



What's  
Happening  
to Me?

[www.NCHealthyStart.org](http://www.NCHealthyStart.org)

If you are not sure where to go for care or  
have questions about pregnancy call

**1-800-367-2229**  
NC Family Health Resource Line 

My Pregnancy Calendar

# This Calendar Belongs to

\_\_\_\_\_ (your name here)

Name as listed on  
insurance card \_\_\_\_\_  
Insurance Company \_\_\_\_\_  
Policy Number \_\_\_\_\_  
Medicaid Number \_\_\_\_\_  
Carolina Access Provider \_\_\_\_\_

Family Member or  
Birth Partner \_\_\_\_\_  
Phone Number \_\_\_\_\_

Health Care Provider \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Phone Number \_\_\_\_\_

Hospital/Birth Center \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Phone Number \_\_\_\_\_

# Danger Signs

If any of these things happen or if you have questions,  
call your health care provider right away.

- Bright red blood from your vagina
- Sharp pain in your abdomen (stomach) or side
- Vomiting several times in one hour
- Chills and fever
- Sudden gush or slow leak of water from vagina
- Sudden and severe swelling of face, fingers or ankles
- Bad headaches, blurred vision, spots before your eyes
- Pain when passing urine (pee)
- Fainting, dizzy
- Baby stops moving or moves less than 10 times a day

# Congratulations!

## You're Pregnant!

For 40 weeks it is your job to take care of yourself and stay healthy so your baby has the best chance of being born full term and at a healthy weight. A lot of women say it is the best job they ever had!

Many things will happen to you during your pregnancy that you will want to remember. Use this calendar to record special moments and important information. Write down the questions you want to ask at your next prenatal appointment. And at each visit, ask your health care provider to help you fill in the chart on the next page. If you change health care providers, be sure to share your calendar with them too.

Remember to keep all your prenatal appointments and follow the advice of your health care provider, even when you feel well. Enjoy this special time.

# Prenatal Visits

While you are pregnant you will have many "prenatal" appointments with your health care provider. Prenatal is a term that refers to the time from when you became pregnant until the baby is born. **Pre** = before and **natal** = birth.

Ask your health care provider to help you fill in this chart at each visit. Depending on how you feel, you may have a different number of prenatal visits than this chart.

## My Prenatal Appointment Record

Week	Visit Date	Blood Pressure	Fundal Height	My Weight
1-4				
5-8				
9-12				
13-16				
17-20				
21-24				
25-28				
29-30				
31-32				
33-34				
35-36				
37				
38				
39				
My estimated DUE DATE is _____				
40				
41				
42				

# Prenatal Visits continued

Blood Type \_\_\_\_\_ Rh Factor \_\_\_\_\_

My prescription medicines:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

My over-the-counter drugs, vitamins and herbs:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## What to Expect at Your Prenatal Visits

**Your first prenatal visit may include:**

- Pelvic exam and Pap smear
- Physical exam
- HIV test
- STD (sexually transmitted disease) tests
- Blood test to find out your blood type and Rh Factor
- Urine test
- Sickle cell test
- Height and weight measurement

**You will be asked about:**

- Health, diet and allergies
- Medicines you take
- Family medical history
- Previous pregnancies
- How you feel

Date \_\_\_\_\_

## Prenatal Visits *continued*

### After your first visit, your routine exams may include:

- Checking your blood pressure to monitor any changes that affect your health or the health of your baby. Slight blood pressure changes are normal during pregnancy.
- Measuring your fundal height to determine the growth of your uterus (womb) from the outside of your body. A tape measure is placed over your stomach from top to bottom.
- Getting weighed to help monitor how your pregnancy is progressing. How much you may gain depends on your health, your weight before pregnancy and how many babies you are carrying. The average weight gain is 25 - 35 pounds. Your health care provider will talk with you about your own weight gain goal during your pregnancy. Remember that every pregnancy is unique.
- Listening to your baby's heartbeat.
- Checking for signs of swelling in your face, hands and feet.
- A urine test for signs of sugar, bacteria, blood and protein that may indicate problems.
- Questions about how you feel – remember to write down your questions ahead of time.
- Information about how to stay healthy.
- Information on how your body is changing.

