

# + ANUPRIYA CLINIC +

RESIDENCE CLINIC/ CLINIC - C-2/179, SECTOR -H, L.D.A. COLONY  
NEAR ASHIYANA CHAURAHA, (BAIMAN LADDU) LUCKNOW

## INSTRUCTIONS FOR PREGNANT LADY

- 1<sup>st</sup> Trimester**
1. Small frequent meals
  2. Avoid Chilly, Spices, Fat Food, Junk Food, Containing Preservatives.
  3. Avoid outside, cut, raw vegetable.
  4. Avoid jerk, journey, lifting heavy heavy weight.
  5. Generalised Bodyache, Pain occasionally, Headache, Breast pain are usual & physiological. No medication is required.
  6. Report to Doctor if any bleeding, Pain lower abdomen or Brownish discharge.
  7. Simple walking, Yoga, Breathing Exercise is best.
- 2<sup>nd</sup> Trimester**
8. Some vomiting and Nausea are must, if not there report to Doctor.
  1. You feel better and appetite improved.
  2. Go for healthy Diet-3 meals + 4 snacks

<u>Eat in excess</u>		For
a.	Milk, curd, Lassi, Cheese	Calcium Iron
b.	Dark Green Leafy vegetables (spinach, Bathua, Methi, Mustard) Tomato. Apple, Banana, Amla, Pea, Pomegranate, Soyabean, Beans, Dried fruits, Nuts, Meat.	
c.	Fruits, Broccoli, Amla, Potatoes.	Vit. C Protein
d.	Soyabean, Whole wheat, sprouts of Moong, Moth, Black Grams.	

3. One should wear loose clothes, flat footwear during pregnancy and maintain posture.
  4. Movements are usually felt from 20 to 22 wks.
  5. Journey is safe from 4 to 6 month.
  6. Self medication has to be avoided
- 3<sup>rd</sup> Trimester**
1. Daily fetal movements count to 10 is must from 32 wks if <10/12 hrs report to doctor immediately.
  2. Report immediately at the onset of labor pain, leaking, bleeding, and loss of fetal movement.

## Foetal Movement Count

Breakfast	Lunch	Dinner

To admit ✓

Post partum

1. One should take out all the ornaments at home.
2. You have to bring
  - a. Warmed soft, ironed cotton/woolen clothes for the new born.
  - b. Washed soft, wrapping and cleaning towel.
  - c. Fresh soap and oil as per your choice.
  - d. Washed clean peticots, gown, panties and sanitary napkins for the mother.
- a. Wash your hands, nipples and clean baby's lips before and after feeding.
- b. Feed on both the breast every time.
- c. Feed in sitting position.
- d. Burp your baby after every feed.
- e. Your baby can pass stool upto 12 times on your feed normally
- f. Baby should be adequately vaccinated
- g. Baby can cry continuously, Keep the baby in prone position for a while.
- h. If any time within 10-15 days you find baby extra yellow, dully and lethargic and not accepting feeds, contact doctor immediately.
- i. Breast feed is beneficial as it promotes immediately. Brain growth, Emotional bonding and decrease Gastro intestinal infection, Allergy, Diarrhoea. infection and breast cancer in mothers.