

I am pregnant what should I do?

Health: Make an appointment with your doctor. In addition, it is important for the health of you and your baby to seek medical help if you are having trouble with **smoking, drinking, or using drugs**. There are several supportive resources in the New River Valley that you and your doctor together can choose from to help you have a healthy and safe pregnancy (see *resource page of brochure* or go to <http://www.nrvcs.org/moms/>).

Take a multivitamin or prenatal vitamin (400-800 mcg or 0.4 to 0.8 mg) of folic acid every day.

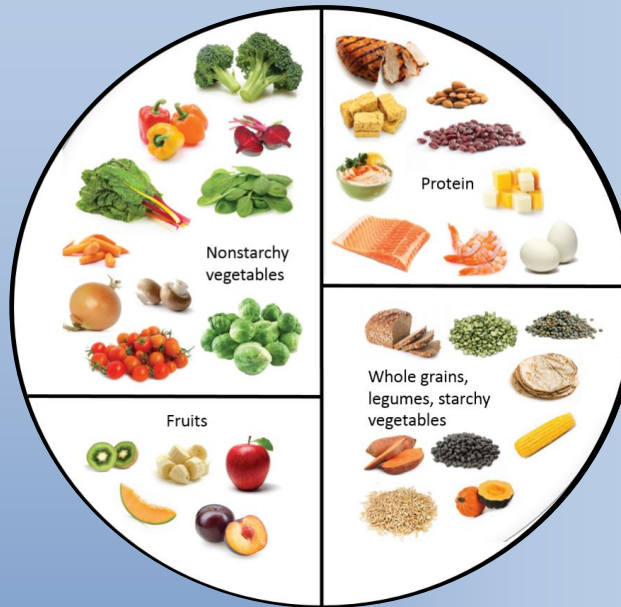
Food: Eat a variety of healthy foods: fruits, vegetables, whole grains, calcium rich foods, and foods low in saturated fats. Also make sure to drink plenty of water. Always handle, clean, cook, eat, and store foods properly. **Avoid alcohol, tobacco, and caffeine throughout pregnancy.**

Environment: Take steps to avoid illness such as washing hands frequently. Stay away from second hand smoke. Stay away from chemicals such as insecticides and pesticides. Talk to your doctor if you are worried that the chemicals used in your workplace might be harmful.



My Pregnancy Plate

When pregnant you need about 300 extra calories each day starting in the second trimester.



Avoid the following foods while pregnant:

- Raw fish such as shellfish and sushi
- Unpasteurized milk/juice, soft cheese, raw sprouts, deli meat
- Herbal supplements and teas until you check with your doctor

For more information about the Do's and Don'ts of pregnancy schedule a visit with your doctor!

New River Valley

Prenatal and Postpartum Resources



Information for a healthy you and your growing family



What is Prenatal Care?

Prenatal care is the health care you get while you are pregnant. It can help keep you and your baby healthy.

If you know you are pregnant or you think you might be, call your doctor to schedule a visit.

Doctors can spot health problems earlier when they see mothers regularly.

Doctors can also talk to mothers about things they can do to give their unborn babies a healthy start to life.

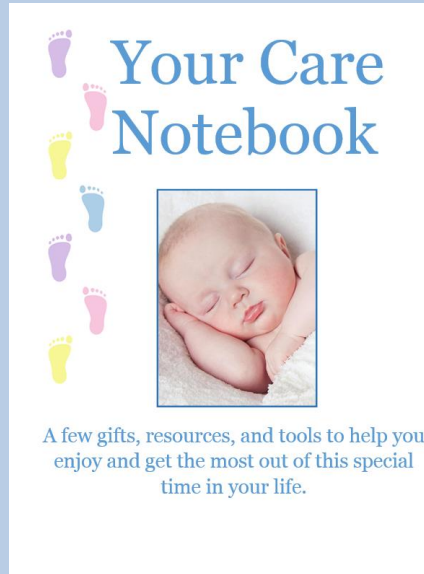


Your doctor will schedule you for many checkups over the course of your pregnancy. Don't miss any—they are important.

Community health care providers have several tools and resources to help throughout your pregnancy. Ask your physician for more information about the New River Valley Care

Notebook or access it online:

<http://www.nrvcs.org/moms/>



The purpose of this care notebook is to provide information to health care providers, community service providers, mothers and families on the resources and services available in the New River Valley Region for pregnant women facing substance use challenges. Our community and these resources are here to support the prenatal and postpartum health of mothers and their babies.

Resources in the New River Valley

New River Valley Community Services

(540)-961-8300

For emergencies, call Access Services at 540-961-8400

New River Health District

Floyd: (540)-745-2142

Giles: (540)-235-3135

Pulaski: (540)-440-2188

Montgomery: (540)-585-3300

Radford City: (540)-267-8255

Women's Resource Center

Office: (540)-639-9592

Hotline: (540)-639-1123

Toll Free: (800)-788-1123 (regional access)

Department of Social Services

Montgomery: (540)-382-6990

Floyd: (540)-745-93163

Giles: (540)-726-8315

Pulaski: (540)-980-7995

Radford City: (540)-731-3663

Community Health Center of the New River Valley

(540)-382-3391

Carilion Obstetrics and Gynecology

(540)-731-4578

Montgomery Obstetrics and Gynecology

(540)-250-9024

TASL (Treating Addiction Saves Lives) Clinic

(540)-443-0114

Pulaski Medical

(540)-980-1125