

# Prenatal Care

Prenatal care is the health care you get while pregnant. Schedule a prenatal visit as soon as you think that you are pregnant. These visits help you have a healthy pregnancy and can help find problems before they become serious for you or your baby. Your doctor will want to see you every 4-6 weeks for the first 6 months of pregnancy. You will need to see your doctor more often during the last three months of pregnancy.

This is a guide. If you have problems, the doctor may want to see you more often or do more tests.

## What to Expect at Your Prenatal Visits

- Your **first visit** will be your longest visit. During this visit:
  - Your height, weight and blood pressure are checked.
  - Your blood is drawn to check for diseases and low iron levels. You will be asked if you want to test for HIV.
  - You will need to give a urine sample to check for infection, sugar and protein.
  - You will be given a due date, an estimate of the day your baby will be born.
  - You will be asked questions about you, your partner, family members, and medicines and herbs you are taking.
  - Your doctor will do a physical exam including a pelvic exam with pap smear.
  - The doctor will tell you to start taking a prenatal vitamin with folic acid.
  - Make an appointment for your next visit.

# 產前護理

產前護理是指您在孕期獲得的健康護理。一旦您認為自己已懷孕，請儘快預約一次產前診訪。此類診訪能夠幫助您健康地度過孕期，並發現問題，不至於使您或您的寶寶的問題變得嚴重。在您懷孕的頭六個月期間，您的醫生希望您每隔 4-6 周診訪一次。在您懷孕的最後三個月期間，您將需要增加診訪的次數。

這是一份指南。如果您有問題，醫生可能會希望您增加診訪次數或者進行更多測試。

## 您在產前診訪時會做些什麼事

- 您的**第一次診訪**將會時間最久。在本次診訪期間：
  - 醫生將檢查您的身高、體重和血壓。
  - 醫生將給您抽血、檢查是否有病及有低鐵質。醫生將詢問您是否希望進行愛滋病檢查。
  - 您將需要提供一份尿樣，以檢查感染、血糖和蛋白質。
  - 醫生將給您一個預產期，即寶寶的估計出生日期。
  - 醫生將詢問您有關您自己、您的伴侶、家庭成員及您服用的藥物和草藥的問題。
  - 醫生將進行一次體檢，包括以巴氏塗片法進行一次骨盆檢查。
  - 醫生將告訴您開始服用包含葉酸的產前維他命。
  - 預約下一次診訪。

- **At all prenatal visits:**
  - Your blood pressure, weight, urine, and general health are checked.
  - Your baby's heart rate and growth are checked.
  - Other tests such as a blood test or an ultrasound may be done.
  - **Ask questions and share any concerns about yourself and your baby.**
  
- **Tests**

You may have the following tests:

  - **Blood tests** to check for:
    - Blood type
    - Iron level
    - Syphilis
    - Hepatitis B
    - Rubella
    - Alpha-fetoprotein (AFP) test—This test checks for an increased risk of some types of birth defects in your baby. It is done between 15 to 20 weeks of pregnancy. If the test result is high, more testing will be done.
    - Rh factor test—This test checks to see if you are Rh positive or negative.
    - HIV—All women should consider getting a blood test to check for HIV. Mothers can pass this infection to their babies during pregnancy, labor and breastfeeding. Test results are confidential.
    - Sickle cell anemia

- 在所有產前診訪期間：
  - 醫生將檢查您的血壓、身高、尿液和一般健康情況。
  - 醫生將檢查您的寶寶的心跳和生長情況。
  - 醫生可能將進行其他測試，如驗血或超音波測試。
  - 請提問並告知對您自己或您的寶寶的任何疑慮。
  
- 測試  
您可能將接受以下測試：
  - 驗血，以檢查：
    - 血型
    - 鐵質
    - 梅毒
    - B 型肝炎
    - 風疹
    - 甲胎蛋白(AFP)測試—這一測試檢查您的寶寶是否具有患某些種類的先天性缺陷的高風險。測試在懷孕 15 至 20 周期間進行。如測試結果顯示高風險，則需進行更多測試。
    - Rh 因數測試—這一測試檢查您是 Rh 陽性還是陰性。
    - 愛滋病—所有女性均應考慮接受一次驗血，檢查是否患有愛滋病。母親可能會在孕期、生產和哺乳期間，將這一病症傳染給自己的寶寶。測試結果將保密。
    - 鐮狀細胞貧血

— **Ultrasound**

You will have at least 1 ultrasound during your pregnancy. Your doctor may want to do more ultrasounds to check your baby's growth or condition.

— **Amniocentesis**

This test checks for genetic diseases and is often done between 15 and 18 weeks of pregnancy. The doctor puts a needle through the woman's abdomen to remove a small amount of amniotic fluid. The fluid is sent to a lab for testing.

— **Glucose tolerance test (GTT)**

Between 24 and 28 weeks of pregnancy, you will be tested for high blood sugar in pregnancy, called gestational diabetes. You will be given a sweet soda to drink and then samples of your blood will be taken.

— **Non-stress test**

This test records your baby's heart rate on a special machine. This test is painless and involves putting patches on your abdomen.

At anytime during your pregnancy, call your doctor **right away** if:

- Your membranes or bag of water break or leak.
- You have any vaginal bleeding.
- You have cramping or contractions that occur more than 4-6 times in an hour.

### — 超音波

您在孕期將至少接受一次超音波檢查。您的醫生可能會希望進行多次超音波檢查，以檢查您的寶寶的生長或情況。

### — 羊水穿刺

這一測試檢查遺傳病，並常常在孕期第15周至18周之間進行。醫生將一根針穿過女性腹部，抽取一小部分羊水，然後將羊水送往化驗室化驗。

### — 葡萄糖耐量測試(GTT)

在孕期第 24 周至 28 周之間，您將接受孕婦高血糖(稱為妊娠期糖尿病)測試。您將喝下一份甜蘇打水，然後將抽取您的血樣。

### — 非壓力測試

該測試在一台特殊機器上記錄您的寶寶的心率。該測試無痛，需要將墊子放在您的腹部。

在您的孕期的任何時候，若有下列情況，請**立即**致電給您的醫生：

- 您的羊膜破裂或羊水洩漏。
- 您有陰道出血。
- 您發生痙攣或宮縮，頻率一小時超過 4-6 次。

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