

FIRST TRIMESTER NEWS

Congratulations on your pregnancy!



FIRST TRIMESTER (Weeks 0 to 13)

You are now in the **first trimester** of your pregnancy. So much happens during these first three months.

What happens to your body?

- Your breasts may become more sensitive, fuller and tender. Your nipples will start to enlarge and the dark areas around the nipples become darker.
- You may have less energy.
- Your enlarging uterus starts to take the space of the bladder from about the 12th week of pregnancy and you may find yourself making more trips to the loo.
- You will gain some weight, but no need to worry about maintaining your figure – a total weight gain of 1 to 2.5kg in the first three months is perfectly normal and recommended. If you suffer from severe morning sickness, you may even lose some weight in the early stages of your pregnancy.
- You may experience pregnancy sickness (nausea and some vomiting during pregnancy, commonly called 'morning sickness'), especially during weeks 11 to 14. Some women experience very little or no morning sickness while some unlucky ones may have it all day.
- You may have mood swings, but you can blame it on those fluctuating hormones.

What happens to your baby?

- All of your baby's bones, muscles and major organs develop during the first trimester.
- At your 12-week visit to your doctor or midwife, you can look forward to hearing your baby's heartbeat.
- By the end of the first trimester, your baby will resemble a tiny human being.





Your first trimester to-do list

- Visit your doctor to confirm your pregnancy and choose a doctor/gynaecologist/midwife that you will see for the rest of your pregnancy.
- **It is important to have your first antenatal visit during the first trimester.** You will see your baby for the first time on the ultrasound scan, and possibly find out if you're expecting multiples.
- Start taking prenatal vitamin and mineral supplements as prescribed by your doctor.
- Eat a well-balanced diet consisting of proteins, carbohydrates and fats. Remember that your baby receives all its nutrients from you.
- At the end of the first trimester is usually a good time to share the news of your pregnancy with your friends and family.



As soon as your pregnancy is confirmed, or even before you're planning to have a baby, it is important to **work out your budget**. Babies need many essentials such as clothes, nappies, a car seat and pram – the list goes on!



If you like the idea of enjoying your antenatal classes and consultations in the comfort of your own home, we invite you to engage with our **Belly Babies online programme**.

By registering on www.bellybabies.co.za, you will have access to expert antenatal and postnatal support in the comfort of your own home through:

- an online antenatal course consisting of a comprehensive collection of videos, presented by various experts within the maternity field;
- an online face-to-face consultation with a highly qualified lactation (breastfeeding) specialist, to help you and your baby establish and maintain a happy breastfeeding routine. You can book your personal consultation through the Belly Babies online platform; and
- a follow-up online face-to-face consultation with a lactation specialist, if needed.

Enjoy your pregnancy and savour every moment because it only lasts nine months.

PG Group Medical Scheme wishes you well on your pregnancy journey!

The content of this publication is the intellectual property of Momentum Health Solutions (Pty) Ltd, and any reproduction of this publication is prohibited unless written consent is obtained.

10/2022



MATERNITY PROGRAMME

Telephone 0860 005 037 Email maternity@pggmeds.co.za Website www.pggmeds.co.za