

Pregnancy & Prenatal Care

Regular prenatal care keeps you and your baby healthier. Starting early and keeping every visit helps catch problems before they grow.

Everyday basics

- Start prenatal visits early and keep every appointment.
- Take a prenatal vitamin with folic acid as directed.
- Avoid alcohol, tobacco, and unprescribed drugs; ask before any new medicine.
- Eat balanced meals, stay active as advised, and rest.

Good questions to ask your care team

- How often will I have prenatal visits?
- Which foods, medicines or activities should I avoid?
- What warning signs should I call about right away?
- What help is available for cost, food or transportation?

When to get help right away

Call your provider or seek urgent care for heavy bleeding, severe belly pain, bad headache with vision changes, or the baby moving much less.



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Source: MedlinePlus, U.S. National Library of Medicine (NIH) — <https://medlineplus.gov/pregnancy.html>

Educational only; reviewed public health information, not medical advice. Always follow your own care team's guidance.