such as going to bed early or eating frequent, small meals. Most of these symptoms will go away as your pregnancy progresses. And some women might not feel discomfort at all. Just as each woman is different, so is each pregnancy.

If you haven't done so already, stop smoking, taking drugs and drinking alcohol as soon as you find out you are pregnant. These behaviors may harm your baby and should be avoided. Do not take prescription drugs, over-the-counter drugs, vitamins, herbal supplements or home remedies unless ordered by your physician or midwife. It is also important to avoid x-rays and to see your doctor when you're sick. Tell your doctors, dentists and nurses that you are pregnant.





THE SECOND TRIMESTER

The second trimester begins with the 14th week of pregnancy. Many of the symptoms of the first trimester will end and you will start to feel better. You will also start to look pregnant and will feel the baby move. You may feel fluttering, known as quickening, in your lower abdomen. This often occurs at 18 to 20 weeks for your first baby and at 17 to 18 weeks for subsequent babies. You should gain 6 to 12 pounds.

As your body changes to make room for your growing baby, you may have:

- » Body aches, such as back, abdomen, groin, or thigh pain
- » Stretch marks on your abdomen, breasts, thighs, or buttocks
- » Darkening of the skin around your nipples
- » A line on the skin running from your belly button to pubic hairline
- » Patches of darker skin, usually over the cheeks, forehead, nose, or upper lip. Patches often match on both sides of the face. This is sometimes called the mask of pregnancy.
- » Numb or tingling hands, called carpal tunnel syndrome
- » Itching on the abdomen, palms and soles of the feet. *Call your doctor if you have nausea, loss of appetite, vomiting, jaundice or fatigue combined with itching. These can be signs of a serious liver problem.*
- » Swelling of the ankles, fingers, and face. *If you notice any sudden or extreme swelling or if you gain a lot of weight really quickly, call your doctor right away. This could be a sign of preeclampsia.*

At the beginning of this trimester, your baby will be about 6 inches long and weigh around 4 ounces. At the end of this trimester, the baby will be about 12 inches long and weigh around 1½ pounds. The baby will have fingers, toes and fingernails. Some babies even suck their thumbs. Ask to hear your baby's heartbeat when you see your doctor or midwife.





THE THIRD TRIMESTER

You begin the third and final trimester of pregnancy at 26 weeks. You should continue to gain 3 to 4 pounds per month, for a total of 25 to 30 pounds. You will notice that your baby is quite active during this time. He or she will be kicking, stretching and moving from side to side. The baby can now open its eyes too! Toward the end of the ninth month, the baby moves down into the final birth position. By the time your baby arrives, he or she will be on average 19 to 22 inches long and weigh 6 to 9 pounds.

Some of the same discomforts you had in your second trimester will continue. Plus, many women find breathing difficult and notice they have to go to the bathroom even more often. This is because the baby is getting bigger and it is putting more pressure on your organs.

Some new body changes you might notice in the third trimester include:

- » Shortness of breath
- » Heartburn
- » Swelling of the ankles, fingers, and face. *If you notice any sudden or extreme swelling or if you gain a lot of weight really quickly, call your doctor right away. This could be a sign of preeclampsia.*
- » Hemorrhoids
- » Tender breasts, which may leak a watery pre-milk called colostrum
- » Your belly button may stick out
- » Trouble sleeping
- » The baby “dropping”, or moving lower in your abdomen
- » Contractions, which can be a sign of real or false labor

As you near your due date, your cervix becomes thinner and softer (called effacing). This is a normal, natural process that helps the birth canal (vagina) to open during the birthing process. Your doctor will check your progress with a vaginal exam as you near your due date. Get excited — the final countdown has begun!



Month by Month Pregnancy Checklist

The following is a sample of activities and tasks that you can complete in each month of pregnancy to become better informed about your pregnancy and plan ahead for your baby.

FIRST 3 MONTHS

- Discuss your diet with your nurse or dietitian.
- Discuss exercise and activity with your nurse, doctor or midwife.
- Talk with your doctor or midwife before taking any medications, including vitamins, herbal supplements and over-the-counter drugs.
- Stop smoking, drinking alcohol, using street drugs and any other drugs other than what your doctor has told you are safe for the baby.
- Notify all of your doctors, dentists and nurses that you are pregnant.

