



aayushya

DR. SHWETA BHANDARI'S  
CENTER FOR FETAL MEDICINE



*Because with us,*  
you are in safe hands!



# Pregnancy Careplan

We care for your journey towards motherhood...

## Introduction:

Antenatal care refers to the care that is given to an expected mother from the time of conception is confirmed until the beginning of labor.

## Motive:

Antenatal care aims to prevent, identify, and ameliorate maternal and fetal abnormalities that can adversely affect pregnancy outcomes.

## Content Brief:

Our care consists of

- 1) Care tips for your entire pregnancy
- 2) Diet plans
- 3) Do's and Don't's during pregnancy
- 4) Test and Follow-Up Schedule
- 5) Commercial and additional engagement support


UHID No.: \_\_\_\_\_ OPD No. \_\_\_\_\_

Name \_\_\_\_\_


Age \_\_\_\_ Sex \_\_\_\_\_ W/o,D/o \_\_\_\_\_

Ref. by Dr. \_\_\_\_\_

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# 1st Trimester

1<sup>st</sup> Month

2<sup>nd</sup> Month

3<sup>rd</sup> Month



# Exercise Mantra

## 1<sup>st</sup> Trimester: Strong Mamas Grow Stronger Babies

### Deep Breathing Exercise



- Breathe in deeply through your nose
- Sigh out through your mouth
- Repeat 5 times
- Do this exercise 6 times a day

Yoga experts believe that deep breathing:

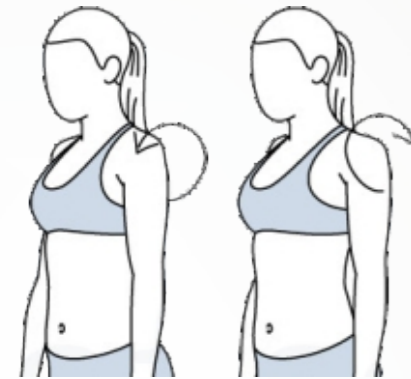
- Improves the circulation of blood, which is good for you and your growing baby.
- Boosts the flow of oxygen that is supplied to your body and your baby.
- Helps your body to remove waste effectively.
- Relaxes you and helps to reduce stress.

### Neck Exercise

- Relax your neck and shoulders, drop your head forward, and slowly rotate your head to your right shoulder, back to the middle, and over the left shoulder.
- Neck rotation can help relieve the tension in your neck and shoulders



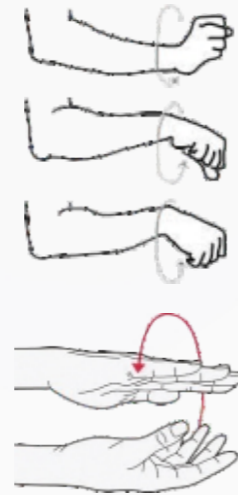
**Benefit:** Neck rotation can help relieve the tension in your neck and shoulders



### Hand Exercise

- **Forward Rotation:** Start by bringing your shoulders forward, then rotate them up toward the ears, and back down again
- **Reverse Rotation:** Pulling shoulders back, up toward the ears, and then back down again

**Benefit:** Help retain range of motion



### Hand Exercise

- Hold forearms and arms straight with a palm, downwards
- Make a fist or keep your hands straight
- Move your wrists up and down.
- Hold forearms & arms straight with palm downwards
- Rotate hands from palms upwards to palm downwards



Ankle Pump



Ankle Circle

### Ankle Exercise

Foot and ankle swelling during pregnancy is common, and ankle rotations help with circulation and may reduce some fluid buildup.

- **Ankle Circle:** Sit with legs extended and toes relaxed. Rotate your feet in large circles using your whole foot and ankle.
- **Ankle Plump:** Move your foot in an up and down direction.

# 2<sup>nd</sup> Trimester

4<sup>th</sup> Month

5<sup>th</sup> Month

6<sup>th</sup> Month



# Exercise Mantra

## 2<sup>nd</sup> Trimester: You are Stronger than You Were

### Pelvic Thrust

- Lie on your back, with your legs bent at right angles and your arms by your side, palms facing down.
- Lift your hips until your spine and thighs are aligned
- Hold this position for a couple of seconds
- Slowly return to the starting position



### Trunk Roll

- Lie on your back, your knees bent and arms on the floor straight out at your side. Keep your feet flat on the floor.
- Keeping your shoulders down and your knees together, roll your legs to the left, touching your left leg on the floor
- Roll your legs back to the starting point, then to right. Make sure your knees are not bent too close to the chest. Keep the movement smooth and don't rush.



