

PREGNANCY PLANNER

*Your Guide  
to a Healthy Pregnancy*

presented by the National Women's Health Resource Center, Inc.

### *Personal Information*

NAME

ADDRESS

PHONE NUMBER(S)

### *Medical Information*

HEALTH INSURANCE ID NUMBER

BLOOD TYPE & RH FACTOR

ALLERGIES

MEDICATIONS

### *Emergency Contact*

NAME

RELATIONSHIP

PHONE NUMBER(S)

### *Health Care Professional Contact Information*

NAME

ADDRESS

PHONE NUMBER(S)

HEALTH INSURANCE REFERRAL NUMBER

### *Pharmacy Contact Information*

CONTACT NAME

PHONE NUMBER(S)

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National Women's Health Resource Center  
157 Broad Street, Suite 315  
Red Bank, NJ 07701  
1-877-986-9472 (toll-free)  
[www.healthywomen.org](http://www.healthywomen.org)

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# INTRODUCTION: *Your Guide to a Healthy Pregnancy*

**P**regnancy is a wonderful opportunity for you to take charge of your health. Knowing you're nurturing not only yourself but also your baby-to-be is great motivation to eat right, exercise, get plenty of sleep and stop smoking, if you smoke.

This pregnancy planner is intended to be your constant companion during your pregnancy. You can use it to jot down important appointments and notes to yourself. We have provided many health tips and important reminders to guide you during your pregnancy.

Each month, fill in the important dates for that particular month. For example, if you find

out you're pregnant in May, make that Month #1 and continue filling in successive months and dates from there. Each month of pregnancy is roughly 4.5 weeks. You might want to use the chart on the next page to record your check-ups and write down questions you want to ask your health care team.

There is also a list of resources at the end of the planner. Contact the groups or organizations listed there if you would like more information about a particular topic.

## LOOKING AHEAD: A PEEK PREVIEW

**I**f you're planning a pregnancy or think you might be pregnant, the first and most important thing you need to do is meet with your health care professional to discuss your health, medical history and any concerns you may have. Remember, the best time to prepare for pregnancy is *before* you conceive. Your nurse practitioner or doctor will likely recommend a multi-vitamin containing folic acid as a first step toward ensuring a healthy pregnancy.

The 40 weeks of pregnancy are typically separated into three terms, or trimesters. As you experience the many amazing changes and feelings pregnancy brings, your baby will be changing in amazing ways, too. Here are a few highlights:

### *1st Trimester (weeks 1 to 14)*

Your little one's heart is beating. Other major organs and the nervous system are forming. Baby can open and close its fists and mouth, weighs about one ounce and is three to four inches long.

### *2nd Trimester (weeks 14 to 28)*

Hair, nails and fingerprints have formed. Baby can kick, too! Baby's eyes are open now. Baby weighs about two pounds and is 12 to 13 inches long.

### *3rd Trimester (weeks 28 to 40)*

Baby kicks and stretches and is growing quickly. Your little one can hear noises from the outside world and sleeps and wakes at regular intervals and may even hiccup. Baby weighs six to nine pounds and is about 20 inches long.

# Your Pregnancy Record

You won't believe the number of visits you'll make to your health care team during your pregnancy! Each visit is important to ensure that both you and your baby are healthy and thriving. Visits typically are monthly at first and weekly closer to delivery. Expect regular urine tests, occasional blood tests and physical exams at key points during your pregnancy. Specific screening tests also may be recommended. *If you develop any unusual symptoms, such as vaginal bleeding, severe nausea and vomiting, severe pain or changes in vision, call your health care professional immediately.*

Record details here about your pregnancy. Include questions you want to ask during your checkups.

