

产前护理

Prenatal Care

Prenatal care is the health care you get while pregnant. Schedule a prenatal visit as soon as you think that you are pregnant. These visits help you have a healthy pregnancy and can help find problems before they become serious for you or your baby. Your doctor will want to see you about every 4 weeks for the first 6 months of pregnancy. You will need to see your doctor more often during the last three months of pregnancy.

This is a guide. If you have problems, the doctor may want to see you more often or do more tests.

What to Expect at Your Prenatal Visits

Your First Visit

Your first visit will be your longest visit.

During this visit:

- Your height, weight and blood pressure are checked.
- Your blood is drawn to check for diseases and low iron levels.
- You will need to give a urine sample to check for infection, sugar and protein.
- You will be given a due date, an estimate of the day your baby will be born.
- You will be asked questions about you, your partner, family members, and medicines and herbs you are taking.
- Your doctor will do a physical exam including a pelvic exam with pap smear.
- The doctor will tell you to start taking a prenatal vitamin with folic acid.
- Make an appointment for your next visit.

产前护理是指您在孕期获得的医护服务。当您认为自己已怀孕时，请立即预约产前就诊。产前检查有助于确保您的孕期健康，及早发现您或宝宝是否存在任何健康问题。在孕期的前6个月，您应每4周接受一次产前就诊。在孕期的最后三个月，您将需要更频繁地进行产前就诊。

以上是指导性建议，如果您有任何健康问题，可能需要更频繁地进行产前就诊或进行更多的检查。

产前就诊时应注意的事项

第一次就诊

第一次就诊是您持续最长的产前就诊。在这次就诊中，

- 医护人员将测量您的身高、体重和血压。
- 医护人员将对您进行抽血，检查您是否患病和缺铁。
- 您将需要提供尿样，检测您的血糖和蛋白质水平以及是否感染病毒。
- 医护人员将告知您的预产期，即宝宝预计出生的日期。
- 他们还将询问关于您、您的伴侣、家人以及您正在服用药物和草药的问题。
- 医生将对您进行身体检查，包括盆腔检查和子宫颈抹片检查。
- 医生将告诉您开始服用产前维生素和叶酸。
- 预约您的下一次就诊。

At All Prenatal Visits

- Your blood pressure, weight, urine and general health are checked.
- Your baby's heart rate and growth are checked.
- Other tests such as a blood test or an ultrasound may be done.
- Ask questions and share any concerns about yourself and your baby.

Tests

There are routine tests that are suggested for all women to monitor the health of you and your baby. Talk to your healthcare provider if you have any questions or concerns. Common tests include:

- **Blood tests check for:**
 - Blood type
 - A protein called Rh factor. This blood test checks to see if you are Rh positive or negative.
 - Iron level
 - Hepatitis B
 - Antibodies to show you are immune to German measles (rubella)
 - Antibodies to show you are immune to chickenpox (varicella)
 - Cystic fibrosis
 - Sickle cell anemia
 - Syphilis
 - HIV. Mothers can pass this infection to their babies during pregnancy, labor and breastfeeding. All pregnant women are encouraged to get this blood test. You may be asked to sign a consent form before the test. Test results are confidential.

在所有的产前就诊中

- 医护人员将测量您的血压、体重并检查您的尿液和一般健康状况。
- 医护人员将检查宝宝的心率和生长情况。
- 您可能还需进行其他检查，如血液检查或超声检查。
- 向医护人员咨询，分享您对自己和宝宝的任何担忧。

检查

建议所有孕妇进行常规检查，监测您和宝宝的健康情况。如果您有任何疑问或担心，请咨询医生。常见检查包括：

- **血液检查项目：**
 - 血型
 - 一种名为 Rh 因子的蛋白质。血液检查可确定您是 Rh 阳性或阴性。
 - 铁水平
 - 乙型肝炎
 - 显示您体内是否有对德国麻疹（风疹）具有免疫力的抗体
 - 显示您体内是否有对水痘具有免疫力的抗体
 - 囊性纤维化
 - 镰状细胞贫血
 - 梅毒
 - 艾滋病病毒。如果孕妇体内有艾滋病病毒，可能会在怀孕、分娩和哺乳期间将其传染给婴儿。我们建议所有孕妇进行血液检查。您可能需要在检查前签署知情同意书。检查结果完全保密。