Use this calendar to record special moments and important information. Have fun placing the stickers throughout the weeks of your pregnancy. Remember to write down your own memories.

Women don't always know they are pregnant their first month. That's why some people think a pregnancy is just nine months. It's actually longer. The average pregnancy is 280 days.

Your due date is counted from the first day of your last normal menstrual period. Your due date is estimated to be 38 - 40 weeks later. Most women give birth between two weeks before and two weeks after that date (between 38 - 42 weeks). Your baby will be "preterm" if you give birth prior to 37 weeks. Your baby will be "full term" starting at 37 weeks. And your baby will be "postterm" if born after 42 weeks.

### Date of your last normal menstrual period

Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

### Your estimated due date

Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

During your pregnancy you may receive one or more of these tests:

Ultrasound  
 Diabetes  
 (glucose, blood sugar)  
 STD  
 Group B strep  
 Amniocentesis  
 AFP (Alpha fetoprotein)  
 Stress (contraction)  
 Non-stress

Your health care provider will explain them.

# week 5

Date \_\_\_\_\_

You may start to feel your body change early in your pregnancy. But you probably won't look pregnant for several more weeks. As your body changes, wear what's comfortable and makes you feel good.

5

# week 7

Date \_\_\_\_\_

Your breasts may become bigger, tender and change color. Your nipples may enlarge, darken and have raised bumps.

7

# week 6

Date \_\_\_\_\_

Morning sickness doesn't just happen in the morning. You can feel sick to your stomach any time of day. It usually gets better around the 12th week of pregnancy.

6

# week 8

Date \_\_\_\_\_

It is usually okay to have sex while you are pregnant. If you feel any pain, talk to your health care provider.

8

# week 9

Date \_\_\_\_\_

What you put in your body you share with your baby. Avoid alcohol. It increases your risk of having a miscarriage and your baby having a birth defect.

9

# week 11

Date \_\_\_\_\_

A Doppler measures your baby's heartbeat while the baby is inside your uterus. Around this time in your pregnancy you will be able to listen to your baby's heartbeat.

11

# week 10

Date \_\_\_\_\_

Avoid street drugs. Your baby could be born addicted, born with birth defects or be born too soon or too small to be healthy. Ask your health care provider about the safety of the medicines you take too.

10

# week 12

Date \_\_\_\_\_

You may need to urinate (pee) often as your uterus gets larger and pushes on your bladder. You may feel short of breath too, as your baby grows.

12

# week 13

Date \_\_\_\_\_

Smoking while pregnant triples your baby's risk of dying suddenly and unexpectedly. It also increases the chances of your baby being born too early and too small to be healthy. It's never too late to quit – the sooner the better.

13

# week 15

Date \_\_\_\_\_

As your body changes you may have an upset stomach, heartburn, headaches, constipation, varicose veins, leg cramps, hemorrhoids or be emotional. Tell your health care provider how you feel.

15

# week 14

Date \_\_\_\_\_

At 14 weeks your baby weighs about one ounce and is 2½ - 3 inches long.

14

# week 16

Date \_\_\_\_\_

Your gums may bleed a little during pregnancy and your mouth may be more watery from extra saliva. See your dentist regularly and tell your health care provider if you have gum disease or dental problems.

16



# week 17

Date \_\_\_\_\_

Write down when you feel your baby move for the first time. This is a helpful guide to how your baby is growing.

17

# week 19

Date \_\_\_\_\_

The ultrasound test (or sonogram) uses sound waves to create a picture of your baby while in your uterus. It can show your baby's size, heartbeat, breathing, position inside you and sometimes its sex.

19

# week 18

Date \_\_\_\_\_

Some women say the first time they feel their baby move it feels like a butterfly fluttering. The movements will become more noticeable.

18

# week 20

Date \_\_\_\_\_

Colostrum is a thin yellowish liquid that comes out of your nipples during pregnancy and right after giving birth. It is the first milk you make for breastfeeding.

20

# week 21

Date \_\_\_\_\_

Only about 5 out of 100 women give birth on their estimated due date. Don't wait until the last minute to prepare for your baby.

21

# week 23

Date \_\_\_\_\_

Preterm (premature) labor can begin before your 37th week. If you have any signs listed below, lie down on your left side for 1 hour and drink 2 - 3 glasses of water. If they do not go away, call your health care provider.

