

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).

Zdrava trudnoća

U tekstu ispod navedeno je nekoliko načina na koje se možete brinuti o sebi i svojoj bebi.

Pregledi i časovi

- Zakažite ljekarski pregled čim posumnjate na trudnoću kako biste počeli sa trudničkom njegom.
- Obavljajte redovne trudničke preglede čak i kada se dobro osjećate. Pred kraj trudnoće, pregledi će vam biti zakazivani u razmacima od 1 do 2 sedmice.
- Pohađajte časove koji će vam pomoći da se pripremite za porođaj, dojenje i njegu bebe. Sa sobom povedite partnera ili nekog drugog ko vam pruža podršku.
- Provjerite da li vaše osiguranje pokriva naknade za trudnoću i bebu.
- Ukoliko je potrebno, zatražite prevodioca i finansijsku pomoć.

Hrana i piće

- Jedite ujednačene obroke koji sadrže hljeb od integralnog peciva, žitarice, voće, povrće, mlijeko te meso i druge proteine. Izbjegavajte prženu hranu i onu koja obiluje šećerom.
- Svaki dan popijte 6 do 8 čaša vode.
- Pokušajte češće jesti manje obroke.
- Izbjegavajte ili ograničite unos hrane i pića sa kofeinom na 1 do 2 šolje dnevno. Kofein se nalazi u čokoladi, koli, čaju i kafi.
- Ograničite unos vještačkih zaslađivača, kao i dijetalnih gaziranih sokova na 2 do 3 dnevno. Uredu je u manjim količinama unositi proizvode „Nutrasweet“ i „Equal“ (aspartam) i „Splenda“ (sukraloza), ali nemojte koristiti saharinske zaslađivače („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.
- 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.

- Izbjegavajte nedovoljno kuhano meso i jaja. Jedite pasterizirane mliječne proizvode, naročito mlijeko i sir. Termički neobrađena hrana može sadržavati bakterije koje mogu biti uzročnici ozbiljnih oboljenja kod trudnica i povećati rizik od pobačaja.
- Izbjegavajte nepodgrijane hot dogove i meso iz prodavnica ili restorana. Takvo meso je uredu ukoliko ga podgrijete do tačke ključanja. Kuhajte hrenovke u kipućoj vodi, a delikatesno meso podgrijavajte u mikrovalnoj pećnici najmanje 30 sekundi na najvišem stupnju radi sigurnosti.
- Program za žene, novorođenčad i djecu (WIC - The Women, Infants and Children) pruža trudnicama, dojiljama i djeci besplatne informacije o hranjivim namirnicama i zdravlju. Posjetite stranicu www.fns.usda.gov/wic i potražite besplatnu telefonsku liniju za vašu državu ili pozovite 1-800-755-4769 za Ohio.

Povećanje težine

Ukupno povećanje težine zavisi od vaše težine prije trudnoće, prehrambenih navika, od toga da li vježbate, te vašeg metabolizma. Prosječno povećanje tjelesne težine tokom trudnoće za žene normalne težine je 25 do 35 lbs (11,25 – 15,75 kg). U prva 3 mjeseca biste trebali dobiti od 2 do 4 lbs (0,91 do 1,81 kg), a nakon toga biste trebali dobijati od oko ¾ do 1 lbs (0,34 do 0,45 kg) sedmično. Ukoliko ste prije trudnoće težili manje ili više od prosjeka, pitajte svog ljekara ili stručnjaka za ishranu koliko biste trebali dobiti na težini.

Ukoliko prebrzo dobijate na težini:

- **Ograničite** unos slatkiša i veoma masne hrane. Umjesto toga birajte namirnice sa manje masnoće, voće ili manje porcije smrznutog jogurta, šerbe, puding ili žele.
- Koristite veoma malo putera, margarina, pavlake, majoneze ili preliwa za salatu. Probajte jesti proizvode koje sadrže manje kalorija ili masti.
- **Izbjegavajte** prženu hranu. Radije birajte pečenu ili grilovanu piletinu, ribu ili puretinu.

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.

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.

Lijekovi

- Svakodnevno uzimajte vitamine za trudnice.
- Posavjetujte se s vašim ljekarom ili klinikom prije nego uzmete bilo kakav lijek, bilo da se radi o lijeku na recept ili onom koji je u slobodnoj prodaji ili nekom lijeku na biljnoj bazi.
- Uzimajte samo lijekove koje propiše vaš ljekar.

Pušenje, alkohol i droga

- Nemojte pušiti i izbjegavajte boravak u istoj prostoriji sa pušačima.
- Nemojte piti alkohol i ne uzimajte drogu za vrijeme trudnoće.

Aktivnost i san

- Odmarajte se što više možete. Pokušajte spavati 8 sati. Najbolje je spavati na lijevoj strani jer se tako povećava dotok kisika i hrane za vašu bebu.
- Vježbajte tako što ćete ići u šetnju, plivati ili voziti biciklo oko 30 minuta svaki dan. Posavjetujte se s svojim ljekarom prije nego što započnete sa novim programom vježbanja.
- Naučite i radite vježbe koje ste naučili na časovima pripreme za porođaj.
- Nosite grudnjak koji vam u potpunosti odgovara.

Bezbjednost

- Posavjetujte se sa svojim ljekarom prije nego što uradite bilo kakav rentgenski pregled tokom trudnoće. Rentgensko snimanje zuba je sigurno ukoliko imate zaštitu preko abdomena. Najbolje vrijeme za pregled zuba je u drugom tromjesečju trudnoće (od 4. do 6. mjeseca). Prije bilo kakvog liječenja, rentgenskog pregleda ili čišćenja trebate dobiti dozvolu svog akušera ili OB ljekara. To je za dobro vas i vašu bebu.

- 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.

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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- Izbjegavajte kontakt sa bojama (osim onih na bazi lateksa), pesticidima, sprejevima i drugim jakim hemikalijama.
- **Nemojte** prazniti posudu sa pijeskom za mačke, ptičji kavez ili terarij za gmizavce. Životinjski izmet može sadržavati bakterije od kojih se možete razboljeti i time naštetiti svojoj bebi.
- Dobro operite ruke sa sapunom i vodom ukoliko ste dodirivali sirovo meso. Meso dobro skuhajte.
- Bezbjednosni pojas u vozilu nosite nisko preko kukova.

Razgovarajte o svojim brigama

- Sa partnerom, prijateljima i porodicom podijelite i lijepa i loša osjećanja po pitanju trudnoće, promjena na tijelu i poroda. Ukoliko imate problema da se nosite sa ovim, posavjetujte se sa svojim ljekarom ili medicinskom sestrom.
- Zapišite pitanja koja ćete postaviti ljekaru ili medicinskoj sestri. Potražite više informacija o dojenju, kontracepciji nakon poroda i izboru ljekara za vašu bebu.

Planiranje unaprijed

- Nabavite ležaljku za bebe i postavite je u automobil.
- Isplanirajte sve što vam je potrebno u toku prvih 6 sedmica, kao što su stvari za bebu, pelene, odjeća, hrana i obroci koje je lako pripremiti.
- Pronađite nekog ko će vam pomagati kod kuće nakon poroda.
- Ukoliko je potrebno, organizirajte čuvanje djeteta.
- Sačinite spisak telefonskih brojeva svih ljudi koje možete pozvati kada trudovi počnu. Dogovorite prijevoz do bolnice.

Spakujte torbu. Spremite odjeću i ostalo što ćete koristiti u bolnici, kao i ono što ćete vi i vaša beba obući po izlasku iz bolnice.

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A Healthy Pregnancy. Bosnian.