

# WHAT IS PRENATAL HEALTH?



## PRENATAL HEALTH IS...

- the care one receives when they are pregnant or plan to become pregnant.
- care for the mother and child so they remain happy and healthy during the pregnancy
- It is okay to call your doctor and schedule a visit even if you are not yet pregnant. Better safe than sorry!



# PRENATAL HEALTH

What I need to know about  
Prenatal Health



For more information - please see the  
Vermilion County Health Department website:  
<http://vchd.org/>



## WHY DO I NEED PRENATAL CARE?

- if not given prenatal care, babies are **3x** more likely to have a low birth weight and **5x** more likely to die
- It's easier for doctors to address health concerns when women are coming regularly
- Early treatment can prevent and cure problems that could harm the babies.
- It gives mothers a better understanding of what labor and delivery will be like.

## DO'S AND DON'TS

### Do's

- **Take a multivitamin or prenatal vitamin with folic acid every day.** Folic acid is most important in the early stages of pregnancy,
- **Get the flu shot.** The flu kills many people every year.
- **Eat as much healthy food as you can!**
- **Eat lots of foods containing iron.** This includes red meat, chicken, fish, beans, peas, and spinach.

### DON'TS

- **Don't smoke, drink alcohol, or use drugs.** These can cause long-term harm or death to your baby. Ask your doctor for help quitting
- **Avoid a sedentary lifestyle.** Get up and **be active!** We need to lower Blood pressure to reduce risks for preeclampsia.
- **Avoid honey and changing cat litter boxes.**
- **Do not take hot baths or use saunas**



## WHAT TO EXPECT AT A PRENATAL VISIT

- Ask about your health history including diseases, operations, or prior pregnancies
- Ask about your family's health history
- Do a complete physical exam, including a pelvic exam
- Check your blood pressure, height, and weight
- Calculate your due date
- Answer your questions - **DON'T BE AFRIAD TO ASK QUESTIONS!** They are encouraged!