

PREGNANCY

RIGHTS FOR HEALTH

PLANNING YOUR PREGNANCY

Practice safe sex.

- Use 2 modes of contraception until you want to get pregnant.
 - Condoms + birth control (pills/IUD/implant/patch/etc.)
 - NY residents eligible for birth control through:

Family Planning Benefit Program
(Qualifying immigrant)
Family Planning Extension Program
(Undocumented immigrant)

PRECONCEPTION & HEALTH

- Eat a healthy, balanced diet.
- Begin taking a daily prenatal vitamin.
- Stay active. Aim for 150 min of exercise/week.
- Stop substance use, i.e. tobacco, marijuana, alcohol, e-cigarettes, and other drugs.
- Prevent STIs with condoms & routine testing.
- Maintain a safe environment. Talk to your doctor if you don't feel safe at home.



1st

FIRST TRIMESTER (WKS 1-13)

Monthly checkup with your doctor.

What to expect during your 1st prenatal exam:

- Review family history + past pregnancy history
- Blood work + STI testing + urine bacterial test
- Blood pressure + weight check
- Review immunizations and Rubella + Varicella antibody test
- Ultrasound to estimate gestational age
- Genetic screening

SECOND TRIMESTER (WKS 14-27)

Monthly checkup with your doctor.

- Diabetes check @ 24-28 weeks
- Ultrasound check on fetal growth + estimation of amniotic fluid
- Doctor may do more invasive genetic testing if baby is high risk (i.e. amniocentesis)
- Feel baby kick!

2nd

3rd

THIRD TRIMESTER (WKS 28-40)

Biweekly to weekly checkup with doctor.

- TDAP vaccine dose between 27-36 weeks
- Ultrasound to check fetal + placental position.

LABOR & DELIVERY

You may give birth by natural vaginal birth, induction or C-section. Talk to your doctor about the most appropriate birth plan for you.

POSTPARTUM

Breastfeeding vs Formula

- Order breast pump with prescription 1 month before delivery
- If having trouble breastfeeding, speak to a lactation counselor
- If cannot breastfeed or decide not to - formula can provide your baby with the nutrition it needs

Mental Health

- Postpartum depression, anxiety and mood disturbances are common
- Watch for symptoms and talk to your doctor if you feel unwell.



PREGNANCY FAQS

RIGHTS FOR HEALTH

WHAT PRENATAL VITAMIN SHOULD I TAKE?

- 0.4 to 0.8 mg folic acid
- 27 mg iron
- 1000 mg calcium
- 2.6 mcg vitamin B12

WILL USING MEDICAID WHILE PREGNANT IMPACT MY IMMIGRATION STATUS?

No. Medicaid use is not factored into a public charge determination.

IF I AM UNDOCUMENTED, AM I ELIGIBLE FOR PRENATAL INSURANCE COVERAGE?

Yes. In New York, women are eligible for Medicaid during pregnancy regardless of immigration status. This coverage includes prenatal and limited postpartum care.

AM I ENTITLED TO SPECIAL TREATMENT WHILE IN DETENTION: i.e. PRENATAL CARE, ABORTION ACCESS, ETC.?

Depends on the type of detention center and your reason for detention. ICE generally avoids holding pregnant/nursing women in detention.

CAN I TAKE OVER-THE-COUNTER PAIN MEDICATIONS WHILE PREGNANT?

While acetaminophen is safe during pregnancy, avoid NSAIDs during your 2nd and 3rd trimester. For further guidance, talk to your Obgyn..



WHAT VACCINES ARE RECOMMENDED DURING PREGNANCY?

- Seasonal Flu Vaccine
- COVID Vaccine
- TDAP Vaccine
- Hepatitis A + B (conditional)

GENERAL NUTRITION RECOMMENDATIONS

- Avoid unwashed/uncooked foods
- Limit caffeine - less than 1-2 cups coffee
- Avoid high mercury fish (i.e. swordfish, mackerel, tuna)
- Avoid deli meats unless reheated
- Avoid soft, unpasteurized cheeses

You have a right to an interpreter and translated materials as a patient of any federally funded provider.



MEDICATIONS TO AVOID IN PREGNANCY

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HIGH BLOOD PRESSURE

AVOID:

- Diuretics (i.e. metformin, spironolactone)
- ACEs/ARBs (i.e. lisinopril, valsartan)

RECOMMEND:

- Beta Blockers (i.e. metoprolol, labetalol)
- Nifedipine
- Dihydralazine

BLOOD THINNERS

AVOID:

- Warfarin
- Apixaban
- Rivaroxaban
- Dabigatran

RECOMMEND:

- Heparin
- Low-dose aspirin

THYROID Rx

AVOID:

- Methimazole during 1st Trimester

RECOMMEND:

- PTU for 1st trimester
- Methimazole for 2nd and 3rd trimester
- Levothyroxine throughout pregnancy

EPILEPSY Rx

AVOID:

- Phenytoin
- Carbamazepine
- Valproate

RECOMMEND:

- Talk to your doctor about which treatment is good for you.

MOOD DISORDERS Rx

AVOID:

- Lithium
- Carbamazepine
- Valproate

RECOMMEND:

- SSRIs are safe for depression
- Lamotrigine is safe for bipolar disorder

DIABETES Rx

Talk to your doctor about insulin therapy during pregnancy.