

Prenatal Care

Prenatal care is the health care you get while pregnant. Schedule a prenatal visit as soon as you think that you are pregnant. These visits help you have a healthy pregnancy and can help find problems before they become serious for you or your baby. Your doctor will want to see you every 4 to 6 weeks for the first 6 months of pregnancy. You will need to see your doctor more often during the last three months of pregnancy.

This is a guide. If you have problems, the doctor may want to see you more often or do more tests.

What to Expect at Your Prenatal Visits

Your First Visit

Your **first visit** will be your longest visit. During this visit:

- Your height, weight and blood pressure are checked.
- Your blood is drawn to check for diseases and low iron levels.
- You will need to give a urine sample to check for infection, sugar and protein.
- You will be given a due date, an estimate of the day your baby will be born.
- You will be asked questions about you, your partner, family members, and medicines and herbs you are taking.
- Your doctor will do a physical exam including a pelvic exam with pap smear.
- The doctor will tell you to start taking a prenatal vitamin with folic acid.
- Make an appointment for your next visit.

产前护理

产前护理是您怀孕时得到的医疗护理。一旦您认为您已怀孕就请定一次产前诊访。这些诊访有助于您保持妊娠期健康并能帮您或您的婴儿在有严重毛病之前就先找出问题。您的医生在您妊娠的头6个月将每4至6个星期见您一次。在妊娠的最后三个月，您需要更常看医生。

这是一项指导。如您有问题，医生可能会更常看您或做更多检查。

作产前诊访时该有何期待

首次诊访

您的**第一次**诊访将会是最长的一次。此次诊访时：

- 要量您的身高、体重和血压。
- 要抽血检查您是否有病以及铁水平是否太低。
- 您需取一个尿样检查有无感染以及糖和蛋白质的含量。
- 确定您的预产期，即婴儿的估计出生日期。
- 将询问您问题，有关您、您的伴侣、家人和您正服用的药物和草药情况。
- 您的医生将做一次体检，包括带子宫抹片的骨盆检查。
- 医生将告诉您开始服用带叶酸的产前维生素。
- 预约下一次诊访。

At All Prenatal Visits

- Your blood pressure, weight, urine, and general health are checked.
- Your baby's heart rate and growth are checked.
- Other tests such as a blood test or an ultrasound may be done.
- **Ask questions and share any concerns about yourself and your baby.**

Tests

You may have these tests:

- **Blood tests to check for:**
 - ▶ Blood type
 - ▶ A protein called Rh factor. This blood test checks to see if you are Rh positive or negative.
 - ▶ Iron level
 - ▶ Hepatitis B
 - ▶ Antibodies to show you are immune to German measles (rubella)
 - ▶ Antibodies to show you are immune to chickenpox (varicella)
 - ▶ Cystic fibrosis
 - ▶ Sickle cell anemia
 - ▶ Syphilis
 - ▶ Some types of birth defects in your baby. This test is called a **quad screen** and is a group of blood tests that check for increased risk of some types of birth defects in your baby. This test includes an alpha fetoprotein (AFP) test. The quad screen is done between 15 and 20 weeks of pregnancy.
 - ▶ Gestational diabetes. The test is called **Glucose Tolerance Test (GTT)** or **Glucose Screening Test**. It is done between 24 and 28 weeks of pregnancy to check for high blood sugar in pregnancy. You are given a sweet soda to drink and then samples of your blood are taken.

所有产前诊访时：

- 要检查您的血压、体重、尿液以及总体健康。
- 要检查您婴儿的心率和生长情况。
- 可能会做诸如血液测试或超声波的其他检查。
- **提问题并询问有关您自己和婴儿的关注事宜。**

测试

您可能要做以下这些测试：

- **血液测试，以检查：**
 - ▶ 血型
 - ▶ 一种称为 Rh 因子的蛋白。此项血检将检查您是 Rh 阳性还是阴性。
 - ▶ 铁的水平
 - ▶ 乙肝
 - ▶ 显示您对德国麻疹（风疹）有免疫力的抗体
 - ▶ 显示您对水痘有免疫力的抗体
 - ▶ 囊性纤维化
 - ▶ 镰状细胞贫血
 - ▶ 梅毒
 - ▶ 宝宝是否有某些类型的出生缺陷。此项检查称为**四联筛检**，由多项血检组成，用于检查宝宝发生某些出生缺陷类型的风险是否偏高。此项检查包括甲胎蛋白（AFP）检测。四联筛检在妊娠 15 周至 20 周之间进行。
 - ▶ 妊娠期糖尿病。此项检查称为**葡萄糖耐量试验（GTT）或葡萄糖筛查**，在妊娠 24 周至 28 周之间进行，目的是检查是否存在妊娠期高血糖。检查时会让您喝加糖苏打水，然后抽取血样。

