

Total Women's Health of Baltimore

Important Information About Your Pregnancy



Important Information About the First Trimester

Congratulations! You may have recently heard the words from Dr. Oliver, "Congratulations, you are pregnant!" Or perhaps you have seen positive results from your pregnancy test this morning. You are now ready to embark on your first trimester of pregnancy no matter how the results came to light. Since you will be seeing a host of changes in your body over the next few months you will probably have many questions and even more concerns.

What Can You Expect During First Trimester Pregnancy? The advantage is the fact that there are many resources available to help educate yourself about what is coming. Because of the risks of complications and the uncomfortable symptoms you may experience the first trimester of a pregnancy can be the most difficult. However, you can take heart since the first trimester of pregnancy only lasts about twelve weeks and the second trimester often has less symptoms. During these first few weeks of adjusting to being pregnant it can be a good idea, if possible, to take it a little easier on yourself and your body.

Fatigue, nausea, lightheadedness and breast tenderness are some of the symptoms that come with a first trimester pregnancy. If possible, this is a good time to squeeze in a little sleep. Some extra help right now will definitely benefit your body.

To help you throughout the pregnancy it is a good time to start developing some good nutrition habits. You will probably start feeling better in a few short weeks even if nausea curbs your appetite right now and you can get through the rest of your nine months with a good diet.

You may only see Dr. Oliver every four weeks during the first trimester of your pregnancy once the heartbeat has been seen. Dr. Oliver will make sure the early development of your baby goes smoothly by screening you for potential risks and complications. You will probably be scheduled for many other routine tests to ensure that both you and your baby progress normally after the first trimester of pregnancy. If problems are detected early, there may be interventions to help. In many cases, there is nothing that can be done if this is not progressing as a "normal" pregnancy.

There are things that you can begin to do during the first trimester of your pregnancy to prepare for the birth of your baby even if nine months seem like a long time. You can begin by reading the information provided by Dr. Oliver on the Total Women's Health website at www.oliverobgyn.com. There are plenty of other resources available to provide education about your pregnancy and to stay informed about what is to come. You can start window shopping for maternity clothes, plan a budget for a larger family and work on travel plans around your pregnancy.