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### **First Trimester (< 14 weeks)**

We hope that you are feeling well, but you may be experiencing the following symptoms

Nausea                  sleepiness                  fatigue                  vomiting                  poor appetite

These symptoms are extremely common in the first trimester. In the vast majority of cases, these symptoms resolve by the time you are in the second trimester.

#### **I am not having any of these symptoms? Should I be worried?**

You should not be worried if you are not having any of these symptoms.

#### **What will happen at this appointment?**

The MA will obtain your weight and BP. Your urine sample will be checked for glucose and protein. The MA will also check the baby's heart rate. The doctor will discuss any questions or problems you may be having.

The doctor will also discuss if you would like to have any genetic testing done (if not done already). This will have been discussed at the previous appointment, but will be reinforced today. If the testing has already been done, the results will be reviewed with you today.

#### **When is the next appointment?**

In general, the next appointment will be in 4 weeks. Please make your appointment at the checkout desk prior to leaving.

#### **What should I expect before the next appointment?**

Hopefully, any symptoms you may be having will not worsen.

#### **When should I call?**

You should call if:                  You have any vaginal bleeding or spotting

You have persistent vomiting and cannot keep down any liquids.

#### **How can I contact the doctor?**

We have found that the answers to most questions can be found on our website [www.obgynmaryland.com](http://www.obgynmaryland.com). If you still need to talk to the doctor, please call:

During regular office hours:                  301.424.3444                  or                  301.593.5595

During nights and weekends (emergencies only):                  301.424.3444                  or                  301.593.5595                  or                  888.289.7170

**[www.obgynmaryland.com](http://www.obgynmaryland.com)**

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