



16040 Park Valley Drive, Suite 222 Round Rock, TX 78681
 (512) 341-8001 Tel (512) 341-8011 Fax

If you experience any of the following symptoms, please call the office and speak to your Physician's MA. Please **do not** leave a message.

1. Any sign of bloody discharge from the vagina.
2. Continuous, severe headache.
3. Severe, unrelenting abdominal pain.
4. Persistent vomiting.
5. Significant, sudden short-term changes in swelling of face, hands and lower legs.
6. Blurring of vision or spots before the eyes.
7. Rupture of amniotic membranes (Leaking Fluid).
8. Chills and fever of 100 degrees not accompanied by a common cold.
9. Painful, burning urination.
10. Absence or decreased movement of baby, normal movements start after 24 weeks.
11. If you have an illness, please contact your Primary Care Provider for treatment.

Nutrition:

Proper nutrition is important for your health and throughout your life. However, during pregnancy, the quality of your diet needs special attention. A normal healthy weight gain depends on your BMI (Body Mass Index).

Pre-pregnancy Weight Category	Body Mass Index	Recommended Range of Total Weight
Underweight	Less than 18.5	28 - 40
Normal Weight	18.5 - 24.9	25 - 35
Overweight	25 - 29.9	15 - 25
Obese	30 and Greater	11 - 20

This includes not only the weight of the baby but also the weight of the uterus, amniotic fluid, placenta, and increase in blood volume and breast growth. About 1/3 of your weight should be gained in the first half of the pregnancy and about 2/3 of your weight should be gained in the second half of the pregnancy.



16040 Park Valley Drive, Suite 222 Round Rock, TX 78681
(512) 341-8001 Tel (512) 341-8011 Fax

Avoid large fish such as Tuna, Swordfish, Tile, and Shark all of which may contain unsafe levels of mercury. Avoid excess fat and sugar. Reduce to 1 serving or eliminate caffeine entirely. Avoid diet drinks and foods containing NutraSweet or saccharin as the long term effects are unknown. No Alcohol.

You should avoid unpasteurized products (example: cheese and juices)

Wash food. Rinse all raw produce thoroughly.
Avoid all raw and undercooked seafood, eggs, and meat.
Do not eat sushi made with raw fish, cooked sushi is safe
Lunch Meats - Bring to high heat before eating

Fetal Movements: After 24 weeks, if your baby is not moving well take this test: Drink one glass of juice/Gatorade or soda and quietly feel for 2 movements in 30minutes. If less than 2 movements, go to Round Rock Medical Center Labor and Delivery Department for an evaluation.

Building A STRONG COMMUNITY
OF HEALTHY *Women*