

## Early Pregnancy

Early pregnancy can be an exciting yet terrifying time. So many changes occur to your body that sometimes you wonder what is normal and not. Even for women who have had children before they can as bewildered as a first time mum when things are different. This is a short summary of things to do in the first trimester of pregnancy (but by no feat is it exhaustive or gospel)

Healthy mothers raise healthy babies, which result in healthy communities. This is true in so many ways. If our mothers are well and happy then their babies start life much healthier. About 50% of pregnancies in Australia are unplanned, but that does not mean you can't make positive changes for your baby. If you smoke please cut down- however quitting is by far the best option. Yes you can quit smoking in pregnancy and its better for your baby than to continuing to smoke. The same with alcohol, there is no safe level of alcohol in pregnancy and so the recommendations are for mothers to abstain.

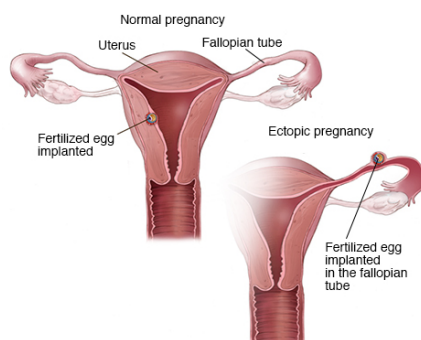
Avoid any harsh chemicals or use protective equipment as required. If any mums work around radiation please avoid. Eat lots of fresh fruit and vegetables (just make sure you wash them.) All meat should be well cooked- Sorry ladies no sushi.

Exercise in pregnancy is very safe and many studies support women to continue exercising. The current recommendations are that women do not take up new strenuous exercise or participate in contact sports. It is also important to not to overheat or for your heart rate to elevate too high.

### But what about pain and bleeding?

Some women will have a small amount of spotting when the pregnancy implants into the wall of the uterus, there may also be a small amount of cramping as well. This can be very normal, however if you are concerned please contact the rooms. If the bleeding becomes heavier or pain is severe please call the rooms or have your GP contact the rooms so that we may assist you.

Most of the time everything is fine and there is bleeding from the placental edge, which is not going to cause any concerns to your baby. However pain or bleeding may be the first signs of either a miscarriage or an ectopic pregnancy. If either of these are the cause of the symptoms you need to be reviewed by a to discuss your options.



© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

Dr Tanya Davenport 2015