

# You're pregnant!



## PREGNANCY TIPS 101

**Make an appointment with a prenatal care provider.**

**Start your prenatal vitamins.**

**Exercise regularly.**

**Avoid tobacco, alcohol, drugs, and chemicals, such as paint thinners and nail polish remover.**

**Avoid uncooked deli meats, unpasteurized dairy products, and raw fish.**

**Drink more water.** *Proper hydration helps prevent constipation, hemorrhoids, UTI's, fatigue, headaches, swelling, and other uncomfortable pregnancy symptoms.*

**Get enough rest.** *Fatigue and exhaustion are common side effects of pregnancy. Make sure you listen to your body, and get enough sleep and rest.*

**If you experience vaginal bleeding, leakage of fluid, or abdominal pain these could be signs that something is wrong and you should be evaluated immediately.**

**If in doubt, always reach out to your prenatal care provider.**

**We are here for you! If you need anything please do not hesitate to call us at (877) 883-7264.**