



Prenatal Care Compendium



Prenatal care refers to the care that a pregnant person must have. This includes medical consultations and the tests that must be carried out during pregnancy to ensure that both the baby and the pregnant person are in good health. At each visit, your OB-GYN will be able to prevent and discover potential health problems early and provide more effective treatment. For this reason, it is very important that you do not miss your appointments.

First Trimester (Weeks 1 to 12)

- Your baby's heart, spine, and other organs begin to form.
- The pregnant person may have nausea, vomiting, pelvic pain, tiredness or gastrointestinal problems.
- It is important to maintain a balanced diet, including fruits and vegetables, and also, reduce the consumption of fats, salt and sugars.
- Taking prenatal vitamins and folic acid during pregnancy helps the baby develop properly.



Second Trimester (Weeks 13 to 28)

- Dizziness and nausea are expected to end. The growth of the belly will be more evident, and the breasts are preparing for the breastfeeding process.
- You will be able to know the sex of the baby and feel its movements.
- The cerebral cortex begins to produce teeth, nails are formed, and the baby will begin to hear.



Third Trimester (Weeks 29 to 40)

- In this period, aches and pains due to weight gain and practice contractions are common.
- Hormonal changes can cause variations in mood.
- Stress or anxiety about childbirth and the arrival of the baby in the family may appear, among other reasons.
- The baby's eyes and ears become increasingly sensitive to stimuli from the outside. Under the skin, it begins to store fat to maintain its body temperature once it is born.
- As your due date approaches, your cervix becomes softer and thinner. This is a normal and natural process that facilitates the birthing process.



Prenatal Testing

Prenatal exams are done during all three trimesters to identify diseases or complications that could affect the baby's development and the health of both. At the prenatal consultation each month, they will check your weight, check your blood pressure, urine, and measure your belly to observe the baby's growth.

Labor and delivery:

You can talk with your OB-GYN about what to expect during labor and what your wishes are for that process. You can prepare a birth plan that includes:

- How do you want to manage pain during labor, including whether you want to receive an epidural block?
- Your feelings about a forceps or vacuum delivery.
- Who you want to be with you during delivery.

Keep in mind that the birth plan may change during the process to ensure your health and the health of your baby.

In advance, you should have your suitcase ready with personal hygiene items, clothes for you and your baby, sanitary napkins, diapers, and any other items you need for the hospital stay.

Postpartum Care:



Both you and your baby will need care in the first few weeks after delivery. You must identify someone who will assist you in the process. If you have your baby vaginally, recovery is usually faster. If you had a C-section, you could be in the hospital for 2 to 3 days. In both cases, if you will have any complications, the hospital stay may be extended. Once you're home, you'll need assistance with preparing your food, cleaning and getting around by car.

One of the practices that helps the postpartum recovery process, both for you and your baby, is breastfeeding. Over time, he will learn to accommodate the baby to breastfeed and will know his feeding rhythm. You can also begin the process of expressing and storing breast milk.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during your pregnancy, please visit your primary care physician or call the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References

<https://medlineplus.gov/spanish/prenatalcare.html>

<https://medlineplus.gov/spanish/ency/patientinstructions/000544.htm>

<https://medlineplus.gov/spanish/ency/patientinstructions/000557.htm>

<https://medlineplus.gov/spanish/ency/patientinstructions/000558.htm>

<https://www.mayoclinic.org/es/healthy-lifestyle/labor-and-delivery/in-depth/stages-of-labor/art-20046545>

<https://medlineplus.gov/spanish/postpartumcare.html>

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