23

# week 22

Date \_\_\_\_\_

A doula (due - la) is trained to provide information as well as physical and emotional support to women and their birth partners during labor. A certified nurse midwife is trained to care for women with low risk pregnancies and attend normal births.

22

# week 24

Date \_\_\_\_\_

**PRETERM LABOR SIGNS**

- Contractions of the uterus (6 or more in 1 hour)
- Stomach cramps (with or without diarrhea) that come and go, or don't go away
- Leaking fluid from the vagina
- Spotting or bleeding
- Pressure that feels like baby is pushing down
- Low, dull backache

24

# week 25

Date \_\_\_\_\_

Preeclampsia is dangerously high blood pressure related to pregnancy. It's also called gestational hypertension. If you develop any of the signs below **call your health care provider right away.**

25

# week 27

Date \_\_\_\_\_

Gestational diabetes is diabetes some women get while pregnant. It is usually temporary and caused by high blood sugar levels. It can be controlled by diet, exercise and medication.

27

# week 26

Date \_\_\_\_\_

## PREECLAMPSIA SIGNS

- Headaches
- Dizziness
- Excessive nausea
- Excessive swelling of face, hands or feet
- Blurred vision
- Abdominal pain

26

# week 28

Date \_\_\_\_\_

About this time your baby weighs 1½ - 2 pounds and is about 8 - 10 inches long. At 28 weeks most women start having prenatal checkups every two weeks.

28

# week 29

Date \_\_\_\_\_

If you are being physically or verbally abused talk to your health care provider. There are things you can do to protect yourself and your baby.

29

# week 31

Date \_\_\_\_\_

Breast milk is the best food you can give your baby. And it is easy for your baby to digest. Breastfeeding may also lower your risk of getting breast cancer.

31

# week 30

Date \_\_\_\_\_

If you are sexually active, you can get STDs while pregnant. Protect yourself and your baby by using a condom or other barrier method. If concerned, get tested.

30

# week 32

Date \_\_\_\_\_

Prior to birth some babies are very active. Some move very little. Your health care provider will teach you how to count your baby's movements (do a kick count).

32

# week 33

Date \_\_\_\_\_

Kegel (kay - gul) exercises strengthen pelvic muscles and may help you prepare for delivery. Ask your health care provider when and how to do them.

33

# week 35

Date \_\_\_\_\_

Late in pregnancy your belly will start feeling tightness that comes and goes. These are Braxton-Hicks contractions. It is your uterus getting ready for real contractions. Know the signs for both preterm labor and labor.

35

# week 34

Date \_\_\_\_\_

Secondhand smoke can harm you and your unborn baby. Ask people not to smoke around you.

34

# week 36

Date \_\_\_\_\_

Most women start seeing their health care provider every week (or more) now.

36

# week 37

Date \_\_\_\_\_

At birth the average weight of a full term baby is 7 ½ - 8 ½ pounds and the average length is 19 - 21 inches.

37

# week 39

Date \_\_\_\_\_

During labor, the length of your contractions will help determine how your cervix is dilating. To time your contractions, get a clock with a second hand. Write down the time each one begins and ends. The length of a contraction is the number of seconds it lasts.

39

# week 38

Date \_\_\_\_\_

## SIGNS OF LABOR

- Crampy contractions that are long, strong, close together and don't go away
- Water breaks: clear liquid comes out of vagina
- Vaginal bleeding (bloody show)
- Discharge of pinkish mucus plug

38

# week 40

Date \_\_\_\_\_

The time between the start of one contraction and the start of the next is called "frequency." Your contractions may be 20 - 30 minutes apart in early labor and 2 - 5 minutes apart as you get closer to delivery. The frequency of contractions helps determine how your cervix is dilating.

40

# week 41

Date \_\_\_\_\_

You're almost there! Most women give birth within two weeks before or after their estimated due dates. About 10 percent of pregnancies go postterm (past 42 weeks).

41

# week 42

Date \_\_\_\_\_

Remember to

- Keep your postpartum visit (2 - 6 weeks after you deliver)
- Schedule your baby's first pediatrician visit
- Make a family planning appointment

My postpartum checkup date is: \_\_\_\_\_

42