

Healthy expectations

What to expect at your prenatal visit

Your first prenatal visit usually occurs about 8 weeks after your last menstrual cycle. Your provider will be getting the following information to help you have the healthiest possible pregnancy:

- Blood pressure, height and weight
- Breast and pelvic exam
- Your pregnancy history: miscarriage, birth control, abortions
- Any medications or allergies you may have
- Your medical history: family history, hospitalizations, medical conditions, surgeries
- Any psychosocial problems to be considered

Possible screening tests

The following screenings may be offered during the first trimester for the safety of you and your baby:

- Nuchal translucency, a screening ultrasound that identifies higher risk for Down syndrome (11–13 weeks)
- Blood work to check hemoglobin/hematocrit and Rh factor, and to screen for rubella and cystic fibrosis
- Ultrasound (if necessary to determine approximate due date)

Morning sickness

Nausea and/or vomiting during pregnancy, called morning sickness, is very common. To ease your symptoms and discomfort, try having small meals frequently or sucking on hard candy. If these tips do not help, talk to your provider about an alternative to try.

About mom

As you move through your pregnancy, your pregnancy will cause many changes in your body. You may notice the following throughout your first trimester:

- Difficulty sleeping, getting up to urinate
- Fatigue
- Breast changes
- GI issues: bloating, gas, constipation
- Mood swings
- Prenatal vitamins: increased need for folic acid and calcium
- Exercise: avoid high-impact activities and talk to your doctor about limitations
- Nutrition: increased calorie requirements of about 200–300 calories per day (about the amount found in 1–2 glasses of milk)
- Stop tobacco, alcohol and drug use

Call your provider immediately if you experience any of the following symptoms, as they may indicate a problem:

- Spotting or bleeding
- Severe nausea or vomiting
- Significant cramping
- Fevers

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Meet our obstetricians: Judith Brinkman, MD is a board-certified obstetrician at our East Branch clinic, has practiced with Optum since 2000. She earned her medical degree from Baylor College of Medicine in Houston, Texas and completed her residency at the University of Wisconsin Hospital and Clinics in Madison, Wisconsin. Dr. Brinkman is interested in exploring all aspects of obstetrics and gynecology. She also continues her interest in forensics and hopes to volunteer her services in this area in the community. In addition to enjoying her medical practice, she is active with her four children, bicycling, reading and running.

About baby

Your baby's development happens quickly. In fact, all of the baby's major organs have already formed but need lots of time to finish developing. Even though changes may not be visible to you in the early part of the first trimester, a lot is happening.

What might be crossing your mind

Thank you for choosing Optum Women's Health Department for your pregnancy. Our team of providers and staff are committed to partnering with you throughout every step of your pregnancy. In the fact sheets you receive at each visit, you will be introduced to a different member of our team. When it is time to deliver, one of them will be there with you. Rest assured that each of our partners treat every woman as their own patient when it comes time to go to the hospital.

Remember, every pregnancy is different, so be sure to get all of your questions answered when you come in for a visit. We've listed some resources below to help you follow your pregnancy and get additional information.

If you haven't already, please check with your insurance plan and review your pregnancy benefit. Optum will do a courtesy approval of your coverage, but it is always best for you to be informed about the maternity benefit in your plan.

Your diet during pregnancy

According to the U.S. Food and Drug Administration (FDA), women need about 300 extra calories a day to maintain a healthy pregnancy. Follow the National Food Guide Pyramid to understand what your body needs from the five basic food groups. Complete details on the Food Pyramid recommendations can be found at choosemyplate.gov.

In addition to eating a properly balanced diet, keep the following guidelines in mind:

- Limit solid fats like butter, stick margarine, shortening and lard.
- Choose beverages and foods low in added sugars and caffeine.
- Get the most out of your fat sources by choosing fish, nuts and vegetable oils.
- Read the labels: Check the nutrition facts and avoid high doses of sodium, saturated fats and trans fats.
- Drink plenty of water; 6 to 8 (8 oz.) glasses a day is recommended.
- Increase fiber intake in the form of fruits and vegetables.
- Limit the intake of fish that are high in mercury (such as tuna) to once a week.

Gaining healthy weight is a normal and necessary part of pregnancy. Eating a nutritious and balanced diet can help you stay in control of your weight and also offers the optimum environment for your baby to develop. Be sure to discuss your diet with your health care provider to determine the best plan for you.

Resources

Below are a couple of online resources that our patients have found to be helpful. Please note that these sites are not intended to take the place of the care of your physician.

babycenter.com

americanpregnancy.org

womenshealth.gov

cosprings.optum.com



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