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Pregnancy

You're going to have a baby! It's an exciting time, but it can also feel a bit overwhelming. You may have a lot of questions, including what you can do to give your baby a healthy start. Taking care of your health while you're pregnant will help your fetus develop into a healthy baby. To do that, it's important to:

- **Have regular visits with your health care provider.** During prenatal care [<https://medlineplus.gov/prenatalcare.html>] visits your provider checks your health and carefully monitors your pregnancy until you deliver a healthy baby. And if there are any health problems, your provider can find them early. Getting treatment right away can cure many problems and prevent others.
- **Eat healthy and drink plenty of water.** Good nutrition during pregnancy [<https://medlineplus.gov/pregnancyandnutrition.html>] includes eating a variety of:
 - Fruits
 - Vegetables
 - Whole grains
 - Lean meats or other protein sources
 - Low-fat dairy products
- **Take prenatal vitamins.** During pregnancy, you need higher amounts of certain vitamins and minerals, such as folic acid [<https://medlineplus.gov/folicacid.html>] and iron [<https://medlineplus.gov/iron.html>] .
- **Be careful with medicines.** Always check with your provider before you start or stop any medicine [<https://medlineplus.gov/pregnancyandmedicines.html>] . This includes over-the-counter medicines and dietary or herbal supplements.
- **Stay active.** Physical activity can help you stay strong, feel and sleep better, and prepare your body for birth. Check with your provider about which types of activities are right for you.
- **Avoid substances that could hurt your baby** [<https://medlineplus.gov/reproductivehazards.html>] , including alcohol, drugs, and tobacco [<https://medlineplus.gov/pregnancyandsubstanceuse.html>] .

Your body will keep changing as your fetus develops [<https://medlineplus.gov/fetalhealthanddevelopment.html>] until your baby is ready to be born. It can be hard to know whether a new symptom is normal or could be a sign of a problem [<https://medlineplus.gov/healthproblemsinpregnancy.html>] . Check with your provider if something is bothering or worrying you.

Start Here

- 10 Early Signs of Pregnancy [<https://www.hopkinsmedicine.org/health/wellness-and-prevention/10-early-signs-of-pregnancy>] (Johns Hopkins Medicine)
- During Pregnancy [<https://www.cdc.gov/pregnancy/during/>] (Centers for Disease Control and Prevention)
- Staying Healthy during Pregnancy [<https://kidshealth.org/en/parents/preg-health.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/preg-health.html>]
- Taking Care of You and Your Baby while You're Pregnant [<https://familydoctor.org/taking-care-of-you-and-your-baby-while-youre-pregnant/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/como-cuidar-de-usted-y-de-su-bebe-mientras-esta-embarazada/?adfree=true>]
- Week-by-Week Pregnancy Calendar [<https://kidshealth.org/en/parents/pregnancy-calendar-intro.html>] (Nemours Foundation)

Symptoms

- Morning Sickness: Nausea and Vomiting of Pregnancy [<https://www.acog.org/womens-health/faqs/morning-sickness-nausea-and-vomiting-of-pregnancy>] (American College of Obstetricians and Gynecologists)
- Symptoms of Pregnancy: What Happens First [<https://www.mayoclinic.org/healthy-lifestyle/getting-pregnant/in-depth/symptoms-of-pregnancy/art-20043853?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/getting-pregnant/in-depth/symptoms-of-pregnancy/art-20043853?p=1>]
- What Are Some Common Signs of Pregnancy? [<https://www.nichd.nih.gov/health/topics/pregnancy/conditioninfo/signs>]
 (Eunice Kennedy Shriver National Institute of Child Health and Human Development)
Also in Spanish [<https://espanol.nichd.nih.gov/salud/temas/pregnancy/informacion/signos>]

Diagnosis and Tests

- At-Home Medical Tests [<https://medlineplus.gov/lab-tests/at-home-medical-tests/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/pruebas-medicas-en-el-hogar/>]
- Pregnancy Test [<https://medlineplus.gov/lab-tests/pregnancy-test/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-embarazo/>]
- Prenatal Testing: MedlinePlus Health Topic [<https://medlineplus.gov/prenataltesting.html>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/prenataltesting.html>]