### Curl-Up

- Lie on your back, with your knees bent and your feet close to your buttocks.
- Lift your head and shoulders, Do not lift your lower back off of the floor, perform this exercise slowly (no jerky movements), and do not throw your head forward! Relax the jaw and neck muscles.
- Slowly return to the starting position, and inhale as you do so.



### Cat Stretch

- Start on your hands and knees, with your back in a natural relaxed position (don't let your spine sag). Keep your head and neck aligned with your spine.
- By tightening your abdomen and buttocks, push your back up into a hump, and drop your head down.
- Hold this position for a couple of seconds before slowly returning to the starting position.



### Kegel Exercise

- Contract your pelvic floor muscles for three seconds, then relax the muscles for three seconds.
- Do this 10-15 times several times a day. Although shown here while lying down, these exercises can be done during a variety of daily activities, such as sitting in a meeting, while topped in your car at a traffic light or when talking on the phone.



# 3<sup>rd</sup> Trimester

7<sup>th</sup> Month

8<sup>th</sup> Month

9<sup>th</sup> Month



# Exercise Mantra

## 3<sup>rd</sup> Trimester: I Thought About Giving Up, But Then I Remembered Who Was Watching.

### Squat Stretch

- Keep your feet firmly planted on the floor, lower your upper body into a slight bend; lower your bottom to the floor by bending your knees and hips.
- To come out of a squat, lift your bottom first, then bring the upper part of your body back into alignment.
- If you find it difficult to keep balance, take support



### Hamstring Stretch

- Sit on the floor with your right leg straight in front of you, and your left leg bent. Place a towel around your right heel and hold one end in each hand with your arms extended toward your foot, elbows relaxed. Keep tension on the towel as you lean slightly forward from your hip until you feel a stretch on the underside of your right thigh. At the same time, push your tailbone backward to lengthen your spine.
- Hold, then release



### Tailor Stretch

- **Tailor Sit:** Sit on the floor with your knees bent and ankles crossed. Lean forward slightly, keeping your back relaxed and straight.
- You can use this position throughout the day whenever possible.
- **Tailor Press:** Sit on the floor with knees bent and the soles of your feet touching.
- Hold onto your ankles and gently pull your feet toward your body.
- Place your hands under your knees and inhale.
- Press your knees down against your hands, and at the same time press your hands up against your knees for counter-pressure.



### Wall Press

- Lean forward and feet slightly wider than your shoulder-on wall
- Keeping your spine straight, slowly bend your elbows until your face touches the wall
- Hold for a few seconds & return to starting position







# Test & Follow-Up Schedule

**Reminder!** After 7<sup>th</sup> wk. upto 10<sup>th</sup> wk.

## Dating Scan

It's time for you to get your **Dating Scan** and **Routine Blood Investigation** done.

Your appointment scheduled

On.....  
At.....

**Reminder!** After 11<sup>th</sup> wk. upto 12<sup>th</sup> wk.

## Invasive Procedure for Prenatal Genetic Screening

It's time for you to get your **Baby's Genetics Screening** done.

Your appointment scheduled

On.....  
At.....

**Reminder!** After 13<sup>th</sup> wk. upto 14<sup>th</sup> wk.

## Chorionic Villus Sampling

It's time for you to get your **Baby's test done for chromosomal abnormalities.**

Your appointment scheduled

On.....  
At.....

**Reminder!** After 15<sup>th</sup> wk. upto 17<sup>th</sup> wk.

## Amniocentesis, Anomaly Scan-1

These tests help find genetic disorders before birth, get it your scan + Double Marker done.

Your appointment scheduled

On.....  
At.....

**Reminder!** At 18<sup>th</sup> wk.

## 1<sup>st</sup> Shot of TT Injection

It's time for you to get your **1<sup>st</sup> Shot doses of TT Injection** done.

Your appointment scheduled

On.....  
At.....

**Reminder!** After 18<sup>th</sup> wk. upto 20<sup>th</sup> wk.

## Anomaly Scan-11

It's time for you to get your **Level II Ultrasound + Quadruple Marker & Blood Investigations** done.

Your appointment scheduled

On.....  
At.....

**Reminder!** After 20<sup>th</sup> wk. upto 22<sup>th</sup> wk.

## T-DAP

It's time for you to get your **2<sup>nd</sup> Shot doses of BOOSTRIX Injection.**

Your appointment scheduled

On.....  
At.....