Due date: \_\_\_\_\_ Last menstrual period: \_\_\_\_\_ Pre-pregnancy weight: \_\_\_\_\_





Visit	Date	Weeks	Weight	Questions/Concerns/Notes
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2				
3				
4				
5				
6				
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# Congratulations! You're Pregnant

Month #1 \_\_\_\_\_

Start taking care of yourself and your developing baby by eating right. "Eating for two" doesn't mean you have to go overboard, but you should eat a varied, high protein diet rich in vitamins and minerals. Eat fresh vegetables and fruits whenever you can and try to cut out, or at least cut back on sweets, sodas and high-fat foods. Remember, the average pregnant woman needs only 300 extra calories a day. Here are some other important reminders:

- ☐ Check with your health care professional about taking folic acid alone or as part of a multivitamin supplement. Taking folic acid (0.4 mg daily) may help prevent serious defects in your baby's developing brain and spine.
- ☐ Make sure your health care professional is aware of **ALL** prescription and over-the-counter medications as well as dietary supplements you are currently taking. Talk to your doctor before starting any new medicine or supplement.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
						
						
						

 eat regular nutritious meals  schedule your checkup

 exercise regularly  take your prenatal supplement daily

# Medication Safety During Pregnancy

Month #2 \_\_\_\_\_

It's a fact: Everything you eat, drink or swallow during pregnancy possibly could affect your baby. Don't play a guessing game where medications are concerned. Ask your health care professional about taking any medication or dietary supplement. As far as alcohol and nicotine are concerned, most experts advise avoiding them during pregnancy.

- ☐ If you have a condition that requires medication, discuss it with your health care professional. Some medications may be stopped during a critical stage of the baby's development, then used again safely later.
- ☐ Remember not to assume a product is safe during pregnancy just because it doesn't require a prescription. Also, don't stop or start any medication without asking your health care professional.
- ☐ For cold and flu symptoms, use a humidifier, drink plenty of clear liquids, gargle with salt water and get extra sleep. Be sure to wash your hands frequently.
- ☐ Schedule your healthy pregnancy checkup.

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🍏 eat regular nutritious meals   ✓ schedule your checkup  
✕ exercise regularly   ♥ take your prenatal supplement daily   👐 prepare for baby

# Managing Common Pregnancy Discomforts

Month #3 \_\_\_\_\_

**A**re you feeling tired? Irritable? Nauseated? These are some of the fairly common discomforts of pregnancy and should be viewed more as nuisances than something to worry about. Of course, you should call your health care professional immediately if you experience any unusual symptoms, including severe pain, blurred vision, vaginal sores or bleeding. To feel more comfortable, try the following:

- ☐ Eat frequent, small meals throughout the day to ease nausea. Eat a few unsalted crackers before bedtime and when you first wake up.
- ☐ Drink eight to 10 glasses of water daily to moisturize dry skin, relieve constipation and reduce swelling in your ankles, feet and hands.
- ☐ Relieve fatigue by taking short naps or by sitting down for 15 minutes and putting your feet up.
- ☐ Expect and accept mood swings. Share your feelings with others.

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# Lifestyle Issues

Month #4 \_\_\_\_\_

Feeling better now? That's because your body has begun to adapt to pregnancy. More changes lie ahead, but nothing you can't handle. Pregnancy can turn your thoughts inward, but try to keep your loved ones in mind. If you have a partner, pregnancy can also be an intimate, pleasurable time for both of you. Remember, it's safe to have sex, unless your health care professional has advised you otherwise. For your safety and comfort:

- ☐ Always wear your seat belt when riding in a motor vehicle. Position the lap belt under your abdomen.
- ☐ Wear more comfortable clothing as you begin to gain weight. Don't be surprised if your bra or shoe size changes more than once during pregnancy.
- ☐ Discuss these issues, if appropriate, with your health care professional: air travel, pet care and work place considerations. If you're employed, find out about your employer's maternity-leave plan.

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# Pregnancy & Fitness

Month #5 \_\_\_\_\_

Exercising while you're pregnant can increase your energy level, help you feel and look your best, relieve stress and strengthen your muscles and stamina for labor and delivery. Regular moderate activity also can help prevent too much weight gain. But remember that now is not the time to try to lose weight.

- ☐ Talk with your health care professional before starting or continuing an exercise program.
- ☐ Consider swimming, stationary cycling or walking. Kegel exercises, which help strengthen pelvic muscles, can be done anytime, anywhere.
- ☐ Avoid overheating during exercise. After the first trimester, don't exercise lying on your back and avoid activities where you might lose your balance.
- ☐ Call your health care professional right away if you have any unusual symptoms when exercising, including vaginal bleeding, unusual pain, dizziness, contractions, unusual shortness of breath or chest pain.
- ☐ Schedule your healthy pregnancy checkup and any special screenings.

