

FIRST TRIMESTER

checklist for a healthy pregnancy.

START TAKING PRENATAL VITAMINS.

The first 11 weeks of pregnancy, your baby's Central Nervous System is actively developing, therefore is very important to incorporate folic acid into your diet or vitamins. Folic acid greatly reduces your baby's risk of developing neural tube birth defects such as spina bifida. It is recommended that pregnant women get 200 mg of DHA per day to help your baby with healthy brain and eye development.



MAKE YOUR FIRST PRENATAL APPOINTMENT.

In the first visit, important things should be reviewed by a doctor, things like the history of chronic diseases that you might suffer and if you have to take any medications for them, also checking if there are cases of genetic or chromosomal problems in your family history, or determine the estimated due date, also labs, ultrasound and other tests.



CHOOSE A HEALTHY LIFESTYLE.

This is the ideal time to start healthy habits in your routines.

Habits such as:

Sleep and rest properly.

Keep stress levels under control, for this you can use meditation and relaxation techniques.

Eat a balanced diet with nutritious meals.

Drink plenty of water to avoid dehydration.

Exercise if there is no contraindication.

CONSIDER YOUR OPTIONS FOR PRENATAL TESTING.

During your first trimester, your provider will offer you various screening tests that can give you information about your baby's risk for Down syndrome as well as other chromosomal problems and birth defects. A diagnostic test called chorionic villus sampling (CVS) may also be offered this is generally done at 11 to 12 weeks. Or you may consider waiting until your second trimester for amniocentesis.



QUIT BAD HABITS.

As soon as you know you are pregnant, among the bad habits that you must quit are:

Smoking, alcohol, all recreational drugs, over the counter medications, and finally avoid exposure to harmful chemicals and pesticides.