



Pregnancy

*The best decision is an
informed decision.*

FIRST TWELVE WEEKS

- 1 Last menstrual period (LMP). Uterus is thickening to prepare for a fertilized egg.
- 2 Ovulation and conception.
- 3 Sperm and egg have merged and travel down the fallopian tube.
- 4 Attachment to uterus. Cells start dividing into all future organs. Amniotic and yolk sacs are forming.

FIRST TWELVE WEEKS

- 5 Two tubes are formed: one for brain and spinal cord, the other for the heart which begins beating soon after.
- 6 Eyes, lungs, limb buds, and digestive system begin forming. Brain and spinal cord are developed.
- 7 Limbs are sprouting out. Tongue is forming. Hair growth is starting.
- 8 Face is taking shape with eyes, nose, ears, and upper lip. Bones forming. Webbed fingers and toes are present.

FIRST TWELVE WEEKS

9

Legs fully formed. Movement begins. Internal reproductive organs forming.

10

Profile is well-defined. Eyes are open. Brain connections are forming. Fingers and toes are no longer webbed. Fingerprint ridges start forming from friction.

11

Fingernails and irises in the eyes are developing. External genitalia start forming.

12

Kidneys start producing urine and teeth are forming.



SELF-CARE TIPS

- Eat a nutritionally balanced diet including plenty of calcium and iron.
- Drink plenty of water to stay hydrated.
- Dieting for weight loss is not recommended during pregnancy.
- Continue to exercise in a normal routine unless advised otherwise by your doctor.
- Your doctor may recommend prenatal vitamins with folic acid and iron.
- Do not smoke, drink alcohol, or use illegal drugs.
- Give yourself time to rest.
- Do not discontinue prescribed medications without consulting a doctor first, but always consult a doctor before taking any non-prescription medications.
- Create a group of safe people to support you.
- Follow instructions on the miscarriage and ectopic brochures when necessary.