



## BEGINNING WELL FROM THE BELLY: FIRST TRIMESTER



The first trimester is from the moment of conception until week twelve (12). During these weeks there are drastic changes in the development of the baby. The brain, the spine and the internal organs are formed. Due to this, pregnant women may have symptoms such as: nausea, vomiting, dizziness, fatigue, swelling, breast growth, among others. Hormones, fears about motherhood, physical changes and situations in the social environment, can cause changes in their mood. Staying healthy both physically and emotionally can make the pregnancy process successful.

### What should you do in the First Trimester of Pregnancy?

- Make an appointment for your first prenatal visit.
- If the treatment that it proposes to you to attend your pregnancy do not convince you, look for another option.
- Take your Prenatal Vitamins and Folic Acid.
- Talk to your doctor about the medications you take, including those purchased at the pharmacy counter.
- Do not drink alcoholic beverages.
- Do not use drugs or smoke.
- Avoid caffeine consumption.
- Avoid dangerous or risky activities such as extreme sports, high impact exercises; also avoid having unprotected sex.
- Take a balance in your healthy diet: Includes fruits, vegetables, nuts, whole grains, protein and yogurt.
- Avoid foods high in fat, sugar and salt, such as fast food, sausages, soft drinks and fried foods.
- Avoid seafood, raw meats and soft cheeses.
- Consult your doctor, do some physical activity such as a thirty (30) minute walk.
- Rest and try to have at least eight (8) hours of sleep.

- Educate yourself about the changes and processes you will have during your pregnancy
- You can still have sex unless your doctor forbids it.
- Your baby feels everything that is happening around you, talk to him, sing him, read him a story and play music.

### What test should you take during the First Trimester of Pregnancy?

Your doctor will ask you to have different tests and exams to monitor your health and the development of your baby. Among these are:

- Complete blood count
- Determination of blood group and RH factor
- Viral antigen for Rubella
- Hepatitis A, B or C
- Sexually transmitted diseases
- Blood and urine cultures
- Sonograms
- Genetic test
- Test to detect Zika

### What are the warning signs in Pregnancy?

It is important to visit your doctor to present the following symptoms:

- Bleeding
- Fever
- Pain and abdominal cramps



## What are the risk factors of a high-risk pregnancy?

- Be over thirty-five (35) years old or be seventeen (17) years old or younger.
- Having a condition such as hypertension, heart disease, diabetes, hemoglobinopathies (abnormal hemoglobin production), blood problems, respiratory problems, polycystic ovaries, abortions or fetal losses in previous pregnancies.
- Sexually transmitted diseases.
- Alterations in the shape of the uterus.
- Be exposed to chemicals.
- Smoking, drinking alcohol and/or using illegal drugs.
- Multiple pregnancy.
- Complication during pregnancy: preeclampsia, threat of premature delivery, gestational diabetes, among others.
- You have not received adequate medical care.

## How to prepare for your baby's arrival?

- Talk to your partner.
- Adjust your budget.
- Determine with your partner the type of parenting you want to give your baby.

## Remember

- The first trimester is from the moment of conception until week twelve (12). During these weeks there are drastic changes in the development of the baby. The brain, the spine and the internal organs are formed.
- Due to this, pregnant women can have symptoms such as nausea, vomiting, dizziness, fatigue, swelling, breast growth, among others.
- Take your Prenatal Vitamin and Folic Acid.
- Take a balance in your diet: Includes fruits, vegetables, nuts, whole grains, protein and yogurt.

## Contact your Primary Care Physician

If you are pregnant, you will be registered under the Vital Plan Special Coverage. Your primary doctor and/or your specialist can provide

information about the benefits of the Special Coverage, and how you will be registered under this coverage.

People with Special Coverage can get prescription drugs, tests and other services, without needing a referral or having their primary doctor sign.

In addition, you can contact your primary physician for more information or counseling on how you and your family can cope with physical and emotional concerns during your pregnancy.

## Important

If you need physical or behavioral emergency services, you can dial 9-1-1, or go to any emergency room.

If you have any symptoms that you understand require immediate attention, before visiting an emergency room, you can contact the Medical Advice Line toll-free at 1-844-347-7801, twenty-four (24) hours a day, seven (7) days of the week. TTY/TDD users should call 1-844-347-7804. By calling the Medical Advice Line before visiting an emergency room, you will be exempt from paying the copayment for services received during your visit to the emergency room.

## For additional information

Customer Service Department  
1-844-347-7800  
TTY/TDD 1-844-347-7805

Visit our website  
[www.firstmedicalvital.com](http://www.firstmedicalvital.com)

## References

- <https://medlineplus.gov/spanish/prenatalcare.htm>
- <https://kidshealth.org/es/parents/medical-care-pregnancy-esp.html>
- <http://www.womenshealth.gov/espanol/embarazo/esta-embarazada/cuidar-salud-seguridad.htm>
- <http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000584.htm>
- <https://espanol.babycenter.com/a25004891/unagu%C3%ADa-sobre-las-pruebas-prenatales-por-trimestre>
- <https://www.cdc.gov/zika/es/symptoms/diagnosis.html>
- <https://www.mayoclinic.org/es-es/healthy-lifestyle/pregnancy-week-by-week/in-depth/high-risk-pregnancy/art-20047012>