



GANESH TEST TUBE BABY CENTRE

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PREGNANCY CARE GUIDE (GENERAL GUIDELINES)

Nutrition, safe activities, supplements and warning signs that apply through your whole pregnancy

This guide is prepared with love to help you take better care of yourself between your visits. Please read it carefully and follow the advice given here. Always consult your doctor before making any changes to your treatment.

These guidelines apply throughout your pregnancy.
Please read them carefully and follow them consistently
for a healthy pregnancy and baby.

NUTRITION THROUGHOUT PREGNANCY

- **Eat for 2** – but wisely, not double the quantity. You need only ~300 extra calories/day. Focus on quality, not just quantity.
- **Never skip breakfast** – it sets the tone for blood sugar control all day.
- **Iron-rich foods daily** – green leafy vegetables (palak, methi, bathua), dates, pomegranate, rajma, liver (if non-veg). Pair with lemon juice for better absorption.
- **Calcium 3 servings daily** – milk, paneer, dahi, ragi, sesame seeds (til), almonds.
- **Protein at every meal** – essential for baby's brain and organ development.
- **Eat fresh, home-cooked food** – avoid street food, raw sprouts, undercooked eggs or meat (risk of food poisoning which is more dangerous in pregnancy).
- **Safe fish** – rohu, katla (freshwater fish) are safe. Avoid deep-sea fish with high mercury (shark, swordfish, king mackerel).
- **Safe fruits** – all seasonal fruits in moderation. Eat papaya fully ripe only (raw papaya is to be completely avoided).
- **Drink safe, clean water** – use a filter. Stay hydrated – minimum 8–10 glasses.

SAFE ACTIVITIES DURING PREGNANCY

- **Walking** – safest exercise. 30 minutes daily is ideal (slow to moderate pace).
- **Prenatal yoga** – reduces back pain, improves breathing, and prepares for labour. Avoid poses that compress the abdomen or require lying flat on the back after month 4.
- **Swimming** – excellent, low-impact, safe throughout pregnancy. Avoid diving.
- **Kegel exercises (pelvic floor)** – do 3 sets of 10 squeezes daily. Prevents urine leakage and speeds up postnatal recovery.
- **Light household activities are fine** – avoid mopping, bending and lifting.

WHAT TO AVOID COMPLETELY

- **Smoking, alcohol, and recreational drugs** – no safe level in pregnancy.
- Raw or undercooked meat, poultry, fish and eggs.
- **Unpasteurised dairy (straight from the animal)** – risk of Listeria infection.
- Raw papaya, raw pineapple in large amounts, raw sprouts.
- X-rays (inform all doctors you are pregnant). CT scans only if absolutely essential.
- Contact sports, heavy lifting, and high-intensity exercise.
- **Hot tubs, saunas, and steam rooms** – raised body temperature is harmful to the baby.
- Insect repellent sprays directly on skin (use a patch or clothing cover instead).

Standing for long periods without breaks – elevate legs when resting

SUPPLEMENTS – DO NOT STOP WITHOUT ASKING DOCTOR

DO THIS

- ✓ Folic acid (until at least 12 weeks)
- ✓ Iron supplement as prescribed
- ✓ Calcium + Vitamin D
- ✓ Thyroid medicine (if applicable)
- ✓ Omega-3 DHA supplement
- ✓ Prescribed prenatal vitamins

AVOID THIS

- ✗ Stop any supplement without asking
- ✗ Take extra Vitamin A (unsafe in high doses)
- ✗ Take aspirin or Combiflam on your own
- ✗ Take any herbal product without asking
- ✗ Double the dose if you miss one
- ✗ Share medicines with family members

SOS EMERGENCY SIGNS – GO TO HOSPITAL IMMEDIATELY

- Heavy vaginal bleeding at any stage of pregnancy.
- Sudden severe abdominal pain or continuous cramping.
- Water breaking (amniotic fluid leaking) – may be a gush or a slow trickle.
- Baby not moving for 6+ hours after 28 weeks.
- Severe headache, blurred vision, sudden swelling of face/hands – signs of preeclampsia.
- Fever above 101°F (38.3°C).
- Difficulty breathing or chest pain.
- Fainting or loss of consciousness.

 ***KEEP THIS HANDY: Ganesh Test Tube Baby Centre – Dr. Archana Sharma, Ghaziabad. Always call the clinic before taking any new medicine.***



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Your health is our priority. Call us anytime with
your questions — no query is too small.



This guide is for informational purposes only and does not replace
personalised medical advice from your treating doctor.

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