

1. For our guideline/pregnancy calendar feature:

Describe a doctor's visit of your choice, this could be the first appointment after a positive home pregnancy test, or another. Include as much detail as you think would be relevant to a first-time pregnant woman. This should be 2-3 paragraphs at most.

First look: What to expect during your ultrasound

Your first pregnancy brings so many new experiences. Possibly one of the most moving and exciting of all is that first ultrasound – the first glimpse of your baby in its earliest form. Your doctor will schedule an ultrasound at least once during your pregnancy – usually anywhere from 8-20 weeks. Here's what you can expect during your appointment.

Relax. The ultrasound isn't painful and it's completely safe for you and your baby. Wear comfortable clothing that can be easily moved above and below your belly. When you arrive, you'll lay down on the table, and the technician will apply a clear, slippery gel onto your lower abdomen. Next, she'll slide a wand along the gel. Soundwaves from the wand reflect off the shape of your baby to create the pictures you see on the screen.

At eight weeks, your baby is about the size of a raspberry, and you'll be able to see the heart beating. Your technician will take measurements and capture images along each step in the process. Depending on how far along you are in your pregnancy, you may even be able to learn your baby's gender (if you want to know). You'll receive copies of some of your images before you leave your appointment, which may take up to an hour. The results of your ultrasound will be sent to your doctor who will review them and share them with you at your next appointment.

2. For our guideline/pregnancy calendar feature:

Write 3 questions and their corresponding short-form responses under the following three categories (3 for each category): Labor pain relief, Gestational diabetes, Food safety during pregnancy. Questions could be things like: What is an epidural? How do I know if I have gestational diabetes? How can I stop morning sickness? etc.

Labor pain relief

How can I manage labor pain?

Everyone experiences pain differently, and every birth is different – even if you've had a baby before. Medication-free options, such as the Lamaze technique, offer classes that teach

breathing exercises and relaxation to help take your focus off pain and ease you safely through childbirth. The Bradley Method encourages a drug-free birth unless medication becomes necessary. It also prepares your partner or birth coach to support and encourage you during labor.

Common pain medications include an epidural or spinal block, and both work in similar ways; the doctor injects medicine into your lower back to block pain. They can be used for both a vaginal birth and cesarean section (C-section).

Remember, even if you choose natural childbirth, you can request medicine if you change your mind. A difficult birth can also change expectations. Talk with your doctor or midwife about your preferences and all possible options so you can make the best choices for you and your baby.

Is an epidural safe?

Yes, the epidural is the most common form of labor pain treatment, and it is considered safe. The medicine is injected into your lower back and relieves pain while allowing you to stay awake and alert during delivery. Some side effects of an epidural can include itching, difficulty peeing, or a lack of feeling in your belly or legs as the medication wears off. Your doctor will monitor you and your baby throughout your delivery to be sure you are both safe. You and your doctor can talk and decide together if an epidural is the right choice for you.

What are Braxton Hicks contractions?

Braxton Hicks contractions are a tightening and relaxing of the muscles around the uterus. They can usually be felt during the second and third trimester of pregnancy, and they are one of the ways your body gets ready for labor. Braxton Hicks contractions can be uncomfortable, but they are not painful like labor contractions, which are intense and occur at regular intervals. Braxton Hicks contractions typically go away when you move or change positions, and they can be different for every woman. You may feel them regularly, or not at all. If you are feeling painful, more frequent contractions, it's time to contact your doctor or midwife.

[Food safety during pregnancy](#)

Is it safe to eat raw sushi while I'm pregnant?

No, raw fish is not considered safe during pregnancy. Raw or undercooked foods can expose you and your baby to harmful bacteria, parasites, and toxins such as mercury. On the bright side, vegetarian rolls and cooked sushi made with shellfish or low-mercury fish, such as salmon, are safe to enjoy.

Can certain foods relieve or prevent morning sickness?

Yes, there are many foods that can offer relief from morning sickness. Start your day with a small snack, such as crackers, dry cereal, or pretzels, and take some time to digest before getting out of bed. Ginger can also be helpful: try ginger ale, ginger tea or ginger candy chews. An empty stomach can make nausea worse, so try eating more frequent, smaller meals throughout the day instead of three larger meals. Talk to your doctor for additional suggestions if your morning sickness is severe.

Is it safe to drink coffee during pregnancy?

Caffeinated coffee or tea is considered to be safe in moderation during pregnancy. The general guideline is one 12-ounce cup of coffee per day, which equals around 200 mg of caffeine. Be sure to also keep track of caffeine from other sources such as chocolate or soda. If you are worried about caffeine, your doctor can help you decide what's best for you and your baby.

Gestational diabetes

What is gestational diabetes?

Diabetes is a disease that is caused by too much glucose (also called sugar) in your blood. Gestational diabetes is a form of diabetes that may occur during pregnancy and can cause complications for you and your baby. Your doctor will give you a blood test for gestational diabetes between 24 and 28 weeks. Although it can affect all women, there's some good news: making healthy choices before and during pregnancy can help prevent and control gestational diabetes. Choose foods that are high in fiber and low in fat and calories, exercise regularly, and maintain a healthy weight gain during pregnancy. Your doctor can help you with recommendations and exercise guidelines suited to your needs.

How does gestational diabetes affect me and my baby?

Gestational diabetes can affect you and your baby in different ways. Your doctor will help you manage your health to minimize complications. Some possible risks for you may include high blood pressure, an increased chance of birth by C-section, and a higher risk for type 2 diabetes after childbirth. For your baby, complications from gestational diabetes can include high birth weight, premature birth, breathing problems, low blood sugar, and a higher risk of obesity and diabetes later in life.

What can I expect during a glucose test?

There are two possible blood tests for gestational diabetes, a one-hour "glucose challenge" test and a three-hour "glucose tolerance" test. If you are at higher risk for diabetes, your doctor may only prescribe the longer test.

During the one-hour test, you will drink a sweet, syrupy solution. Your blood will be drawn after one hour to test your blood sugar levels. If glucose levels are high, your doctor will schedule the longer test. For this test, you'll be asked to fast. First, your blood will be drawn and tested for your fasting blood sugar level. Next you'll drink the sugary solution and have blood drawn and tested every hour for three hours. If you test positive for gestational diabetes, your doctor may prescribe a specific diet and exercise program, which may include medication if necessary. She will also closely monitor your blood levels and your baby's growth throughout your pregnancy.

3. Content that appears in different places in the app:

Write 2-3 "tips" for pregnant women under the following 3 topics: managing stress, exercising, sleep. These should be in the following format: Title (a few words) and a longer explanation 1-2 sentences.

Feeling stressed?

Make time for yourself, even if it's just a few minutes of deep breathing, meditation, or some gentle stretching. A soothing bath is another great way to relax and clear your mind.

Baby steps: Fitness and pregnancy

Take a walk, and a friend; it's simple and safe for you and your baby. Prenatal yoga is a great option for reducing anxiety and strengthening the muscles needed for labor.

Tips for your best rest

Insomnia during pregnancy is common; even a quick nap during the day can re-energize your body and mind. If comfort eludes you, a pregnancy pillow can relieve pressure and provide the extra support you need to relax and get to sleep.