

# 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.

# 产前护理

产前护理是你怀孕时得到的医疗护理。一旦你认为你已怀孕就请定一次产前诊访。这些诊访有助于你保持妊娠期健康并能帮你或你的婴儿在有严重毛病之前就先找出问题。你的医生在你妊娠的头 6 个月将每 4-6 个星期见你一次。在妊娠的最后三个月，你需要更多地看医生。

这是一项指导。如你有问题，医生可能会更常看你或做更多检查。

## 作产前诊访时该有何期待

- 你的**第一次**诊访将会是最长的一次诊访。此次诊访时：
  - 要量你的身高、体重和血压。
  - 要抽血检查你是否有病以及铁量是否太低。会询问你是否想做艾滋病测试。
  - 你需取一个尿样检查有无感染以及糖和蛋白质的含量。
  - 确定你的预产期，即你的婴儿的估计出生日期。
  - 将询问你问题，有关你、你的伴侣、家人和你正服用的药物和草药情况。
  - 你的医生将做一次体检，包括带子宫抹片的骨盆检查。
  - 医生将告诉你开始服用带叶酸的产前维生素。
  - 预订你的下一次诊访。

- **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

- 在所有产前诊访时：
  - 要检查你的血压、体重、尿液以及一般性健康。
  - 要检查你婴儿的心率和生长情况。
  - 可能会做诸如血液测试或超声波的其他检查。
  - 提问题并询问有关你自己和婴儿的关注事宜。
  
- 测试  
你可能要做以下测试：
  - 血液测试用以检查：
    - 血型
    - 铁量
    - 梅毒
    - B 型肝炎
    - 风疹
    - 甲胎蛋白 (AFP) 测试—此测试检查婴儿是否有较高的某些先天缺陷的风险。测试在妊娠 15 至 20 周时进行。如检查结果偏高，则将做更多测试。
    - Rh 因子测试—此测试检查你的 Rh 是阳性或阴性。
    - 艾滋病病毒—所有女性都应考虑做一次血检测试艾滋病病毒。母亲在妊娠期、分娩中以及哺乳时可将此病传给婴儿。测试结果保密。
    - 镰状细胞贫血。

— **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.

— **超声波**

你在怀孕期间至少会做 1 次超声波。你的医生可能要做更多的超声波以检查婴儿的生长或情况。

— **羊膜穿刺**

此测试是检查有无遗传病，经常在妊娠15和18个星期时进行。医生将一根针刺穿孕妇腹部，取少量羊水。此液体将送去化验室测试。

— **葡萄糖耐量试验 (GTT)**

妊娠 24 和 28 星期时，你将做称为妊娠期糖尿病的妊娠高血糖测试。将给你喝甜汽水，然后抽取血样。

— **非压力测试**

此测试在一个特别仪器上记录你婴儿的心率。这是无痛测试，将在你的腹部放上垫片。

怀孕期间如有下列情形，请**立刻**打电话给你的医生：

- 你的羊膜破裂或羊水漏出。
- 你有任何阴道出血。
- 你在一小时内发生超过 4-6 次痉挛或宫缩。

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