- ▶ HIV. Mothers can pass this infection to their babies during pregnancy, labor and breastfeeding. All pregnant women are encouraged to get this blood test. You may be asked to sign a consent form before the test. Test results are confidential.
- **Amniocentesis:** This test checks for genetic diseases and is often done between 15 and 20 weeks of pregnancy. The doctor puts a needle through the woman's abdomen to remove a small amount of amniotic fluid. The fluid is sent to a lab for testing.
- **Chorionic Villus Sampling (CVS):** This test is an alternative to the amniocentesis test. A sample of cells is removed from the placenta to check for genetic diseases. This test can be done earlier in pregnancy (at 10 to 12 weeks), but the risks of this test are higher.
- **Group B Streptococcus (GBS):** GBS is a common bacteria found in the vaginas of women. It can cause infection in the baby. This test involves swabbing the vagina and rectum, usually between 35 and 37 weeks of pregnancy.
- **Tests to monitor fetal health:**
 - ▶ Fetal Movement Count – This test is done at home. You lie on your side and count how long it takes your baby to have 10 movements.
 - ▶ Ultrasound – You will have at least 1 ultrasound during your pregnancy, often at 18 to 20 weeks of pregnancy. Your doctor may want to do more ultrasounds to check your baby's growth or condition.
 - ▶ Doppler Ultrasound – This test is done to check blood flow to the baby.
 - ▶ Non-Stress Test – This test measures the baby's heart rate in response to his or her movements. This test is painless and involves putting patches on the mother's abdomen.
 - ▶ Biophysical profile – This test involves monitoring the baby's heart rate as well as doing an ultrasound.
 - ▶ Modified biophysical profile – This test involves monitoring the baby's heart rate as well as doing an ultrasound. Amniotic fluid is also checked.

- ▶ 艾滋病毒（HIV）。妊娠、分娩和哺乳时，可能发生艾滋病的母婴传染。建议所有孕妇均进行此项血检。检查前可能会要求您签署知情同意书。检查结果保密。
- **羊膜穿刺：**此项检查为遗传疾病检查，往往是在妊娠 15 周至 20 周之间进行。医生会用针刺穿孕妇的腹部，抽取少量的羊水，然后将羊水送往实验室进行检验。
- **绒毛膜取样（CVS）：**此项检查可替代羊膜穿刺检查。从胎盘取得细胞样品，进行遗传疾病检查。此项测试可在妊娠早期（10 至 12 周）进行，但是检查的风险较高。
- **B 群链球菌（GBS）检查：**GBS 是女性阴道内的一种常见细菌，可导致婴儿的感染。此项检查须对阴道和直肠进行擦拭采样，通常在妊娠 35 周至 37 周之间进行。
- **胎儿健康监控检查：**
 - ▶ 胎动计数 - 此项检查在家中进行。取侧卧体位，数胎动，看多长时间内有 10 次胎动。
 - ▶ 超声波检查 - 妊娠期至少进行一次超声波检查，往往是在妊娠 18 周至 20 周之间进行。医生可能会增加超声波检查次数，以检查胎儿的生长情况或健康状况。
 - ▶ 多普勒超声波检查 - 此项检查用于检查流向胎儿的血液流动情况。
 - ▶ 非应激试验 - 此项检查用于测量胎儿的心率与胎动之间的关系。这是无痛检查，检查时将探头放在孕妇的腹部。
 - ▶ 胎儿生理活动检查 - 此项检查系监控胎儿的心率，同时进行超声波检查。
 - ▶ 改进的胎儿生理活动检查 - 此项检查系监控胎儿的心率，同时进行超声波检查。此外，还检查羊水。

- ▶ Contraction Stress Test – This test measures the baby’s heart rate when the uterus contracts.

At anytime during your pregnancy, call your doctor right away if:

- Your membranes or bag of water break or leak.
- You have any vaginal bleeding.
- You have cramping or contractions that occur more than 4 to 6 times in an hour.

- ▶ 宫缩应激试验 - 此项检查测量子宫收缩时的胎儿心率。

妊娠期间如有下列情形，请立刻打电话给您的医生：

- 您的羊膜破裂或羊水漏出。
- 您有任何阴道出血。
- 您在一小时内发生超过 4至6 次痉挛或宫缩。

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Prenatal Care. Simplified Chinese.