Prenatal care is the health care you get while pregnant. Schedule a prenatal visit as soon as you think that you are pregnant. These visits help you have a healthy pregnancy and can help find problems before they become serious for you or your baby. Your doctor will want to see you about every 4 weeks for the first 6 months of pregnancy. You will need to see your doctor more often during the last three months of pregnancy.

This is a guide. If you have problems, the doctor may want to see you more often or do more tests.

What to Expect at Your Prenatal Visits

Your First Visit

Your first visit will be your longest visit. During this visit:

• Your height, weight and blood pressure are checked.
• Your blood is drawn to check for diseases and low iron levels.
• You will need to give a urine sample to check for infection, sugar and protein.
• You will be given a due date, an estimate of the day your baby will be born.
• You will be asked questions about you, your partner, family members, and medicines and herbs you are taking.
• Your doctor will do a physical exam including a pelvic exam with pap smear.
• The doctor will tell you to start taking a prenatal vitamin with folic acid.
• Make an appointment for your next visit.
At All Prenatal Visits

- Your blood pressure, weight, urine and general health are checked.
- Your baby's heart rate and growth are checked.
- Other tests such as a blood test or an ultrasound may be done.
- Ask questions and share any concerns about yourself and your baby.

Tests

There are routine tests that are suggested for all women to monitor the health of you and your baby. Talk to your healthcare provider if you have any questions or concerns. Common tests include:

- **Blood tests check for:**
  - Blood type
  - A protein called Rh factor. This blood test checks to see if you are Rh positive or negative.
  - Iron level
  - Hepatitis B
  - Antibodies to show you are immune to German measles (rubella)
  - Antibodies to show you are immune to chickenpox (varicella)
  - Cystic fibrosis
  - Sickle cell anemia
  - Syphilis
  - HIV. Mothers can pass this infection to their babies during pregnancy, labor and breastfeeding. All pregnant women are encouraged to get this blood test. You may be asked to sign a consent form before the test. Test results are confidential.

Prenatal Care. Nepali.

Tests

प्रसवपूर्वका सबै भिजिटहरूमा

- तपाईंको रक्तचाप, तौल, मूत् अनि सामान्य स्वास्थ्यको सम्न्धमा जोँचहरू गरिएँछन्।
- तपाईंको शिशुको हृदय गति अनि बुद्धिको सम्न्धमा जोँचहरू गरिएँछन्।
- स्थवरको जाँच वा अल्ट्रासून्ड जस्ता अन्य जोँचहरू पनि गर्न सक्नुहुन्छ।
- स्यंकको साथै आफनो शिशुको बारेमा प्रश्नहरू सोनहोस् तथा कुनै चिन्ताहरू छन् भने, व्यसलाई साझा गर्नुहोस्।

जोँचहरू

ल्याहैं तपाईं र तपाईंको शिशुको स्वास्थ्यको निगरानी गर्नौंको लागि गरिएँ निम्नलिखित जोँचहरू हुन्छन अनि सबै महिलाहरूलाई यसो गर्न सुझाव दिइछौ। यस प्रश्नसूचक कुनै प्रश्नहरू तथा कुनै प्रकारले चिन्ताहरू छन् भने, आफनो स्वास्थ्य-सेवा प्रदायकलकस्त यसकारे कुराकानी गर्नुहोस्। सामान्य जोँचहरूमा निम्न सामेल छन्: सामान्य उदाहरणमा सामेल छन्:

- रक्त जाँच यसको लागि जाँच:
  - रगतको प्रकार
  - Rh फ्याक्टर कहलाइए न्यायिनी। यो रक्त जाँचले यो नियन्त्रित गर्न भने, तपाईं Rh पोजिटिव दुनुहुन्छ वा नेगेटिव।
  - आइनर (लौहतत्त्व)-को स्तर
  - एपोटाइटिस बियरेलस (ढाँचार रणनीति)
  - तपाईं जन्म गर्ने मिज्स (दादुरा) को प्रतिरोध गर्ने क्षमता छ वा छैन, सो हेन्ने एनटीडीहरूको जाँच
  - तपाईं विकानखालक (ठूलो) को प्रतिरोध गर्ने क्षमता छ वा छैन, सो हेन्ने एनटीडीहरूको जाँच
  - सिस्टिक फाइब्रोसिस (तनु-उत्तकको असामान्य निर्माण)
  - सिलेंसिय तस्लें सेइरिजन
  - सिफिलिस अथाली मिलिङह
  - एच आई भर्गावट्र सुसु, प्रसूति र सनपानको समयमा आमहरू द्वारा सफल रहेका शिशुहरू यी रोगहरू-बाट सह्रुक्रमित हुन सक्नुहुन्छ। यद्यपि गर्भवती महिलाहरूलाई यो रक्त जाँच गर्नौंको लागि प्रोत्साहित गरिएँछ। जाँच गर्भवत्ती परीहो तपाईलाई एक सहमति पत्रमा हस्तक्षेप गर्नौंको लागि भन्न सक्नुहुन्छ। जाँचका परीमाणहरूलाई गोपनीय राखिएँछ।
Some types of birth defects in your baby. This test is called a quad screen and is a group of blood tests that check for increased risk of some types of birth defects in your baby. This test includes an alpha fetoprotein (AFP) test. The quad screen is done between 15 and 20 weeks of pregnancy.

- **One-Hour Glucose Challenge or Glucose Screening** This test measures your body’s response to glucose (sugar) to check for gestational diabetes. It is done for all pregnant women between 24 to 28 weeks of pregnancy. However, if you have certain risk factors your doctor may have you take the test earlier. To complete the test, you must drink a special soda that has a large amount of sugar. Then you will have your blood drawn in exactly one hour. If your test results are not normal, you may need a second test, a 3-hour glucose tolerance test (GTT).

- **Amniocentesis** - This test checks for genetic diseases and is often done between 15 and 20 weeks of pregnancy. The doctor puts a needle through the woman’s abdomen to remove a small amount of amniotic fluid. The fluid is sent to a lab for testing.

- **Chorionic Villus Sampling (CVS)** - This test is an alternative to the amniocentesis test. A sample of cells is removed from the placenta to check for genetic diseases. This test can be done earlier in pregnancy (at 10 to 12 weeks), but the risks of this test are higher.

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• **Group B Streptococcus (GBS)** - GBS is a common bacteria found in the vaginas of women. It can cause infection in the baby. This test involves swabbing the vagina and rectum, usually between 35 and 37 weeks of pregnancy.

• **Tests to monitor fetal health:**
  - Fetal Movement Count – This test is done at home. You lie on your side and count how long it takes your baby to have 10 movements.
  - Ultrasound – You will have at least 1 ultrasound during your pregnancy, often at 18 to 20 weeks of pregnancy. Your doctor may want to do more ultrasounds to check your baby’s growth or condition.
  - Doppler Ultrasound – This test is done to check blood flow to the baby.
  - Non-Stress Test – This test measures the baby’s heart rate in response to his or her movements. This test is painless and involves putting patches on the mother’s abdomen.
  - Biophysical Profile – This test involves monitoring the baby’s heart rate as well as doing an ultrasound.
  - Modified Biophysical Profile – This test involves monitoring the baby’s heart rate as well as doing an ultrasound. Amniotic fluid is also checked.
  - Contraction Stress Test – This test measures the baby’s heart rate when the uterus contracts.