Prevention and Risk Factors

- Birth Control: MedlinePlus Health Topic [<https://medlineplus.gov/birthcontrol.html>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/birthcontrol.html>]

Living With

- Cosmetics and Pregnancy [<https://www.fda.gov/cosmetics/resources-consumers-cosmetics/cosmetics-pregnancy>]
(Food and Drug Administration)
- Exercise during Pregnancy [<https://www.acog.org/womens-health/faqs/exercise-during-pregnancy>]
(American College of Obstetricians and Gynecologists)
- Heat and Pregnancy [<https://www.epa.gov/children/heat-and-pregnancy>] (Environmental Protection Agency)
- High-Impact Exercising during Pregnancy [<https://kidshealth.org/en/parents/high-impact-pregnancy.html>]
(Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/high-impact-pregnancy.html>]
- National Maternal Mental Health Hotline [<https://mchb.hrsa.gov/national-maternal-mental-health-hotline/faq>]
(Maternal and Child Health Bureau)
Also in Spanish [<https://mchb.hrsa.gov/linea-nacional-salud-mental-materna/preguntas>]
- Pregnancy and Nutrition: MedlinePlus Health Topic [<https://medlineplus.gov/pregnancyandnutrition.html>]
 (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pregnancyandnutrition.html>]
- Sex during Pregnancy [<https://kidshealth.org/en/parents/sex-pregnancy.html>] (Nemours Foundation)
- Sleeping during Pregnancy [<https://kidshealth.org/en/parents/sleep-during-pregnancy.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/sleeping-during-pregnancy.html>]
- Staying Healthy and Safe [<https://womenshealth.gov/pregnancy/youre-pregnant-now-what/staying-healthy-and-safe>]
(Department of Health and Human Services, Office on Women's Health)
Also in Spanish [<https://espanol.womenshealth.gov/pregnancy/youre-pregnant-now-what/staying-healthy-and-safe>]
- Stress [<https://mothertobaby.org/fact-sheets/stress-pregnancy/pdf/>] (Organization of Teratology Information Specialists) - PDF
- Sunless and Self-Tanning during Pregnancy [<https://kidshealth.org/en/parents/tanning-pregnancy.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/tanning-pregnancy.html>]

