

Don't Smoke

Smoking is a proven danger to your health, and it increases the chances of miscarriage and still birth. Babies of mothers who smoke have a higher chance of being born too early. Babies who are exposed to smoke are twice as likely to die from Sudden Infant Death Syndrome (SIDS).



Avoid Second-hand Smoke

Second-hand smoke is bad for you and your baby. Even if you don't smoke, cigarette smoke from others increases your risk for pregnancy complications, lung problems, cancer, heart attack and stroke. Babies and children exposed to second-hand smoke can suffer from colds, coughs, bronchitis, asthma, ear infections, colic, and even SIDS. Protect yourself and your baby from second-hand smoke. Don't allow others to smoke around you.

Some Medicines are Dangerous

Some medicines you take can affect your baby. It is very important that your doctor knows about every medicine (over-the-counter or prescribed), you take while you are pregnant. Do not take any medicines unless your doctor says it's okay.



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Healthy Pregnancy Guide

As an expectant mother, you want your baby to be healthy. Remember that much of what you eat, drink and breathe is passed along to your baby. Some things are good, and others can be harmful. Your baby receives food and oxygen through the placenta (the special tissue that joins the mother and her baby). This is why you need to make healthy choices.

See Your Doctor

It is important to make an appointment with your prenatal clinic when you become pregnant. The doctor will monitor your health and your baby's health during your pregnancy. If you haven't been to a prenatal clinic before, you have to make an appointment with an appropriate doctor. He/she will want to see you regularly during your pregnancy. Be sure to make appointments as often as your doctor tells you. Keep all of these appointments. They are sometimes called prenatal appointments. "Prenatal" means "before the birth". Your dental health is also important. Please ensure you schedule an appointment with your dentist for a check-up during your pregnancy.

Educate Yourself

If this is your first pregnancy, it's a good idea to attend prenatal classes. Prenatal classes include information on healthy behaviors during pregnancy, preparing for labor and delivery, breastfeeding, and caring for your baby. Refresher classes are also offered to women who have been pregnant before.

Follow a Healthy Diet

During pregnancy, pregnant women need to eat healthier food to help the baby grow. After the first 3 months, most women must take in more calories than usual to reach the recommended amount of weight gain during pregnancy (usually 15–20 kgs). It is not a good idea to lose weight while you are pregnant. A healthy diet and careful weight gain can prevent high blood pressure and other problems during pregnancy. Try to drink 6–8 glasses of water each day, and limit the amount of soda to 1–2 glasses a day. Caffeine-free drinks are best.

Ask Your Doctor About Traveling

For the most part, any kind of travel you feel comfortable with is allowed. However, some doctors advise against air travel. Discuss any travel plans with your doctor.

Wear a Seat Belt

A lot of women wonder if it is still safe to wear a seat belt during pregnancy. In fact, it is very important to buckle up during this time. You just need to make small adjustments in how you wear the seat belt. Sit tall and place the lap belt as lower as possible on your hips, under the baby. Wear the shoulder harness too. It gives you and the baby important added protection.

Most Activities are Fine

Pregnancy should be seen as a normal state, not as an illness. Almost any activity in moderation is fine. You need to get about the same amount of exercise while you are pregnant as you did before your pregnancy. Ask your doctor if you are not sure if an activity is okay for you. Many pregnant women feel better and have more energy when they exercise. Walking, swimming, low-impact aerobics and stretching are safe during pregnancy, but check with your doctor before you start any new activity. Some hospitals offer prenatal exercise programs.

