

OBSTETRICS

Healthy Pregnancy Handbook

Practical preparation, trimester care and warning signs

Original patient handbook | Evidence-aligned educational content

Prepared for patients of

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Important: This handbook provides general information. It cannot diagnose a condition, recommend individual treatment or replace emergency assessment.

How to use this handbook

Use this guide to prepare questions and recognise situations that need medical attention. Your clinician may advise differently based on your history, examination, test results and local clinical protocols.

Three principles

1. Keep scheduled follow-up.
2. Bring complete records.
3. Seek urgent care for warning symptoms.

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1. Before and early in pregnancy

- Arrange a preconception or early pregnancy consultation to review health conditions, previous pregnancies, medicines, supplements and vaccination history.
- Do not stop prescribed medicines without medical advice. Some medicines need adjustment, while stopping others abruptly can be harmful.
- Ask your clinician about the folic-acid dose appropriate for your medical history.

Prepare for your consultation

Write down the symptom timeline, medicines and supplements, previous reports and the three questions most important to you.

2. Everyday health foundations

- Choose varied meals with vegetables, fruit, whole grains, protein foods and safe sources of calcium. Hydration needs vary with climate, activity and symptoms.
- Avoid tobacco and recreational drugs. Discuss alcohol use openly; no safe amount of alcohol in pregnancy has been established.
- Regular moderate activity is suitable for many pregnancies, but the type and intensity should be individualised.

3. Trimester overview

- First trimester: confirm pregnancy location and dating when clinically indicated; discuss screening, nausea, medicines and warning symptoms.
- Second trimester: monitor maternal health and fetal development; discuss anomaly screening and movement awareness.
- Third trimester: review fetal growth, birth planning, feeding preparation, postpartum support and emergency access.

4. When to contact the care team

- Call for persistent vomiting, fever, painful urination, significant swelling, worsening headache, visual symptoms, bleeding, fluid leakage or reduced fetal movement after movements are established.

- Heavy bleeding, severe pain, fainting, seizure, chest pain or difficulty breathing needs emergency assessment.

Urgent care

Do not rely on a website or PDF during an emergency. Severe or rapidly worsening symptoms require direct assessment.

Consultation checklist

Item	Ready
Medication and supplement list	■
Previous reports and pregnancy records	■
Vaccination history	■
Questions for the next visit	■
Emergency contact and hospital plan	■

Questions to ask

Frequently asked questions

Can I exercise?

Many people can continue or begin moderate activity, but obtain individual advice if there is bleeding, pain, placenta-related concern, cervical issues, heart or lung disease, or another complication.

Are all herbal products safe?

No. Herbal and traditional preparations can contain active substances or contaminants. Discuss every product before use.

When should I feel movement?

Timing varies. Your clinician will explain what is expected for your pregnancy and when a change in movement needs assessment.

Remember

Online information is most useful when it helps you communicate clearly with your own clinical team.

References and clinical framework

This handbook is original educational content informed by the following authoritative guidance. Recommendations may change and local protocols may differ.

WHO recommendations on antenatal care for a positive pregnancy experience

<https://www.who.int/publications/i/item/9789241549912/>

ACOG - Prenatal Care

<https://www.acog.org/womens-health/faqs/prenatal-care>

ACOG - Prepregnancy Care

<https://www.acog.org/womens-health/faqs/good-health-before-pregnancy-prepregnancy-care>



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Medical disclaimer: This document is for general patient education only. It is not a diagnosis, prescription or personalised care plan. Do not start, stop or change medicines based on this guide. Emergency symptoms require direct emergency assessment. The website is not monitored for emergencies.

Publishing note: Final medical review and approval by Dr. Akрати Jain is required before public distribution.