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# Pregnancy & Your Skin

Month #6 \_\_\_\_\_

Don't despair over your skin! Acne, dry skin, varicose veins and darkened patches of skin around your eyes, nose and cheeks are common skin-related changes during pregnancy. A dark line may appear down the middle of your abdomen. It's also a common, but harmless, pregnancy-related skin change. To keep your skin healthy:

- ☐ Wear sunscreen and a hat in the sun. Your skin is more sun-sensitive and may burn more easily during pregnancy.
- ☐ Take your prenatal supplement every day, in addition to eating a well-balanced diet that includes whole grains, fruits and vegetables.
- ☐ Ask about skin care products to control or reduce pregnancy-related skin irritation. Soap substitutes and moisturizers may be recommended.
- ☐ Put your feet up to reduce varicose veins. Report any unusual skin changes such as yellowing of the skin (jaundice), blistering, severe itching, rashes or moles that change in color or size to your health care team.
- ☐ Schedule your healthy pregnancy checkup and childbirth classes.

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# Pregnancy & Sleep

Month #7 \_\_\_\_\_

Many things now will probably disrupt your sleep. Don't give up. There's a lot you can do to slumber more peacefully. One of the best things is getting regular exercise early in the day. Try these other sleep tips:

- ☐ Discuss your sleep concerns with your health care professional. There may be times when your health care professional recommends a specific sleep position. But in general, you should sleep in the position most comfortable for you, but preferably not on your back.
- ☐ Prop pillows between your legs or behind your back for comfort. Ask your health care professional about pregnancy pillows.
- ☐ Avoid exercise and caffeine before bedtime, and try relaxation techniques.
- ☐ Make sure you're getting enough calcium and potassium if you have leg cramps. Wear support hose all day, avoid snug shoes and sit as often as possible with your feet up.
- ☐ Schedule checkups with your health care professional as often as every two weeks. If needed, start investigating daycare options.

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# The Home Stretch!

Month #8 \_\_\_\_\_

**H**ang in there! You're in the home stretch now! Back pain and heartburn are a hassle, but know that the end is in sight! Ask your health care team or pharmacist about products that can safely relieve these discomforts and try these tips:

- ☐ Avoid spicy foods and eat smaller meals more often and more slowly to avoid heartburn. Wait two hours after eating to lie down and try sleeping with your upper body slightly raised.
- ☐ For tender breasts, try a nursing bra for extra support and avoid harsh soaps. Pure lanolin ointment is helpful for sore nipples.
- ☐ Ease constipation by exercising daily, drinking plenty of fluids and eating foods high in fiber.
- ☐ To ease back pain, wear low-heeled shoes and sit in chairs with good back support. Massage and moist heat or cold applied to the painful area also may help.
- ☐ Visit your hospital or birthing center and make arrangements for your stay there.

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# Looking Ahead

You've learned that pregnancy can be as unpredictable as it is exciting. Expect the same of labor and delivery and the months ahead. You may feel joy, anxiety and even a bit of the blues. Mood swings caused by hormonal shifts might surprise you. They're normal for most women. These tips may help you cope:

- ☐ Contact your doctor immediately if you have persistent mood swings, sleep disturbances, trouble eating or emotional symptoms that get worse or last more than two weeks.
- ☐ Be excited about all you have accomplished.
- ☐ Focus on yourself and your baby. Laugh, cry, write down your thoughts and talk to your partner and friends. Don't isolate yourself.
- ☐ Eat balanced meals, rest and exercise to help raise your spirits and your stamina.
- ☐ Schedule your healthy pregnancy checkup. If necessary, plan for sibling care during and after delivery. Consider a breastfeeding consultation. Pack a bag for you and your baby.

Month #9 \_\_\_\_\_

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# Welcome, Baby!

