Health Facts for You

UWHealth

You're Having a Baby

Welcome to our clinic. We are looking forward to caring for you during your pregnancy. If you have any questions or concerns, please speak to a member of your care team.

Clinic Visits
At your first prenatal visit, we will review your health history. You may have an exam and an ultrasound to check the fetus and confirm your estimated due date. At future visits, we will check your

- Weight
- Blood pressure
- Fetal heart tones
- Uterine growth

You will come to the clinic monthly until 32 weeks of pregnancy. You will come to the clinic more often as you near the end of your pregnancy.

Routine Testing
We may offer you tests to ensure the health of you and your baby throughout your pregnancy. These may include genetic tests or screens. Our staff will explain each test or screen in detail.

Delivering Your Baby
Our doctors/midwives rotate being on call at the hospital. The doctor/midwife on call is in charge of all births and emergencies during their shift.

Our clinics and hospitals have staff of all genders. This includes residents and medical students who will be involved in your care. Their work is always supervised by a faculty member.

Tips for a Healthy Pregnancy

Prenatal Vitamin/Folic Acid: We suggest you take one prenatal vitamin a day. Most over the counter prenatal vitamins will include 400-800 mg of folic acid. Call the clinic if you have questions.

Constipation: Increase fiber in your diet by eating foods containing whole grains, fruits with skins and raw vegetables. Drink at least eight (8 oz.) glasses of water per day. You may use Metamucil or Citrucel to help promote good bowel function.

Heartburn: We suggest small, frequent meals, drinking small amounts of ginger ale or milk and/or eating bland crackers. Avoid spicy or irritating foods. Do not lie down right after meals.

Nausea: Morning sickness is common in early pregnancy. **Avoid** things that cause nausea and eat small frequent meals. Separate liquids and solids. A light snack of crackers (or other dry food) and plenty of rest will help. Morning sickness often goes away after the first three or four months.

Sex: In most cases, sex is fine during pregnancy. Talk to your doctor about any concerns. Your interest in sex can change during pregnancy. This may be caused by:

- Fatigue
- Hormones
- Changing body shape

Vaginal discharge: You may have an increase in vaginal discharge. If you have itching, odor, or other concerns, check with your doctor. Your doctor/midwife can make sure you don't have an infection.

Dental hygiene: We suggest you have regular dental checkups. Local numbing medicines (i.e. Novocaine) are safe.

Travel: Most travel is safe in the first two trimesters. Talk to your doctor/midwife about any travel planned for the third trimester or if you will be traveling outside of the US. For long trips, stretch your legs and move every hour. Request copies of your prenatal record to take with you. Check with your insurance company about coverage for emergencies.

Exercise: It should be safe and healthy to continue your normal exercise routine. Avoid contact sports that could injure your belly.

Things to Avoid During Pregnancy

- **Avoid** inhaling strong fumes, tobacco smoke or handling chemicals without protection.
- **Do not** drink alcohol.
- **Avoid** children or adults with infectious diseases. Call your doctor/midwife if exposed.
- Hot tubs and saunas are not recommended during pregnancy.
- If you live with a cat, **avoid** cleaning the litter box (or wear gloves) to avoid possible toxoplasmosis parasite.
- Eat meats well cooked. Avoid raw or rare meats as well as lunch meats as they can carry listeria.
- **Avoid** fish high in mercury (shark, tilefish, swordfish and king mackerel). Up to 12 ounces per week of other fish (or 6 ounces of canned albacore) is safe.

When to Call

Call right away if you have:

- A serious accident or illness.
- Questions about possible labor.
- Vaginal bleeding at any time during the pregnancy.
- Unable to keep down food or drink for more than 24 hours.
- Chills or fever over 101°F.
- Pain or burning when you urinate.
- Severe or continuous belly pain.
- Fluid leaking from the vagina.
- Contractions (more than four per hour) before 36 weeks.
- Decrease of fetal movement (less than ten fetal movements in two hours) after 28 weeks.

Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit www.uwhealth.org/

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8220.