• **ग्रुप बी स्ट्रेप्टोकोकस (GBS)** - GBS महिलाहरूका योनिहरूमा पाइएको आम ब्याक्टीरिया हुन्। यसले गर्दा शिशुमा सड़क क्रमण उत्पन्न हुन सक्छ। यो जाँच अन्तर्गत, सामान्यतया गर्भीय तथ्यका 35 अनि 37 साताहरू बीच यो एवम मलाश्यबाट अवशोषक पदान्तको एक गद्दीको सहायताले नमुना निकालिए।

• **भूणको स्वास्थ्यको निगरानी गर्न जाँचहरु:**
  - भूणका गतिविधिहरूको गन्ती – यो जाँच घरमा गरिएको हुन्छ। तपाईं कोले परेर ढक्किनुभएका अनि यो हेन्नुपर यसको हामी 10-पल्ट चलमलाउनको लागि तपाईंको शिशुलाई क्षणमा लाग्छ।
  - अल्ट्रासाउण्ड – गर्भीयत्वको समस्याको ताडाकोको कर्मभात्ता पनि 1-पल्ट अल्ट्रासाउण्ड गराउनुभएको, यो प्राध्यापको गर्भीय तथ्यका 18-देखि 20 साताहरूमा गरिएको हुन्छ। तपाईंको डक्टरले तपाईंको शिशुलाई कुर्खिन, विकास एवम अवस्थाभरेका जानकारीको लागि अधिक अल्ट्रासाउण्डहरू गर्नको लागि भन्न सक्छ।
  - डयोप्लर अल्ट्रासाउण्ड – यो परिक्षण शिशुसम्रातको प्रवाहको जाँचको लागि गरिएको हुन्छ।
  - नन-सर्टेस (तनाउरहित अवस्थासम्बन्धी) जाँच – यो जाँचले तपाईंको शिशुभएका गतिविधिहरूको प्रतिक्रियासम्म उसको हृदय-गति के क्षणमा हुन्छ, त्यसको मानु हुन्छ। यो जाँच पीडा निकाल्छ। यो जाँच हुन्छ अनि यसमा आमको पेटमा प्रायका राता हुन्छ।
  - बायोफिजिकल (जैवभौतिक) प्रोफाइल – यो जाँच अन्तर्गत शिशुको हृदय-गतिको प्रयात गर्न गरिएको हुन्छ। यसमा अल्ट्रासाउण्ड पनि गरिएको हुन्छ।
  - संशोधित जैवभौतिक प्रोफाइल – यो जाँच अन्तर्गत शिशुको हृदय-गतिको प्रयात गर्न गरिएको हुन्छ। यसमा अल्ट्रासाउण्ड पनि गरिएको हुन्छ। एम्प्लिफोटेक द्रव्यको पनि जाँच गरिएको हुन्छ।
  - संशोधित तनाउहरूको जाँच – यो जाँच गर्दा शिशुको हृदय-गतिको प्रयात गर्न गरिएको हुन्छ। यसमा अल्ट्रासाउण्ड पनि गरिएको हुन्छ।
At anytime during your pregnancy, call your doctor right away if:

- Your membranes or bag of water break or leak.
- You have any vaginal bleeding.
- You have cramping or contractions that occur more than 4 to 6 times in an hour.
- You notice a decrease in your baby's movement
- You have a headache that won't go away.
- You have vision changes, such as blurred, tunnel or double vision.

तपाईंको गर्भावस्थाको बेलामा यदि निम्नमध्ये केही पनि भयो भने, तुरुतै आफ्नो डक्टरलाई फोन गरुन्छोसः:

- तपाईंका झिल्लीहरू फाटेका छन् अथवा पानी को ढालो चुरौटेको छ।
- तपाईंको यौनिक रक्तस्वाभाव भइरुहेको छ।
- तपाईंलाई एक घण्टामा 4-देखि 6 पटक बन्दी अधिक उत्पन्न र सङ्कर भइरुहेका छन्।
- तपाईंले आफ्नो निरंतर गतिविधिका कामी आएको अनुभव गरिरहुनु भएको छ।
- तपाईंको टाउको दुखिरुहेको छ अनि यो निको भइरुहेको छैन।
- तपाईंको दृष्टिरूप मात्र यति भएका छन्, जस्तै धमलो देख्न, दृष्टिनिर्देश नेल्लो वसूलु नदेख्न अथवा एउटा दृष्टिमा दुई खप्तिएका आकृतिहरू देख्न।