



**INSTITUTE FOR  
WOMEN'S HEALTH**

What you need to know on

# Prenatal Care

## 1. Routine tests in early pregnancy:

- Complete blood count
- Blood type and Rh factor
- Urinalysis
- Urine culture
- Rubella
- Hepatitis B
- Sexually transmitted infections
- Human immunodeficiency virus

## 2. Prenatal vitamins to take:

- Folic acid
- Iron
- Calcium
- Vitamin D
- Choline
- Omega-3 fatty acids
- B vitamins
- Vitamin C

### Table for recommended amounts during pregnancy: Key Vitamins and Minerals During Pregnancy

(Source: American College of Obstetrics and Gynecology)

NUTRIENT (Daily Recommended Amount)	WHY YOU AND YOUR FETUS NEED IT	BEST SOURCES
<b>CALCIUM</b> (1,300 milligrams for ages 14 to 18; 1,000 milligrams for ages 19 to 50)	Builds strong bones and teeth	Milk, cheese, yogurt, sardines, dark green leafy vegetables
<b>IRON</b> (27 milligrams)	Helps red blood cells deliver oxygen to your fetus	Lean red meat, poultry, fish, dried beans and peas, iron-fortified cereals, prune juice
<b>IODINE</b> (220 micrograms)	Essential for healthy brain development	Iodized table salt, dairy products, seafood, meat, some breads, eggs
<b>CHOLINE</b> (450 milligrams)	Important for development of your fetus's brain and spinal cord	Milk, beef liver, eggs, peanuts, soy products



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<b>NUTRIENT</b> (Daily Recommended Amount)	<b>WHY YOU AND YOUR FETUS NEED IT</b>	<b>BEST SOURCES</b>
<b>VITAMIN A</b> (750 micrograms for ages 14 to 18; 770 micrograms for ages 19 to 50)	Forms healthy skin and eyesight Helps with bone growth	Carrots, green leafy vegetables, sweet potatoes
<b>VITAMIN C</b> (80 milligrams for ages 14 to 18; 85 milligrams for ages 19 to 50)	Promotes healthy gums, teeth, and bones	Citrus fruit, broccoli, tomatoes, strawberries
<b>VITAMIN D</b> (600 international units)	Builds your fetus's bones and teeth  Helps promote healthy eyesight and skin	Sunlight, fortified milk, fatty fish such as salmon and sardines
<b>VITAMIN B6</b> (1.9 milligrams)	Helps form red blood cells  Helps body use protein, fat, and carbohydrates	Beef, liver, pork, ham, whole-grain cereals, bananas
<b>VITAMIN B12</b> (2.6 micrograms)	Maintains nervous system  Helps form red blood cells	Meat, fish, poultry, milk (vegetarians should take a supplement)
<b>FOLIC ACID</b> (600 micrograms)	Helps prevent birth defects of the brain and spine  Supports the general growth and development of the fetus and placenta	Fortified cereal, enriched bread and pasta, peanuts, dark green leafy vegetables, orange juice, beans. Also, take a daily prenatal vitamin with 400 micrograms of folic acid.

### When to see your The Medical City Obstetrician-Gynecologist:

To ensure a healthy pregnancy, your first prenatal visit should be done as soon you become pregnant. From the first trimester up to your 7th month (28 weeks), you will need to see your doctor every 4 weeks. When you reach 7 months (28 weeks), you will need to see your doctor every 2 weeks until your 9th month (36 weeks). After that, you will need one prenatal visit every week until you deliver. If you have a high-risk pregnancy, you will most likely need more frequent prenatal visits. Seeing your doctor for regular prenatal care ensures that you're doing all you can to have a healthy baby and a safe pregnancy.

For inquiries and appointments, visit or call the

### **WOMEN'S HEALTH CARE CENTER**

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