**Reminder!** At 24<sup>th</sup> wk.

## USG Fetal ECHO (if needed)

It's time for you to get your **USG Fetal ECHO** test done. Get an opinion.

Your appointment scheduled

On.....  
At.....

**Reminder!** After 28<sup>th</sup> wk. upto 36<sup>th</sup> wk.

## Growth Scan

It's time for you to get your **Growth Scan with Doppler Study and Blood Investigation & USG Color Doppler** test done.

Your appointment scheduled

On.....  
At.....

**Reminder!** After 37<sup>th</sup>

## Regular ANC visit

**Congratulations!** You have completed **37 weeks of pregnancy**, & you need to take regular **ANC visit after every 2 weeks, till your EDD.**

Your appointment scheduled

On.....  
At.....

**Reminder!** At 38<sup>th</sup> wk. & 39<sup>th</sup> wk.

## Regular ANC visit

**Congratulations!** You have completed **38 weeks of pregnancy**, & you need to take regular **ANC visit weekly up to your 39<sup>th</sup> week.**

Your appointment scheduled

On.....  
At.....

**Reminder!** At 40<sup>th</sup> wk.

## EDD

**Congratulations!** You have completed **40 weeks of pregnancy**, & you need to take regular **ANC visit.**

Your appointment scheduled

On.....  
At.....

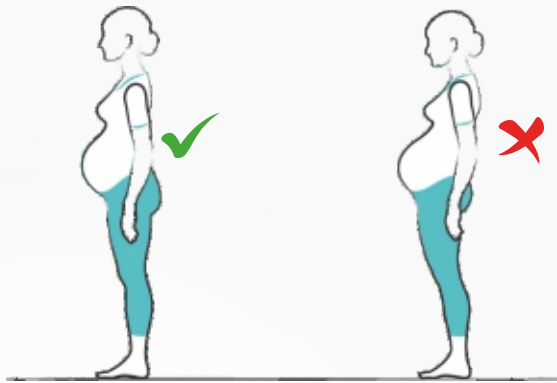
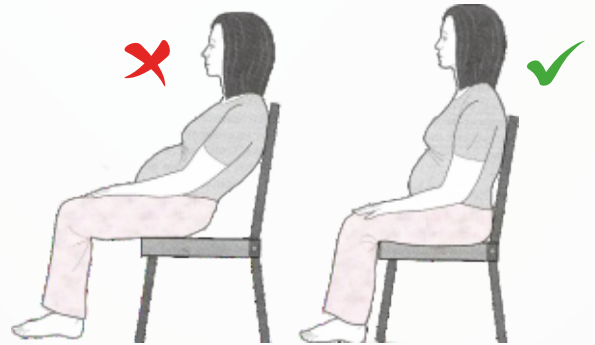
## Additional tests or other reminders

## The Best Way to Keep Your Baby Healthy is to Keep Yourself Healthy

### Sitting

If you work mostly at the desk and that though, proper posture is important in pregnancy.

- Sit up with your back straight and your shoulders back, your buttocks should touch the back of your chair
- Sit with back support (such as a small, rolled-up towel or a lumbar roll) at the curve of your back



### Standing

Poor standing posture during pregnancy is common with the pelvis lifted forward putting strain on lower back joints and ligaments

**You can avoid it by following the mentioned points**

- Avoid standing for long periods, try to change position often
- Abdominal muscles should be pulled in to act as natural cord
- Buttock should be tucked under, so that pelvis tilts backward
- While standing try to avoid locking your knees. Keep feet slightly apart

### Sleeping

- Once you reach 16 weeks of pregnancy, lying on your back when sleeping can make you feel faint.
- That's because your baby is pressing on your blood vessels.
- Try lying on your left, with your knees bent up, with two or more pillows placed between your knees.
- Use pillows to make yourself comfortable



### Do's

- Listen to your body – Avoid the competitive element
- Regular exercise sessions – at least 3 times per week, are safer than intermittent bursts of activity
- Weight training – Emphasis on improving tone
- A healthy diet – include plenty of fruits & fluids, vegetables & complex carbohydrates

### Don't

- Avoid jerky, bouncing ballistic activities.
- Never exercise to the point of exhaustion or breathlessness
- Avoid rocky terrain or unstable ground when walking
- Avoid lifting weights above your head, and using weights that strain the lower back muscles
- Stop exercising immediately if you experience any discomfort
- During the second and third trimesters, avoid exercises that involve lying flat on your back as this decreases blood flow to your womb