

妊娠健康

A Healthy Pregnancy

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

為了您和腹中寶寶的健康，須多加照顧自己。

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.

產前保健和培訓班

- 感到自己懷孕後，儘快約醫生，開始產前保健。
- 按時作產前檢查，即時感覺很好，也要定期檢查。在妊娠的最後階段，每隔 1 至 2 週檢查一次。
- 上培訓班，為分娩、母乳餵養和看護寶寶作準備。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。
- 必要時，請求提供傳譯員，申請財務援助。

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.

飲食

- 均衡飲食，飲食須包括全麥麵包、麥片、水果、蔬菜、牛奶、肉類和其它蛋白質。忌食油炸和高糖食物。
- 每日飲水 6 至 8 杯。
- 嚐試少量多餐。
- 避免或限用含咖啡因的飲食，含咖啡因飲料以每日 1 至 2 杯為限。
- 巧克力、可樂、茶及咖啡內含咖啡因。

- 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.
- 限食人工甜味劑(包括健怡蘇打汽水,每日以2至3份為限)。可少量攝取Nutrasweet、Equal(阿斯巴甜)和Splenda(蔗糖素),但絕對禁用糖精(Sweet 'N Low)。
- 避免食用未完全煮熟的肉類或蛋類。食用經過巴氏消毒的乳製品,包括牛奶和乳酪。未煮熟的食物中可能含有細菌,會導致孕婦患上嚴重疾病,並增加流產的風險。
- 避免在熟食櫃檯或餐館食用未加熱的熱狗和午餐肉。將它們加熱到冒蒸汽就可以食用了。將熱狗放入開水中,熟食肉類放入微波爐中加熱至少30秒,以保障食品安全。

婦女嬰幼兒 (WIC) 計畫免費提供孕婦、哺乳期婦女和兒童的食物營養及健康資訊。請造訪 www.fns.usda.gov/wic 查找您所在州的免費電話號碼,在俄亥俄州請撥打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 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.

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至35磅。妊娠前三個月,體重增加應在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。

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產品。
- 避免油炸食物。選擇烘烤、燒烤的雞、魚或火雞。

藥物

- 每日服用產前維他命。
- 服用處方藥物或非處方藥物和草藥等任何藥物之前，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。

活動及睡眠

- 充分休息。每日儘量睡足8小時。最好是向左側臥，因為這樣可以增加寶寶的氧氣和營養供應。
- 每日步行、游泳或騎腳踏車約30分鐘。在開始一項新的鍛煉專案前，先諮詢一下醫生。
- 根據分娩指導班上傳授的運動方法進行運動。
- 穿戴合身的支撐性胸罩。

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

懷孕期間，在進行任何醫學X光檢查前請先與醫生確認。在腹部上放置遮蔽物的情況下，牙科X光是安全的。孕中期，也就是懷孕的第4至6個月是牙科醫療的最佳時間。進行任何治療、X光或清潔前，您可能需要徵求產科醫師或產科醫師的允許。這是為了您和您的寶寶著想。

其它安全性要點：

- 勿接觸油漆（乳膠除外）、殺蟲劑、噴霧劑和其他強效化學品。
- 勿清理貓砂盒或鳥類、爬行動物的籠子。動物排泄物中可能含有細菌，會使您生病並傷害您的寶寶。
- 接觸生肉後使用肥皂和水仔細洗手。
- 將肉徹底煮熟。
- 汽車安全帶繫在胯部下方。

表達您的憂慮

- 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，請告訴醫生或護士。
- 記下要問醫生或護士的問題。詳細瞭解母乳餵養、分娩後採用什麼避孕措施和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.

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清單。安排前往醫院的交通工具。
- 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。