

MENTAL HEALTH

- During pregnancy the body goes through many changes, especially hormonal changes.
- Emotions may vary, like presenting joy and suddenly sadness.
- If you feel sad or anxious at some point, seek professional help.

Inspira Carolina
787-961-3990

Inspira Loíza
787-961-3978

The call is confidential.

UNEXPECTED EVENTS

Contact your obstetrician if any of the following symptoms appear:

- Vaginal bleeding with or without abdominal pain.
- Unusual pain in the abdomen or lower back.
- Persistent headache, severe nausea and vomiting.
- Blurry vision
- Severe swelling face, hands, feet or generalized.
- Dizziness
- Fever
- Persistent feelings of sadness.



FOR MORE INFORMATION, talk with your doctor or call us at the Beneficiary Services center at:

1-844-336-3331
 (TOLL FREE)

787-999-4411
 TTY (HEARING IMPAIRED)

MONDAY TO FRIDAY FROM 7:00 A.M. TO 7:00 P.M.

You can also call us 24 hours, 7 days a week to the medical consulting line

HACIENDO CONTACTO:
1-844-337-3332
 (TOLL FREE)

PLANVITALPR.COM

TTY: **711**
 (only deaf and hearing impaired's service)



Prenatal Care



PRENATAL CARE

- As soon as a woman discovers she is pregnant you should start your prenatal care. During her pregnancy, good prenatal care can help prevent unexpected events in the mother and baby.
- The pregnant woman can choose the health professional that best resembles their needs so that it will provide all necessary assistance during pregnancy and postpartum.

PHYSICIAN VISITS

- Weight
- Blood Pressure
- Baby Assessment

LABORATORY TESTS

First Trimester (Weeks 1-13):

- CBC
- Type and Blood Group
- Urine Test
- Blood Glucose Levels
- VDRL
- HIV

First Trimester (Weeks 1-13):

- Gonorrhea and Chlamydia Culture
- Rubella Titles
- Thyroid Test (TSH)
- PAP

Second Trimester (Week 14-28):

- CBC
- Urine Test
- Glucose Tolerance Test 1 hour
- AFP (alpha fetoprotein)
- Indirect Coombs (RH negative)
- Dental visit

Third Trimester (Week 29-40):

- CBC
- Culture GBS (Group B Streptococcus)
- HIV
- VDRL
- Gonorrhea and Chlamydia Culture

SONOGRAMS

Sonograms are realized to determine how advanced the pregnancy is, or to take action in case of detection of potential problems.

A sonogram can be done during the first 12 weeks gestation for:

- Confirm a normal pregnancy.
- Determine the baby's age.
- Identify problems such as ectopic pregnancy or spontaneous abortion possibilities.
- Determine the baby's heart rate.
- Identify multiple pregnancies (twins, triplets, etc.).
- Identify problems of the placenta, uterus, cervix and ovaries.



The sonogram can also be performed in the second and third trimesters to:

- Determine the age, growth, position and sometimes the baby's sex.
- Identify any problems.
- See how the baby is developing.
- Examine the placenta, amniotic fluid and pelvis.

NUTRITION

- A balanced diet helps you get the nutrients needed in pregnancy.
- Avoid eating foods that are high in fat, sugar and sodium.
- It is equally important to drink water to stay hydrated.

PRENATAL VITAMINS

- The obstetrician recommends to take a prenatal vitamin every day to cover needs in pregnancy.
- This vitamin is taken with food and a glass of juice rich in vitamin C, 100% natural, to help its absorption.

ORAL HEALTH

- The oral care during pregnancy is very important.
- We recommend visiting the dentist in the second quarter, brushing at least twice daily (toothpaste containing fluoride) and flossing.