



First Trimester

Your Guide to Meeting Baby

SANFORD[®]
WOMEN'S

Path Through Pregnancy

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Appointment Schedule and Baby's Growth

While every pregnancy is different, this is the most common schedule for a low-risk pregnancy. Some may be video visits or done by telemedicine.

Appointment Schedule	Baby Size
About 8 weeks	Strawberry
12 weeks	Apricot
16 weeks	Pickle
20 weeks	Banana
24 weeks	Ear of corn
28 weeks	Large eggplant
32 weeks	Cantaloupe
34 weeks	Pineapple
36 weeks	Romaine lettuce
37 weeks	Swiss chard
38 weeks	Mini watermelon
39 weeks	Honeydew melon
40 weeks	Small pumpkin
Postpartum Visit	

Available Classes

Classes are available to help you prepare for pregnancy and life with baby. Most classes are offered free of charge. [Click here to search for classes in your area.](#) After searching, scroll down to see the classes available.

Beginning Your Pregnancy Journey

To-Do List

- Start a [prenatal vitamin](#)
- Get recommended vaccinations
- Complete your prenatal labs and screens
- Schedule a meeting with a Pregnancy navigator
- [Meet with a genetic counselor, if you desire](#)
- Develop a pregnancy fitness and nutrition plan
- Review [safe medications list](#)
- Check with insurance provider

First Trimester Care

[Prenatal care](#) helps you have the best possible pregnancy outcome for a safe delivery and a healthy baby. Regular visits with your health care team are a way to monitor any changes in your health or your baby's health. At your [first appointment](#), our team confirms your pregnancy. Your medical team will go through your health record to help anticipate any challenges that may impact your pregnancy. Our goal is to provide the safest care to you and your baby.

Physical Exam

We will begin your pregnancy journey by checking your health, including your weight, height, and blood pressure. We will listen to your heart and lungs, and may do an abdominal and breast exam. This visit will also include a pelvic exam to check the uterus, pelvis, and ovaries.

Lab Tests

Your provider will order urine and blood tests.

Ultrasound

Your provider will talk with you about having an [ultrasound](#) to look at your baby. If you were unsure about your last menstrual period, an ultrasound may have been done before your first appointment. If you would like to bring someone with you to your ultrasound, please ask about the facility policy.

Your Due Date

You will likely learn your [due date](#) at your first appointment. This date will be used to help plan for a healthy delivery.

My Sanford Chart

Pregnancy and motherhood can be a busy time. We encourage you to sign up for My Sanford Chart. This service allows you to connect with your care team, request appointments, and access test results any time of the day anywhere you have internet access. MyChart will also be useful once your baby arrives as it will give you a direct link to your baby's health care team.



Visit mysanfordchart.org to [sign up today](#) and download the App, available for Apple and Android devices.

For urgent needs please call your care team.

Protecting Your Baby Before They Arrive

Newborn babies in the first several months of life are at the greatest risk of severe illness like [influenza](#) and pertussis. They are too young to be directly immunized, which is why it is important for you to receive these vaccines. Family members who will be in contact with your baby should also be vaccinated. Discuss available vaccines with your provider.

[Follow this link to download the Second and Third Trimester Pregnancy Guidebooks.](#)

Prenatal Screenings During Pregnancy

To ensure you receive the best care throughout your pregnancy, Sanford Health provides lab tests and screenings important to the health of you and your baby. If you have any questions, please speak to your provider or nurse.

Screenings Done Early in Pregnancy

- Glucose tolerance test (diabetes screening)
- OB Lab Tests
 - ABO-RH – blood type
 - Antibody screen
 - CBC with differential – blood components
 - Hepatitis B screen
 - HIV screen
 - Rubella IGG screen
 - Syphilis screen
 - Urine culture

Other Tests That May Be Done

- Chlamydia screen
- Genetic testing
- Gonorrhea screen
- Group B strep – third trimester
- HCG quantitative test
- Hemoglobin
- Hepatitis C test
- MRSA nucleic acid detection test
- Pap smear
- Prenatal urine drug screen
- Syphilis rescreen

[Genetic Testing & Screenings](#)

Providers who specialize in women's health care recommend that all women talk with their provider about the option of genetic screening and testing during pregnancy. Sanford offers genetic screening, [testing](#), and genetic counseling to all women expecting a baby. The information learned from these tests can give your provider information that may guide your care

Genetic Counselors

Genetics matter when you are planning for a baby. Learn about your options for genetic screenings and testing from a certified genetic counselor.

Find a genetic counselor in your area. Click on this link to view the video: [Prenatal Genetic Testing: Options to Consider.](#)

Pregnancy Navigator

We want you to have the pregnancy and birth experience you have always imagined. At Sanford Health, we offer the services of a pregnancy navigator to each new mom-to-be at no cost.

A pregnancy navigator is a registered nurse who walks you through all your options for labor and delivery, and helps tailor a healthy and memorable birth experience designed just for you. Your pregnancy navigator partners with you and your provider to offer you education, support, and guidance.

Pregnancy navigators are currently available in Bismarck, Fargo and Sioux Falls.

[Click here to learn about pregnancy support offerings or find a pregnancy navigator near you.](#)

What to Expect

When you meet with your pregnancy navigator, we will talk about classes available, pregnancy, birthing, and feeding options for your baby. You will receive advice every step of the way to make your pregnancy special and the right fit for you. We are available to answer any questions or talk through any concerns you may have. And because we know that everyone's needs are unique, you can decide how often we meet.

In Your Meeting With a Pregnancy Navigator You Will Talk About:

- Classes
- Community resources
- What to expect during labor and delivery, including comfort options
- Choosing a provider for your baby
- What to pack for the hospital
- Baby feeding options
- Connecting with other members of the health care team as you need



Suggested Learning

Being pregnant, going through labor and delivery, becoming a parent — there is so much to learn! Below are some of the topics you may want to learn about early in your pregnancy. Click on the links below or look in your Understanding Pregnancy booklet for more information. Please let your nurse or provider know if you have any questions.

Baby Development	Baby development weeks 1 - 13
Breastfeeding	Benefits of breast milk
Dads	Tips for dads
Eating Right	<ul style="list-style-type: none"> • Good nutrition • Healthy weight gain • Foods to avoid for safety
Emotions & Mental Health	<ul style="list-style-type: none"> • Emotional challenges • Managing stress • Staying mentally healthy during pregnancy • Depression during and after pregnancy
Exercise Safety	Exercise during pregnancy
Hazards to Pregnancy	<ul style="list-style-type: none"> • Tobacco • Alcohol • Street drugs including marijuana
Medical Care	<ul style="list-style-type: none"> • When to call the provider • Prenatal screening and diagnostic tests • Dental care • Ultrasounds
Pregnancy Discomforts	<ul style="list-style-type: none"> • Common discomforts • Fatigue • Nausea and vomiting - what to do for morning sickness
Videos to Watch	<ul style="list-style-type: none"> • I'm Pregnant! Now What? • Relief of Pregnancy Symptoms • Top Pregnancy Myths • Videos are also available in the companion web app for the Understanding Pregnancy book. Look inside the front of the book for instruction on accessing the app.