

10 THINGS TO GET YOU THROUGH THE FIRST TRIMESTER AND WHEN IT'S TIME TO CALL YOUR PROVIDER

01. Morning Sickness

Eat small, frequent meals and stay hydrated

call if vomiting is affecting your life or you can't keep fluids down for 24 hours

02. Breast changes

Prolactin hormone stimulates breast enlargement and milk production.

call if you notice lumps, discharge, or severe pain

03. Mood swings

Practice self-care and talk to someone

call if feelings of depression, anxiety, or hopelessness

04. Weight gain

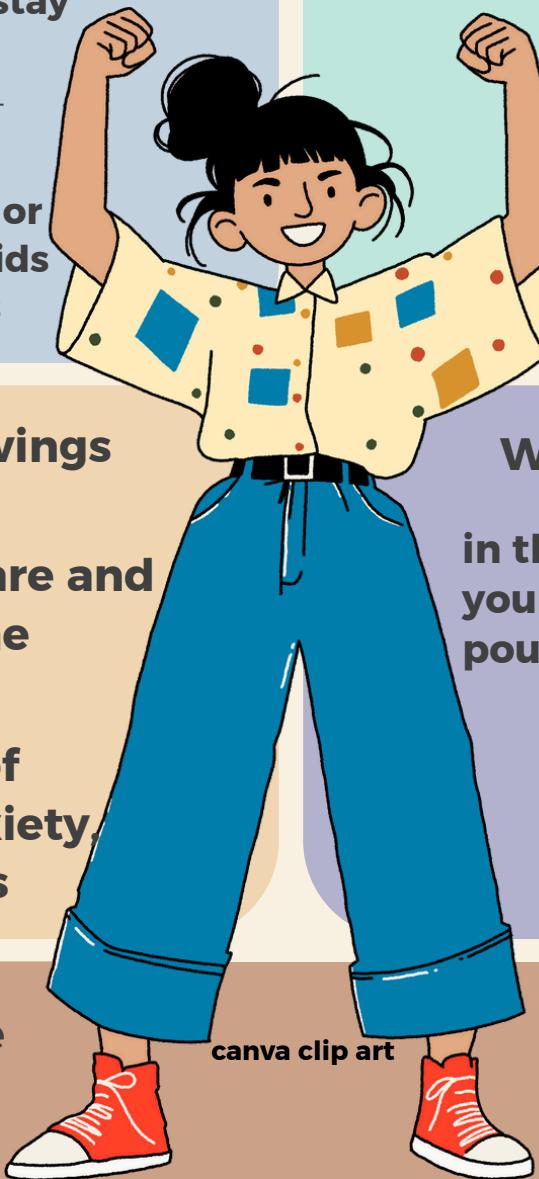
in the first 3 month you should gain 2-4 pounds

call if you are gaining weight too fast or need help setting up a meal plan

05. Fatigue

Progesterone and increased blood supply. Eat well, stay hydrated during the day so you can cut back at night, and take naps

call if it prevents daily tasks, with fever, pain, dizziness, or breathing difficulties.



06. Weight loss

Eat nutrient-rich meals

call if unintentional or excessive

Food cravings

very common and it best to have in moderation

07.

call if you crave anything that isn't food such as clay, dirt, ashes, laundry starch or even harmless ice cubes

08. Light headedness

rising hormones cause your blood vessels to relax and widen causing dizziness

call if frequent or paired with vision changes or fainting

09. Increased urination

Kidneys process differently filter 40-80% more blood causing more urination

Call if painful or you see blood in the urine

10.

Light spotting cramping

Rest and monitor symptoms

call provider if it becomes moderate to heavy vaginal bleeding, pass tissue from your vagina, or have any vaginal bleeding with belly pain, cramping, fever or chills

More resources:

American College of Obstetricians and Gynecologists. (2021). Morning sickness: Nausea and vomiting of pregnancy. <https://www.acog.org/womens-health/faqs/morning-sickness-nausea-and-vomiting-of-pregnancy>

Cleveland Clinic. (2023, July 17). Frequent urination in pregnancy. Kidneys process differently filter 40-80% more blood causing more urination

Geddes, Jennifer (2021). What to Expect. Cravings and aversions during pregnancy. What to Expect.

<https://www.whattoexpect.com/pregnancy/symptoms-and-solutions/cravings-and-aversions.aspx>

Johns Hopkins Medicine. (2023, August 1). First trimester fatigue. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/first-trimester-fatigue>

Mayo Clinic. (n.d.). Bleeding during pregnancy: When to see a doctor. Mayo Clinic.

<https://www.mayoclinic.org/symptoms/bleeding-during-pregnancy/basics/when-to-see-doctor/sym-20050636>

Whelan, C. (2024, January 24). Breast changes in pregnancy: What to expect. Healthline.

<https://www.healthline.com/health/pregnancy/pregnant-breast>