



Congratulations on your pregnancy! We want to do everything we can to make your pregnancy and birth experience positive, healthy, and memorable. You probably have a lot of questions, especially if this is your first pregnancy. This packet is designed to give you some basic information about the first months of pregnancy. You will receive additional information about the later months, including how to prepare for labor and the birth of your baby.

Use the information in this packet as a guide, but always remember that no two women, and no two pregnancies, are the same. Your obstetric provider is your best source of health information that is just right for you and your baby. Talk with your provider about anything that concerns you, and ask any questions that you may have.

Most of the changes that you will experience are normal and natural, and this packet will help you learn what to expect. It will also give you the information you need to decide if something is not going right so that you can call your provider if needed. For your convenience, a summary of the things

that you should call your provider about is listed here. More information about each of these things is included in the packet.

We hope you find the information in this packet helpful. We wish you and your family a happy and healthy pregnancy.



When to call your provider

Please call your doctor, nurse, or midwife if you have any of the following. Please call any time. Someone is always available by phone.

- severe nausea and vomiting (not able to keep anything down for a whole day)
- bleeding from your vagina
- discharge from the vagina that smells bad, itches, or causes pain
- pain or burning on urination
- pain in the lower abdomen
- severe headache not relieved by Tylenol (acetaminophen)
- fever of more than 100 degrees
- you think you have been exposed to a contagious disease
- severe depression or emotional upset
- someone in your life making you feel unsafe

My provider: _____

Phone number: _____