- Using Hair Dyes and Color during Pregnancy [<https://kidshealth.org/en/parents/hair-color-pregnancy.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/hair-color-pregnancy.html>]
 - Using Teeth Whiteners during Pregnancy [<https://kidshealth.org/en/parents/tooth-whitening-pregnancy.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/tooth-whitening-pregnancy.html>]
- ## Related Issues
- Adoption: Considering Your Options and Making a Plan [https://cwlibrary.childwelfare.gov/discovery/delivery/01CWIG_INST:01CWIG/1218633500007651] (Children's Bureau) - PDF
Also in Spanish [<https://www.childwelfare.gov/es/resources/adopcion-considerando-sus-opciones-y-haciendo-un-plan/>]
 - Birthing Classes [<https://familydoctor.org/birthing-classes/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/clases-de-parto/?adfree=true>]
 - Health Problems in Pregnancy: MedlinePlus Health Topic [<https://medlineplus.gov/healthproblemsinpregnancy.html>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/healthproblemsinpregnancy.html>]
 - How Can I Deal with Heartburn during Pregnancy? [<https://kidshealth.org/en/parents/heartburn.html>]
Also in Spanish [<https://kidshealth.org/es/parents/heartburn.html>]
 - MRI Safety during Pregnancy [<https://www.radiologyinfo.org/en/info/safety-mri-pregnancy>]  (American College of Radiology; Radiological Society of North America)
Also in Spanish [<https://www.radiologyinfo.org/es/info/safety-mri-pregnancy>]
 - Oral Health and Pregnancy [<https://www.hrsa.gov/oral-health/pregnancy>] (Health Resources and Services Administration)
Also in Spanish [<https://www.hrsa.gov/es/salud-bucal/embarazo>]
 - Partner's Guide to Pregnancy [<https://www.acog.org/womens-health/faqs/a-partners-guide-to-pregnancy>] (American College of Obstetricians and Gynecologists)
 - Pregnancy, Breastfeeding, and Bone Health [<https://www.niams.nih.gov/health-topics/pregnancy-breastfeeding-and-bone-health>]  (National Institute of Arthritis and Musculoskeletal and Skin Diseases)
Also in Spanish [<https://www.niams.nih.gov/es/health-topics/embarazo-lactancia-y-salud-de-los-huesos>]
 - Preventing Birth Defects [<https://www.cdc.gov/birth-defects/prevention/>] (Centers for Disease Control and Prevention)
 - Safety Messages for Pregnant, Postpartum, and Breastfeeding People During Natural Disasters and Severe Weather [<https://www.cdc.gov/reproductive-health/emergency-preparation-response/safety-messages.html>] (Centers for Disease Control and Prevention)
 - Vaccines for Pregnant Women [<https://www.hhs.gov/immunization/who-and-when/pregnant/index.html>] (Department of Health and Human Services, Office of Infectious Disease and HIV/AIDS Policy)
Also in Spanish [<https://www.hhs.gov/es/immunization/who-and-when/pregnant/index.html>]
 - What to Do When Your Pregnancy Is Unexpected [<https://familydoctor.org/what-to-do-when-your-pregnancy-is-unexpected/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/que-hacer-cuando-su-embarazo-es-inesperado/?adfree=true>]
 - What to Expect from Your Employer When You're Expecting [<https://www.dol.gov/agencies/whd/maternal-health>] (Department of Labor)
 - X-Rays, Pregnancy and You [<https://www.fda.gov/radiation-emitting-products/medical-x-ray-imaging/x-rays-pregnancy-and-you>] (Food and Drug Administration)
- ## Specifics
- Back Pain during Pregnancy: 7 Tips for Relief [<https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy/art-20046080?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy/art-20046080?p=1>]
 - Body Changes and Discomforts [<https://womenshealth.gov/pregnancy/youre-pregnant-now-what/body-changes-and-discomforts>] (Department of Health and Human Services, Office on Women's Health)
Also in Spanish [<https://espanol.womenshealth.gov/pregnancy/youre-pregnant-now-what/body-changes-and-discomforts>]

- Common Discomforts of Pregnancy [<https://www.marchofdimes.org/find-support/topics/planning-baby/common-discomforts-pregnancy>] (March of Dimes Foundation)
- Common Skin Conditions during Pregnancy [<https://familydoctor.org/skin-conditions-during-pregnancy/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/afecciones-comunes-de-la-piel-durante-el-embarazo/?adfree=true>]
- Having Kids Later in Life: Healthy Pregnancies as You Age [<https://newsinhealth.nih.gov/2022/07/having-kids-later-life>]  (National Institutes of Health)
Also in Spanish [<https://salud.nih.gov/recursos-de-salud/nih-noticias-de-salud/tener-hijos-mas-tarde-en-la-vida>]
- Headaches during Pregnancy: What's the Best Treatment? [<https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/expert-answers/headaches-during-pregnancy/faq-20058265?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/pregnancy-week-by-week/expert-answers/headaches-during-pregnancy/faq-20058265?p=1>]
- How Your Fetus Grows during Pregnancy [<https://www.acog.org/womens-health/faqs/how-your-fetus-grows-during-pregnancy>] (American College of Obstetricians and Gynecologists)
- Multiple Pregnancy [<https://www.acog.org/womens-health/faqs/multiple-pregnancy>] (American College of Obstetricians and Gynecologists)
- Pregnancy and Your Heart Health [https://www.nhlbi.nih.gov/sites/default/files/publications/THT-HBP-WomenPregnancyFactSheet_508.pdf]  (National Heart, Lung, and Blood Institute) - PDF
Also in Spanish [<https://www.nhlbi.nih.gov/es/resources/el-embarazo-y-la-salud-del-corazon-pregnancy-and-your-heart-health>]
- Pregnancy for Every Body [<https://www.nichd.nih.gov/ncmhep/initiatives/pregnancy-for-every-body/moms-to-be>]  (Eunice Kennedy Shriver National Institute of Child Health and Human Development)
Also in Spanish [<https://www.nichd.nih.gov/ncmhep/initiatives/embarazo-para-todas-las-tallas/futuras-mamas>]
- Stages of Pregnancy [<https://womenshealth.gov/pregnancy/youre-pregnant-now-what/stages-pregnancy>] (Department of Health and Human Services, Office on Women's Health)
Also in Spanish [<https://espanol.womenshealth.gov/pregnancy/youre-pregnant-now-what/stages-pregnancy>]
- Travel during Pregnancy [<https://www.acog.org/womens-health/faqs/travel-during-pregnancy>] (American College of Obstetricians and Gynecologists)

