

# 妊娠健康

## A Healthy Pregnancy

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

为了您和腹中宝宝的健康, 以下是您能做到的。

### 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.

### 产前保健和培训班

- 感到自己怀孕后, 尽快约医生, 开始产前保健。
- 按时做产前检查, 即使感觉很好, 也要定期检查。在妊娠的最后阶段, 每隔1至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。与伴侣或其它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。
- 必要时, 请求提供传译员, 申请财务援助。

### 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.

### 饮食

- 均衡饮食, 饮食须包括全麦面包、麦片、水果、蔬菜、牛奶、肉类和其它蛋白质。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、茶及咖啡内含咖啡因。

- 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.
- 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.
- 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)。
- 避免食用未完全煮熟的肉类或蛋类。食用经过巴氏消毒的奶制品, 包括牛奶和奶酪。未煮熟的食物中可能含有细菌, 会导致孕妇患上严重疾病, 并增加流产的风险。
- 避免在熟食柜台或餐馆食用未加热的热狗和午餐肉。将这些食物加热到冒蒸汽就可以食用了。将热狗放入开水中, 熟食肉类放入微波炉中加热至少30秒, 以保障食品安全。

妇女婴幼儿 (WIC) 计划免费提供孕妇、哺乳期妇女和儿童的食物营养及健康信息。浏览网站 [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic), 查找该计划在本州的免费电话号码, 在俄亥俄州, 请致电1-800-755-4769。

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](http://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.

## 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。

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.

## 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.

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产品。
- 避免油炸食物。选择烘烤、烧烤的鸡、鱼或火鸡。

## 药物

- 每日服用产前维他命。
- 服用处方药物或非处方药物和草药等任何药物之前，咨询医生或保健诊所的意见。
- 仅服用医生开出的药物。

## 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。

## 活动及睡眠

- 要多休息。每日尽量睡足8小时。最好是向左侧卧，因为这样可以增加宝宝的氧气和营养供应。
- 每日步行、游泳或骑脚踏车约30分钟。在开始一项新的锻炼项目前，先咨询一下医生。
- 根据分娩指导班上传授的运动方法进行运动。
- 穿戴合身的支撑性胸罩。

## 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.

Other safety points:

- 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.

## 安全性

怀孕期间, 在进行任何医学X光检查前请先与医生确认。在腹部上放置遮蔽物的情况下, 牙科X光是安全的。孕中期, 也就是怀孕的第4至6个月是牙科医疗的最佳时间。进行任何治疗、X光或清洁前, 您可能需要征求产科医师或产科医师的允许。这是为了您和您的宝宝着想。

其它安全性要点:

- 勿接触油漆(乳胶除外)、杀虫剂、喷雾剂和其它强效化学品。
- 勿清理猫砂盒或鸟类、爬行动物的笼子。动物排泄物中可能含有细菌, 会使您生病并伤害您的宝宝。
- 接触生肉后使用肥皂和水仔细洗手。
- 将肉彻底煮熟。
- 汽车安全带系在胯部下方。

## 表达您的忧虑

- 与伴侣、朋友和家人交流怀孕后的好坏感受、身体变化和怀孕的心情。如遇到问题, 请告诉医生或护士。
- 记下要问医生或护士的问题。详细了解母乳喂养、分娩后采用什么生育控制措施和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。
- 列出临产时的联络人电话号码清单。安排前往医院的交通工具。
- 提前装箱备好住院用品。准备住院期间的衣服和其它用品, 以及您和宝宝回家穿用的物品。