

Congratulations on your pregnancy! This information sheet is intended to help you with early 1st trimester questions that may arise before your first appointment.

Your first appointment in WHC will be with our OB Nurse Educator, usually around 8 weeks gestation. This is a group appointment with up to 8 women and we ask that you please not bring children to this appointment. During this group appointment you will fill out paperwork and your chart will be created, please make sure your labs are done 2 weeks prior to this appointment. You will also be given educational materials and information about your care at Bassett. Your next appointment after that will be with a provider between 10-12 weeks of your pregnancy.

You may experience many symptoms early in your pregnancy including nausea, vomiting, and fatigue; which are all considered normal and are to be expected. If you are unable to hold food or water down for 24hrs you should report to the Emergency Room. Some women experience symptoms that may be more concerning such as cramping or vaginal bleeding.

In early pregnancy light cramping can be very normal and unless accompanied by heavy vaginal bleeding, you do not need to report to the Emergency Room. It is recommended that you rest and drink plenty of fluids; Tylenol is safe to take (do NOT take Motrin/Ibuprofen during pregnancy).

Occasionally some women have spotting in their 1st trimester, this is very common and you do not need to report to the Emergency Room. 1st trimester spotting commonly occurs after intercourse; keep in mind that your cervix is sensitive and bleeds easily during pregnancy; as long as it is just light spotting, you are usually fine and it will stop on its own.

If you experience severe cramping or heavy vaginal bleeding (soaking a pad an hour for 2 hours) you should report to the Emergency Room for evaluation.

You can reach the Women's Health Clinic Monday through Friday from 0800-1600 at 361-4000, Option 4 for Specialty Clinics, Option 1 for Women's Health Clinic, and Option 1 for Appointments or Option 2 for the Nurse. The WHC is closed for Federal Holidays and most Training Holidays.