

OBSTETRICAL CARE PROGRAM

Family Health Team

Welcome To Your

First Trimester 1

Information & Frequently Asked Questions

3 months



Toronto Western Hospital

University Health Network

How often will I be coming to clinic?

For now, you will have a regular appointment once a month. You may also have other appointments for blood tests and ultrasounds, depending on whether you have chosen to do any screening in the pregnancy.

What is prenatal screening?

3% of babies are born with some defect (such as Down Syndrome or Spina Bifida). We can offer you tests to check if your baby has an increased chance of being born with these problems.

People often have a lot of questions about prenatal screening. We will take time to talk to you about this at your appointment, and these websites are very helpful:

Women's Health Matters - Section on Prenatal Tests

<http://www.womenshealthmatters.ca/centres/pregnancy/pregnancy/screening.html>

Mount Sinai Hospital - Prenatal Genetics

<http://www.mountsinai.on.ca/care/family-medicine-genetics-program/prenatal>

I am having 'Morning Sickness'. Help!

- Have small, frequent meals (5 or 6 a day), and sip fluids all day
- Eat crackers first thing in the morning
- Drink fluids before or after meals, not with your food
- Avoid fried or fatty foods
- Try sucking on a lemon wedge, or smelling some ginger
- Eat food cold or at room temperature, so it will have less food odour
- Have a snack before bedtime
- Try to get more rest and fresh air

If despite all of this you are still nauseated or vomiting, we can prescribe a medication called Diclectin® for you. Diclectin® is safe to use in pregnancy.

What should I do if I have bleeding or cramping?

There are many reasons for bleeding in the first trimester, most of which are of low concern. However, since the risk of miscarriage is highest in the first 12 weeks of pregnancy, it is important to let us know. Please call the OCP nurse at **416-603-5800 ext. 2335**. You can also contact your regular family doctor for an appointment.

Now that I'm pregnant, do I have to change my habits?

ALCOHOL

The safest amount of alcohol during pregnancy is **none**

SMOKING

The effects of smoking on the health of your baby are well known. They include **low birth weight, miscarriage, bleeding during pregnancy, and early delivery**. Quitting smoking is never easy, and it may be more difficult with all the changes happening in your life. Talk to us for support.

CAFFEINE

Pregnant women should limit the amount of caffeine they consume to **no more than 150 milligrams of caffeine per day** from all sources. A small (250 ml or 8 oz) cup of coffee contains approximately 100 mg depending on the coffee. The same sized cup of tea or pop contains about 50mg. Too much caffeine increases your risk of miscarriage and of having a low birth-weight baby.

EXERCISE

If you were physically active before pregnancy, it is safe to continue your exercise program. If you were involved in **very vigorous activity**, speak to us before continuing those activities during pregnancy. If you were inactive before pregnancy, speak to us before beginning new activities. If you have any questions about what kind of exercise you can do while you are pregnant, there is a free Exercise and Pregnancy Helpline at **1-866-937-7678**.

HEALTHY EATING

One of the most important ways to protect your health during pregnancy is to eat a healthy diet. For detailed information, explore the Prenatal Nutrition section of the Health Canada website: <http://www.hc-sc.gc.ca/fn-an/nutrition/prenatal/index-eng.php>

There are also a number of foods that you should **avoid** eating while you're pregnant, including:

- raw fish (such as sushi)
- undercooked meat and seafood (such as hotdogs, deli meats, carpaccio, prosciutto, paté and meat spreads, smoked fish and seafood, ceviche)
- all foods that contain raw or lightly cooked eggs (i.e. tiramisu or ceasar salad dressing)
- foods made with unpasteurized dairy products (including soft cheeses such as brie)
- chamomile tea
- unpasteurized juices (such as unpasteurized apple cider)

MENTAL HEALTH

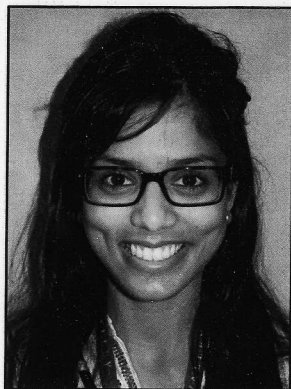
There is a societal myth that "every pregnant woman is happy because she is forming a new life." Today we know that about 10% of women will experience depression during pregnancy.

Some women feel sad, negative, angry and anxious while pregnant and they can't talk about it. They may feel alone, guilty and ashamed. **Please talk to us about your thoughts and emotions. We can help.**

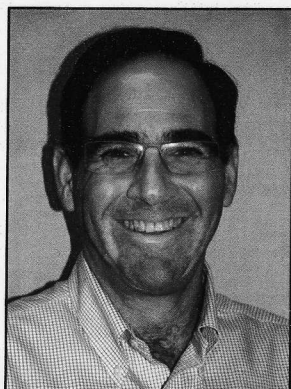
SAUNAS & HOT TUBS

Some studies show that raising your temperature during pregnancy can increase the risk of birth defects or premature labour; so it is best to **avoid saunas and hot tubs**.

Welcome to our clinic. Our team looks forward to caring for you during your pregnancy.
There are six doctors and one nurse who will see you regularly in clinic.



Dr. Sabrina Akhtar



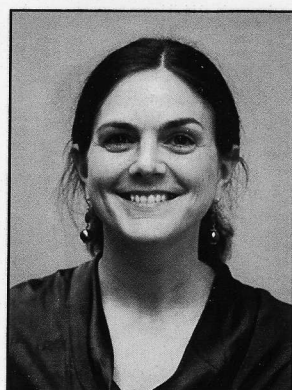
Dr. Jeff Bloom



Dr. Natasha
Mirchandani



Dr. Azi Moaveni



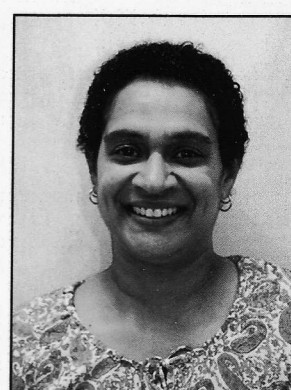
Dr. Sarah Reid



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