

A Healthy Pregnancy

Below are some things you can do to take care of yourself and your baby.

Appointments and Classes

- Make an appointment as soon as you think you are pregnant to start prenatal care.
- Go to your regular prenatal check ups, even when you feel well. At the end of your pregnancy, your check ups will be every 1 to 2 weeks.
- Go to classes to help prepare you for labor and delivery, breastfeeding and baby care. Take your partner or other support person with you.
- Check if you have insurance for pregnancy and baby benefits.
- Ask for an interpreter and financial help if needed.

Food and Drinks

- Eat balanced meals that include whole grain breads, cereals, fruits, vegetables, milk, and meat and other proteins. Avoid fried and high sugar foods.
- Drink 6 to 8 glasses of water each day.
- Try eating smaller meals more often.
- Avoid or limit food and drinks with caffeine to 1 to 2 cups each day. Caffeine is in chocolate, colas, teas and coffee.
- Limit your intake of artificial sweeteners, including diet sodas, to 2 to 3 servings each day. Nutrasweet and Equal (aspartame) and Splenda (sucralose) in small amounts are okay, but do not use any saccharin (Sweet 'N Low).
- Avoid meats and eggs that are not fully cooked. Eat dairy products that have been pasteurized, including milk and cheese. Uncooked foods may have bacteria in them that can cause serious illness in pregnant women and increase the risk of miscarriage.

妊娠健康

以下是有助于您照顾好自己和您的胎儿的一些事宜。

产前保健和培训班

- 知道自己怀孕后，应尽快预约医生，开始产前保健。
- 即使感觉很好，也要定期作产前检查。在妊娠的末期，每隔 1 - 2 周检查一次。
- 上培训班，为分娩、母乳喂养和看护宝宝作准备。与伴侣或其他照顾您的人一起去上培训班。
- 确认保险是否包括妊娠和婴儿福利。
- 必要时，请求提供传译员，申请财务援助。

饮食

- 均衡饮食，饮食须包括全麦面包、麦片、水果、蔬菜、牛奶和肉类以及其他高蛋白食品。忌食油炸和高糖食物。
- 每日饮水 6 至 8 杯。
- 尝试少食多餐。
- 避免或限用含咖啡因的饮食，含咖啡因饮料以每日 1 至 2 杯为限。朱古力、可乐、茶及咖啡内含有咖啡因。
- 限食人工甜味剂（包括健怡苏打水，每日以 2 至 3 份为限）。可少量摄取 Nutrasweet、Equal（阿斯巴甜）和 Splenda（蔗糖素），但绝对禁用糖精 (Sweet 'N Low)。
- 避免食用未充分煮熟的肉类和鸡蛋。食用经灭菌处理的奶制品，包括牛奶和奶酪。未煮熟的食物可能含有细菌，从而导致妊娠妇女感染严重疾病，增加流产风险。

- Avoid unheated hot dogs and lunch meats from the deli counter or at restaurants. These are okay to eat if they have been heated through until steaming. Cook hot dogs in boiling water or microwave deli meat for at least 30 seconds on high for food safety.
- The Women, Infants and Children (WIC) Program is available to provide free nutritious food and health information for pregnant women, breastfeeding mothers and children. Go to www.fns.usda.gov/wic to find the toll-free phone number for your state or in Ohio call 1-800-755-4769.

Weight Gain

Total weight gain depends on your pre-pregnant weight, eating habits, exercise and your metabolism. The average weight gain during pregnancy for a normal weight female is 25 to 35 pounds. You should gain 2 to 4 pounds in the first 3 months and about $\frac{3}{4}$ to 1 pound per week after that. If you were under or over weight before pregnancy, ask your doctor or dietitian about how much weight you should gain.

If you are gaining weight too fast:

- **Limit** sweets and high fat foods. Choose low fat items, fruit or a small serving of frozen yogurt, sherbet, pudding or jell-o.
- Use very little butter, margarine, sour cream, mayonnaise or salad dressing. Try reduced calorie or low fat products.
- **Avoid** fried foods. Choose baked, broiled or grilled chicken, fish or turkey.

Medicine

- Take your prenatal vitamins each day.
- Check with your doctor or clinic before taking any medicines such as prescription or over the counter medicines and herbals.
- Take only medicines ordered by your doctor.

Smoking, Alcohol and Drugs

- Do not smoke and avoid being in the same room with people who are smoking.
- Do not drink alcohol or take drugs during your pregnancy.