Images

- Linea Nigra [<https://skinsight.com/skin-conditions/linea-nigra/?lmiw9cApl=1>] (VisualDX)

Videos and Tutorials

- Cell division [<https://medlineplus.gov/ency/anatomyvideos/000025.htm>]  (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/anatomyvideos/000025.htm>]

Test Your Knowledge

- Morning Sickness Myths & Facts Quiz [https://medlineplus.gov/ency/quiz/000604_24.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/quiz/000604_84.htm]

Clinical Trials

- ClinicalTrials.gov: Pregnancy [<https://clinicaltrials.gov/search?cond=%22Pregnancy%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Association between gestational weight gain-related attitudes, pre-pregnancy weight and prenatal health... [<https://www.ncbi.nlm.nih.gov/pubmed/40552043>]
- Article: Neurodevelopmental Outcomes in the Offspring of Women with Vitamin D Deficiency... [<https://www.ncbi.nlm.nih.gov/pubmed/40290028>]

- Article: Harnessing huge data from pregnancy natural experiments. [<https://www.ncbi.nlm.nih.gov/pubmed/40138401>]
- Pregnancy -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Pregnancy%22%5Bmajr%3Aexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Reference Desk

- Female Reproductive System [<https://kidshealth.org/en/parents/female-reproductive-system.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/female-reproductive-system.html>]

Find an Expert

- American College of Obstetricians and Gynecologists [<https://www.acog.org/>]
- Department of Health and Human Services, Office on Women's Health [<https://womenshealth.gov/>]
Also in Spanish [<https://espanol.womenshealth.gov/>]
- Eunice Kennedy Shriver National Institute of Child Health and Human Development [<https://www.nichd.nih.gov/>] 
Also in Spanish [<https://espanol.nichd.nih.gov/>]
- How to Find Find an Ob-Gyn [<https://www.acog.org/womens-health/find-an-ob-gyn>]
(American College of Obstetricians and Gynecologists)
- March of Dimes Foundation [<https://www.marchofdimes.org/>]
Also in Spanish [<https://nacersano.marchofdimes.org/>]

Children

- Preparing Your Child for a New Sibling [<https://kidshealth.org/en/parents/sibling-prep.html>] (Nemours Foundation)

Teenagers

- Teenage Pregnancy: MedlinePlus Health Topic [<https://medlineplus.gov/teenagepregnancy.html>] 
(National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/teenagepregnancy.html>]

Patient Handouts

- Aches and pains during pregnancy [<https://medlineplus.gov/ency/patientinstructions/000580.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000580.htm>]
- Common symptoms during pregnancy [<https://medlineplus.gov/ency/patientinstructions/000583.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000583.htm>]
- HCG blood test - qualitative [<https://medlineplus.gov/ency/article/003509.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003509.htm>]
- Morning sickness [<https://medlineplus.gov/ency/patientinstructions/000604.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000604.htm>]
- Pregnancy and travel [<https://medlineplus.gov/ency/patientinstructions/000608.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000608.htm>]
- Pregnancy and work [<https://medlineplus.gov/ency/patientinstructions/000609.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000609.htm>]
- Problems sleeping during pregnancy [<https://medlineplus.gov/ency/patientinstructions/000559.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000559.htm>]
- Skin and hair changes during pregnancy [<https://medlineplus.gov/ency/patientinstructions/000611.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000611.htm>]



