



WE'RE HERE FOR YOU

At **Assure Women's Center**, we are committed to giving you the answers you need. Only you can make the final decision concerning the outcome of your pregnancy. However, in order to do so you need reliable information.

RESOURCES

<https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/first-trimester-of-pregnancy-1195>

<https://webmd.com/baby/guide/first-trimester>

<https://webmd.com/baby/interactive-pregnancy-tool-fetal-development>

<https://mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/prenatal-care/art-20045302>

<https://merckmanuals.com/home/women-s-health-issues/normal-pregnancy/self-care-during-pregnancy>

<https://www.ncjrs.gov/pdffiles1/nij/225323.pdf>

DISCLAIMER: This fact sheet is designed to be an informational tool only. It is not intended to provide medical advice or replace care from a qualified medical practitioner.



Assure
WOMEN'S CENTER

(402) 397-0600

www.assureomaha.com



INFORMATION GUIDE

PREGNANCY

The Best Decision is
an Informed Decision

FIRST 12 WEEKS

- WEEK 1** Last menstrual period. Uterus is thickening to prepare for fertilized egg.
- WEEK 2** Ovulation and conception.
- WEEK 3** Sperm and egg have merged and travel down fallopian tube.
- WEEK 4** Attachment to uterus. Cells start dividing into all future organs. Amniotic and yolk sac forming.
- WEEK 5** Two tubes are formed: one for brain and spinal cord, the other for the heart which soon after begins beating.
- WEEK 6** Eyes, lungs, limb buds, and digestive system begin forming. Brain and spinal cord developed.
- WEEK 7** Limbs are sprouting out. Tongue forming. Hair growth starting.
- WEEK 8** Face taking shape with eyes, nose, ears, and upper lip. Bones forming. Webbed fingers and toes present.
- WEEK 9** Legs fully formed. Movement begins. Internal reproductive organs forming.
- WEEK 10** Profile well defined. Eyes are open. Brain connections are forming. Fingers and toes no longer webbed. Fingerprint ridges start forming from friction.
- WEEK 11** Fingernails and irises in the eyes are forming. External genitalia start forming.
- WEEK 12** Kidneys start producing urine and teeth are forming.



SELF-CARE TIPS

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