

Pregnancy Information

Pregnancy is the period from conception to birth, typically lasting about 40 weeks.

Trimesters:

1. First Trimester (Weeks 1-12): Development of the embryo and formation of major organs.
2. Second Trimester (Weeks 13-26): Continued growth, fetal movements, and ultrasound scans.
3. Third Trimester (Weeks 27-40): Final growth phase and preparation for birth.

Nutrition:

- Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.
- Ensure adequate intake of key nutrients: folic acid, iron, calcium, and omega-3 fatty acids.

Rest and Exercise:

- Aim for 8-10 hours of sleep per night and take breaks throughout the day.
- Engage in light exercise such as walking, swimming, or prenatal yoga, with medical clearance.

Recommended Supplements:

- Prenatal multivitamin with 400-800 mcg of folic acid.
- Iron supplement (27 mg daily).
- Calcium (1000 mg daily).

Warning Signs (seek medical care if any occur):

- Severe abdominal pain or vaginal bleeding.
- Persistent headaches or vision changes.
- Sudden swelling of face, hands, or feet.