Month #10 \_\_\_\_\_

You may feel as if you've landed on earth with a thump or feel like you're floating on Cloud 9. Whether you've had a vaginal or cesarean delivery, you're recovering from a major event. To ease your recovery, try these suggestions:

- ☐ Rest when your baby rests. Remember to put infants to sleep on their backs to reduce the risk of Sudden Infant Death Syndrome.
- ☐ Accept help from family and friends.
- ☐ Check with your health care professional about your diet. You'll need extra water or juice and larger servings of certain food groups if you're breastfeeding.
- ☐ To ease breast tenderness, try not to skip feedings. Also, wear a well-fitting bra with wide straps and no underwires.
- ☐ Call your health care professional if you have a fever; heavy bleeding; vaginal discharge or odor; redness, discharge, or pain or tearing at an incision site; severe abdominal pain; red streaks or hard lumps in your breast.
- ☐ Schedule your postpartum visit and your newborn's first pediatrician visit.

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# Resources

## **American Academy of Dermatology**

PO Box 4014  
Schaumburg, IL 60168-4014  
1-888-462-3376 (toll-free)  
[www.aad.org](http://www.aad.org)

## **American Academy of Family Physicians**

PO Box 11210  
Shawnee Mission, KS 66207-1210  
1-800-274-2237 (toll-free)  
[www.familydoctor.org](http://www.familydoctor.org)

## **American Academy of Pediatrics**

141 Northwest Point Boulevard  
Elk Grove Village, IL 60007-1098  
847-434-4000  
[www.aap.org/family](http://www.aap.org/family)

## **American College of Nurse-Midwives**

8403 Colesville Road, Suite 1550  
Silver Spring, MD 20910  
240-485-1800  
[www.acnm.org/focus](http://www.acnm.org/focus)

## **American College of Obstetricians & Gynecologists**

409 12th Street, SW  
PO Box 96920  
Washington, DC 20090-6920  
202-638-5577  
[www.acog.org](http://www.acog.org)

## **Consumer Health Education Center (CHEC)**

900 19th Street, NW, Suite 700  
Washington, DC 20006  
202-429-3521  
[www.CHECforbetterhealth.org](http://www.CHECforbetterhealth.org)

## **Consumer Healthcare Products Association (CHPA)**

900 19th Street, NW, Suite 700  
Washington, DC 2006  
202-429-9260  
[www.chpa-info.org](http://www.chpa-info.org)

## **La Leche League International**

1400 N. Meacham Road  
Schaumburg, IL 60173-4808  
847-519-7730  
[www.lalecheleague.org](http://www.lalecheleague.org)

## **March of Dimes Birth Defects Foundation**

1275 Mamaroneck Avenue  
White Plains, NY 10605  
1-888-663-4637 (toll-free)  
[www.modimes.org](http://www.modimes.org)

## **National Sleep Foundation**

1522 K Street, NW, Suite 500  
Washington, DC 20005  
202-347-3471  
[www.sleepfoundation.org](http://www.sleepfoundation.org)

## **National Women's Health Resource Center**


157 Broad Street, Suite 315  
Red Bank, NJ 07701  
1-877-986-9472 (toll-free)  
[www.healthywomen.org](http://www.healthywomen.org)

## **Planned Parenthood Federation of America, Inc.**

434 West 33rd Street  
New York, NY 10001  
1-800-230-7526 (toll-free)  
[www.plannedparenthood.org](http://www.plannedparenthood.org)

## **U.S. Food and Drug Administration (FDA)**

5600 Fishers Lane  
Rockville, MD 20857-0001  
1-888-463-6332 (toll-free)  
[www.fda.gov](http://www.fda.gov)



The National Women's Health Resource Center (NWHRC) is the leading independent health information source for women. NWHRC develops and distributes up-to-date and objective women's health information based on the latest advances in medical research and practice.

The Consumer Health Education Center (CHEC) is dedicated to improving the health and well being of Americans through appropriate, safe, and effective over-the-counter medicine use. CHEC is the nonprofit consumer education foundation for the Consumer Healthcare Products Association.



[www.CHECforbetterhealth.org](http://www.CHECforbetterhealth.org)