- Some types of birth defects in your baby. This test is called a quad screen and is a group of blood tests that check for increased risk of some types of birth defects in your baby. This test includes an alpha fetoprotein (AFP) test. The quad screen is done between 15 and 20 weeks of pregnancy.
- **One-Hour Glucose Challenge or Glucose Screening** This test measures your body's response to glucose (sugar) to check for gestational diabetes. It is done for all pregnant women between 24 to 28 weeks of pregnancy. However, if you have certain risk factors your doctor may have you take the test earlier. To complete the test, you must drink a special soda that has a large amount of sugar. Then you will have your blood drawn in exactly one hour. If your test results are not normal, you may need a second test, a 3-hour glucose tolerance test (GTT).
- **Amniocentesis** - This test checks for genetic diseases and is often done between 15 and 20 weeks of pregnancy. The doctor puts a needle through the woman's abdomen to remove a small amount of amniotic fluid. The fluid is sent to a lab for testing.
- **Chorionic Villus Sampling (CVS)** - This test is an alternative to the amniocentesis test. A sample of cells is removed from the placenta to check for genetic diseases. This test can be done earlier in pregnancy (at 10 to 12 weeks), but the risks of this test are higher.
- 宝宝是否患有某些类型的出生缺陷。这种检查叫做四联筛查，是一组血液检查，可检查宝宝患有某些类型出生缺陷的风险是否增加。该检查包括甲胎蛋白 (AFP) 检查。在怀孕 15 至 20 周之间进行四联筛查。
- **一小时葡萄糖激发测试或葡萄糖筛查** 这项检查可测量您的身体对葡萄糖 (血糖) 的反应，判断您是否患有妊娠期糖尿病。所有怀孕 24 至 28 周的孕妇均需要进行该项测试。但如果您有某些风险因素，医生可能会让您提前进行该项检查。在检查前，您必须喝一种含有大量糖的特殊苏打水。然后您等待一小时整后进行抽血。如果您的测试结果异常，可能需要进行第二次检查，即 3 小时葡萄糖耐受性测试 (GTT)。
- **羊膜穿刺术**：这是一项遗传疾病检查，通常在怀孕 15 至 20 周之间进行。医生用穿刺针经孕妇腹部抽取少量羊水，然后将羊水送至实验室进行检测。
- **绒毛膜绒毛取样 (CVS)**：这项检查是羊膜穿刺术的替代方法。从胎盘取出细胞样本，检查是否有遗传疾病。这项检查可在孕早期 (10 至 12 周) 进行，但风险较高。

- **Group B Streptococcus (GBS)** - GBS is a common bacteria found in the vaginas of women. It can cause infection in the baby. This test involves swabbing the vagina and rectum, usually between 35 and 37 weeks of pregnancy.
- **Tests to monitor fetal health:**
 - Fetal Movement Count – This test is done at home. You lie on your side and count how long it takes your baby to have 10 movements.
 - Ultrasound – You will have at least 1 ultrasound during your pregnancy, often at 18 to 20 weeks of pregnancy. Your doctor may want to do more ultrasounds to check your baby's growth or condition.
 - Doppler Ultrasound – This test is done to check blood flow to the baby.
 - Non-Stress Test – This test measures the baby's heart rate in response to his or her movements. This test is painless and involves putting patches on the mother's abdomen.
 - Biophysical Profile – This test involves monitoring the baby's heart rate as well as doing an ultrasound.
 - Modified Biophysical Profile – This test involves monitoring the baby's heart rate as well as doing an ultrasound. Amniotic fluid is also checked.
 - Contraction Stress Test – This test measures the baby's heart rate when the uterus contracts.
- **B 组链球菌 (GBS) 检测** : GBS 是妇女阴道中的一种常见细菌，可引起胎儿感染。这项检测包括阴道和直肠拭子检查，通常在怀孕 35 至 37 周之间进行。
- **胎儿健康监测检查** :
 - 胎动计数：这项检查是在家中进行。侧卧，计数宝宝胎动 10 次所需的时长。
 - 超声检查：您在孕期至少需要进行一次超声检查，通常在怀孕 18 至 20 周之间进行。为检查宝宝的成长或健康状况，医生可能需要进行更多的超声波检查。
 - 多普勒超声检查：这项检查可了解流向宝宝的血液情况。
 - 无应激检查：这项检查可测量胎动后宝宝的心率。这是一项无痛检查，需要在孕妇的腹部贴上贴片。
 - 胎儿生物物理评分：这项检查包括监测宝宝的心率以及进行超声检查。
 - 改良胎儿生物物理评分：这项检查包括监测宝宝的心率以及进行超声检查。此外还会检查羊水情况。
 - 宫缩应激试验：这项检查可测量子宫收缩时宝宝的心率。

At anytime during your pregnancy, call your doctor right away if:

- Your membranes or bag of water break or leak.
- You have any vaginal bleeding.
- You have cramping or contractions that occur more than 4 to 6 times in an hour.
- You notice a decrease in your baby's movement
- You have a headache that won't go away.
- You have vision changes, such as blurred, tunnel or double vision.

如果在孕期的任何时候出现以下情况，请立即联系医生：

- 羊水膜或羊水袋破裂或泄漏。
- 任何阴道出血。
- 一小时内出现 4 至 6 次以上痉挛或宫缩。
- 胎动减少。
- 持续头痛。
- 视力发生变化，如视力模糊、视野狭窄或复视。