

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

以下是可以幫助您照顧好自己和您的胎兒的一些建議。

產前保健和培訓班

- 發現自己懷孕後，應儘快預約醫生，開始進行產前保健。
- 按時做產前檢查，即使感覺良好，也要定期檢查。在妊娠末期，每隔 1-2 週檢查一次。
- 上培訓班，為分娩、母乳餵養和嬰兒護理作準備。與伴侶或其他照顧您的人一起去上培訓班。
- 確認保險是否包括妊娠和嬰兒福利。
- 必要時，請求提供傳譯員，申請財務援助。

飲食

- 均衡飲食，飲食須全面包括雜糧麵包、麥片、水果、蔬菜、牛奶和肉類以及其他營養。忌食油炸和高糖食物。
- 每日飲水 6 到 8 杯。
- 嘗試少量多餐。
- 避免或限用含咖啡因的飲食，含咖啡因飲料以每日 1-2 杯為限。巧克力、可樂、茶及咖啡內含咖啡因。
- 限食人工增甜劑 (包括健怡蘇打汽水，每日以 2-3 份為限)。可少量攝取 Nutrasweet、Equal (阿斯巴甜) 和 Splenda (蔗糖素)，但絕對禁止食用糖精 (Sweet 'N Low)。
- 禁食未充分煮熟的肉類和雞蛋。食用經滅菌處理的乳製品，包括牛奶和乳酪。未煮熟的食物可能含有細菌，從而導致妊娠婦女感染嚴重疾病，增加流產風險。

- 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.

- 禁食從熟食櫃檯或餐廳購買的未經加熱的熱狗和午餐肉。將這些食物加熱至冒出蒸汽後方可食用。將熱狗放在沸水中蒸熟，或在微波爐中以大火加熱至少 30 秒。
- 婦孺營養補助 (WIC) 計畫免費為孕婦、哺乳期婦女和兒童提供食物營養及健康資訊。請瀏覽網站 www.fns.usda.gov/wic 查詢您所在州的免費服務電話，如果您在俄亥俄州，請致電 1-800-755-4769。

體重增加

孕期體重的增加，取決於孕婦妊娠前的體重、飲食習慣、運動及代謝情況。正常體重的女性，孕期體重平均增加 25-35 磅。妊娠前三個月，體重應增加 2 至 4 磅，以後大約每週增加 $\frac{3}{4}$ 至 1 磅。如妊娠前體重過輕或過重，請向醫生或營養師諮詢體重增加的正常範圍。

如體重增加過快：

- **限食**甜品和高脂食物。選擇低脂食物、水果或小份的冷凍優格、雪酪、布丁或果凍。
- 儘量少食奶油、人造奶油、酸奶油、美乃茲或沙拉醬。嘗試食用低卡路里或低脂食物。
- **忌食**油炸食物。選擇烘烤、燒烤的雞肉、魚肉或火雞肉。

藥物

- 每日服用產前維他命。
- 服用處方藥物、非處方藥物和草藥等任何藥物之前，請諮詢醫生或保健診所的意見。
- 僅使用醫生開出的藥物。

吸菸、飲酒、吸毒

- 不得吸菸，避免與正在吸菸者共處一室。
- 妊娠期間不得飲酒或使用毒品。

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.

活動及睡眠

- 充分休息。每日儘量睡足 8 小時。最好採用左側躺臥的姿勢，因為這有助於向胎兒輸送更多氧氣和營養。
- 每日散步、游泳或騎腳踏車鍛煉大約 30 分鐘。開始新的鍛煉計畫之前，請向醫生諮詢。
- 根據分娩指導班上傳授的運動方法進行運動。
- 穿戴尺寸合適的支撐式文胸。

安全

- 妊娠期間，如需做 x 光檢查，請先向您的醫生諮詢。如需做牙齒 X 光檢查，可以在腹部加一層防護罩。妊娠中期，即懷孕 4 至 6 個月，是做牙齒保健的最佳時段。在接受任何治療、X 光或清理之前，您都需要獲得產科醫生的批准。這是為了您和您胎兒的健康。
- 勿接觸油漆 (乳膠除外)、殺蟲劑、噴霧劑和其他強效化學品。
- 切勿清潔貓砂盆，或鳥類或爬蟲類籠子。動物糞便中可能含有使您和胎兒致病的細菌。
- 觸摸生肉之後應使用肥皂和水清洗雙手。將肉煮熟。
- 將汽車安全帶繫於胯部下方。

提出您的疑慮

- 與伴侶、朋友和家人交流懷孕後的好/壞感受、身體變化和懷孕的心情。如遇到問題，請諮詢醫生或護士。
- 記下要問醫生或護士的問題。詳細瞭解母乳哺餵、分娩後採用甚麼避孕措施及如何為寶寶選擇醫生。

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.

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提前籌劃

- 買一個嬰兒汽車座椅，裝在車上。
- 籌劃好前 6 週內需要用到的物品，包括嬰兒用品、尿片、衣服和速煮食物。
- 提前找好出院回家後照顧產婦的人。
- 必要時，安排好看護寶寶的人。
- 列出臨產時的聯絡人電話號碼。安排好去醫院的車輛。
- 提前裝箱備好住院用品。準備住院期間的衣服和其他用品，以及您和寶寶回家穿用的物品。

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A Healthy Pregnancy. Traditional Chinese.