- 避免食用从熟食柜台或餐厅购买的未加热热狗和午餐肉。将这些食物完全加热至冒出热气后方可食用。将热狗放在沸水中蒸熟，或在微波炉中以高火加热至少 30 秒保证食物安全。
- 妇幼营养补助 (WIC) 计划为孕妇、哺乳期妇女和儿童免费提供食物营养及健康信息。请访问 www.fns.usda.gov/wic 查询您所在州的免费服务电话，如果您在俄亥俄州，请拨打 1-800-755-4769。

体重增加

孕期体重的增加，取决于孕妇妊娠前的体重、饮食习惯、运动及代谢情况。正常体重的女性，孕期体重平均增加 25 至 35 磅。妊娠前三个月，体重增加应在 2 至 4 磅，以后大约每周增加 $\frac{3}{4}$ 至 1 磅。如妊娠前体重过轻或过重，请向医生或营养师咨询体重增加的正常范围。

如体重增加过快：

- **限食**甜品和高脂食物。选择低脂食物、水果或小份的冷冻酸奶、雪酪、布丁或果冻。
- 尽量少食黄油、人造黄油、酸奶油、蛋黄酱或沙律酱。尝试食用低卡路里或低脂食物。
- **避免**油炸食物。选择烘烤或烧烤的鸡肉、鱼或火鸡。

药物

- 每日服用产前维他命。
- 服用任何药物（如处方药物、非处方药物和草药等）之前，咨询医生或保健诊所的意见。
- 仅使用医生开出的药物。

吸烟、饮酒、吸毒

- 不得吸烟，避免与正在吸烟者共处一室。
- 妊娠期间不得饮酒或使用毒品。

Activity and Sleep

- Get plenty of rest. Try to get 8 hours of sleep. It is best to lie down on your left side because this increases the flow of oxygen and nutrition to your baby.
- Exercise by walking, swimming or biking for about 30 minutes each day. Check with your doctor before starting a new exercise program.
- Learn and practice the exercises from your childbirth class.
- Wear a supportive bra that fits well.

Safety

- Check with your doctor before having any medical x-rays while you are pregnant. Dental x-rays are safe if a shield is placed over your abdomen. The second trimester, months 4 to 6 of pregnancy, is the best time for dental care. Before any treatment, x-ray or cleaning, you may need to get permission from your obstetrician or OB doctor. This is for the health of you and your baby.
- Avoid paints (except latex), pesticides, sprays and other strong chemicals.
- **Do not** clean a cat litter box, or bird or reptile cages. Animal feces can have bacteria that can make you sick and harm your baby.
- Wash your hands well with soap and water after touching raw meat. Cook meat well.
- Wear seat belts low over your hips.

Share Your Concerns

- Share good or bad feelings about your pregnancy, your body changes and having a baby with your partner, friends and family. Talk to your doctor or nurse if you are having problems coping.
- Write down questions to ask your doctor or nurse. Ask for more information on breastfeeding, birth control to use after delivery and choosing a doctor for your baby.

活动及睡眠

- 充分休息。每日尽量睡足 8 小时。最好采用左侧躺卧的姿势，因为这有助于向胎儿输送更多氧气和营养。
- 每日步行、游泳或骑脚踏车锻炼大约 30 分钟。开始新的锻炼计划之前，请向医生咨询。
- 根据分娩指导班上传授的运动方法进行运动。
- 穿戴尺寸合适的支撑式乳罩。

安全

- 妊娠期间，如需做 x 光检查，请先向您的医生咨询。在腹部加一层防护罩后，则可以安全做牙齿 x 光检查。到中期妊娠，即怀孕 4 至 6 个月时是做牙齿保健的最佳时间。为了您和胎儿的健康，在接受任何治疗、X 光或清理之前，您都需要获得产科医生的批准。
- 勿接触油漆（乳胶除外）、杀虫剂、喷雾剂和其他强效化学品。
- 勿清洁猫沙盆、鸟笼或爬虫类笼子。动物粪便中可能含有使您和胎儿致病的细菌。
- 接触生肉后应使用肥皂和水清洗双手。烹煮肉类须熟透。
- 汽车安全带应系在胯部下方。

分享您的关注

- 与伴侣、朋友和家人交流怀孕后的好坏感受、身体变化和怀孕心情。如遇到问题，请咨询医生或护士。
- 记下要向医生或护士咨询的问题。详细了解母乳喂养、分娩后采用什么生育控制措施及如何为宝宝选择医生。

Planning Ahead

- Get a baby car seat and install it in your car.
- Plan for things you will need the first 6 weeks, such as baby items, diapers, clothes and easy to prepare foods for meals.
- Plan for someone to help you at home after the delivery.
- Make arrangements for child care if needed.
- Make a list of phone numbers of people to call when your labor begins. Arrange for transportation to the hospital.
- Pack your suitcase. Put in clothes and other items to use at the hospital and that you and your baby will wear home.

提前筹划

- 买一个婴儿汽车座椅，装在车上。
- 筹划好前 6 周内需要用的物品，包括婴儿用品、尿片、衣服和速煮食物。
- 提前找好出院回家后照顾产妇的人。
- 必要时，安排好看护宝宝的人。
- 列出临产时的联系人电话号码。安排送医院的交通工具。
- 提前装箱备好住院用品。准备住院期间的衣服和其他用品，以及您和宝宝回家穿用的物品。

2007 – 1/2012 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. Wexner Medical Center at The Ohio State University, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

A Healthy Pregnancy. Simplified Chinese.