FOURTH MONTH

- Call your insurance company to check about coverage and co-payments.
- Call 614-898-MOMS (6667) to receive information about childbirth, breastfeeding and Ready, Set Baby! classes.
- Review the family leave policy with your employer.

FIFTH MONTH

- Think about how you want to feed your baby once he or she is born.
- For breastfeeding questions, call a Mount Carmel lactation consultant at 614-234-MILK (6455).
- Choose a doctor for your baby. Call the doctor's office to confirm that the doctor you choose is accepting new patients.
- Choose possible names for your baby.

SIXTH MONTH

- Think about your preferred birth plan for delivery.
- Shop for baby items and a car seat.
- Think about child care plans if you are going to return to work or school once your baby is born.

SEVENTH MONTH

- Attend Ready, Set Baby! class to prepare for childbirth and learn more about the hospital that you will deliver at.
- Decide on a feeding method for your baby. If you're interested in breastfeeding, call 614-898-MOMS (6667) to sign up for a breastfeeding class.
- Review your preferred birth plan with your doctor or midwife.

EIGHTH MONTH

- Attend your scheduled Ready, Set Baby! class.
- Make a practice trip to the hospital.
- Prepare siblings for the birth of a new baby.
- Make sure everything at home is ready for the baby.

NINTH MONTH

- Pack your bag for the hospital. Include your baby's going home outfit.
- Decide on the baby's name.
- Learn to use the baby's car seat and practice putting it in the car.
- Follow up on child care plans if you're returning to work or school.
- Bring your baby doctor's name, address and phone number to the hospital.
- Make a list of your current medication, including vitamins. Include the dosage and how often you take it.



Mount Carmel Grove City Physician Listing

A new state-of-the-art maternity center at Mount Carmel Grove City will open in early 2019. The new facility will feature an intimate and peaceful maternity experience designed around you. With brand new patient rooms including a private suite with a calm, comfortable, home-like environment. It's the kind of personalized care families in Central Ohio have come to expect with Mount Carmel.

The following physicians will be delivering at Mount Carmel Grove City and are currently accepting new patients.

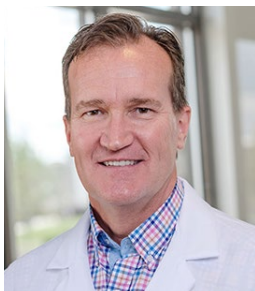
OB/GYNS



Dr. Kristen Terranova

Mount Carmel Obstetrics and Gynecology
5300 North Meadows Drive, Suite 3800
Grove City, Ohio 43123
614-663-3888

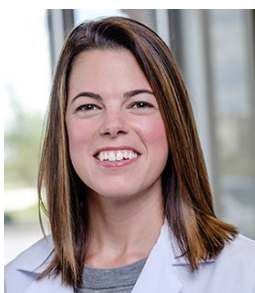
[Request an Appointment Online](#)



Dr. Robert Jaskot

Mount Carmel Obstetrics and Gynecology
5300 North Meadows Drive, Suite 3800
Grove City, Ohio 43123
614-663-3888

[Request an Appointment Online](#)



Dr. Cory Bennett

Mount Carmel Obstetrics and Gynecology
5300 North Meadows Drive, Suite 3800
Grove City, Ohio 43123
614-663-3888

[Request an Appointment Online](#)





Additional Resources

Mount Carmel Maternity Services Information

mountcarmelhealth.com/maternity

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/pregnancy/during.html>

Office on Women's Health

<https://www.womenshealth.gov/pregnancy/youre-pregnant-now-what>

Ohio Tobacco Quit Line

1-800-QUIT-NOW (1-800-784-8669)

Smokefree.gov

www.smokefree.gov

Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://www.samhsa.gov/>

Find a physician near you:

Call **614-234-LIFE**

Or visit **mountcarmelhealth.com**