MEDICAL ENCYCLOPEDIA

Aches and pains during pregnancy [<https://medlineplus.gov/ency/patientinstructions/000580.htm>]

Amniotic fluid [<https://medlineplus.gov/ency/article/002220.htm>]

Cell division [<https://medlineplus.gov/ency/anatomyvideos/000025.htm>]

Choosing the right health care provider for pregnancy and childbirth
[<https://medlineplus.gov/ency/patientinstructions/000596.htm>]

Common symptoms during pregnancy [<https://medlineplus.gov/ency/patientinstructions/000583.htm>]

HCG blood test - qualitative [<https://medlineplus.gov/ency/article/003509.htm>]

HCG blood test - quantitative [<https://medlineplus.gov/ency/article/003510.htm>]

HCG in urine [<https://medlineplus.gov/ency/article/003619.htm>]

Melasma [<https://medlineplus.gov/ency/article/000836.htm>]

Morning sickness [<https://medlineplus.gov/ency/patientinstructions/000604.htm>]

Pregnancy and travel [<https://medlineplus.gov/ency/patientinstructions/000608.htm>]

Pregnancy and work [<https://medlineplus.gov/ency/patientinstructions/000609.htm>]

Pregnancy test [<https://medlineplus.gov/ency/article/003432.htm>]

Problems sleeping during pregnancy [<https://medlineplus.gov/ency/patientinstructions/000559.htm>]

Skin and hair changes during pregnancy [<https://medlineplus.gov/ency/patientinstructions/000611.htm>]

Stretch marks [<https://medlineplus.gov/ency/article/003287.htm>]

Related Health Topics

Birth Control [<https://medlineplus.gov/birthcontrol.html>]

Childbirth [<https://medlineplus.gov/childbirth.html>]

Childbirth Problems [<https://medlineplus.gov/childbirthproblems.html>]

Diabetes and Pregnancy [<https://medlineplus.gov/diabetesandpregnancy.html>]

Ectopic Pregnancy [<https://medlineplus.gov/ectopicpregnancy.html>]

Fetal Health and Development [<https://medlineplus.gov/fetalhealthanddevelopment.html>]

Health Problems in Pregnancy [<https://medlineplus.gov/healthproblemsinpregnancy.html>]

High Blood Pressure in Pregnancy [<https://medlineplus.gov/highbloodpressureinpregnancy.html>]

HIV and Pregnancy [<https://medlineplus.gov/hivandpregnancy.html>]

Infections and Pregnancy [<https://medlineplus.gov/infectionsandpregnancy.html>]

Miscarriage [<https://medlineplus.gov/miscarriage.html>]

Pregnancy and Medicines [<https://medlineplus.gov/pregnancyandmedicines.html>]

Pregnancy and Nutrition [<https://medlineplus.gov/pregnancyandnutrition.html>]

Pregnancy and Substance Use [<https://medlineplus.gov/pregnancyandsubstanceuse.html>]

Prenatal Care [<https://medlineplus.gov/prenatalcare.html>]

Prenatal Testing [<https://medlineplus.gov/prenataltesting.html>]

Reproductive Hazards [<https://medlineplus.gov/reproductivehazards.html>]

Teenage Pregnancy [<https://medlineplus.gov/teenagepregnancy.html>]

Tumors and Pregnancy [<https://medlineplus.gov/tumorsandpregnancy.html>]

National Institutes of Health

The primary NIH organization for research on *Pregnancy* is the Eunice Kennedy Shriver National Institute of Child Health and Human Development [<https://www.nichd.nih.gov/Pages/index.aspx>]

Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/pregnancy.html>] on *Pregnancy*

NIH MedlinePlus Magazine

How to Stay Healthy During Pregnancy [<https://magazine.medlineplus.gov/article/how-to-stay-healthy-during-pregnancy>]

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