

FINDING PREGNANCY AND NEWBORN INFORMATION ONLINE!

Congratulations on your pregnancy!

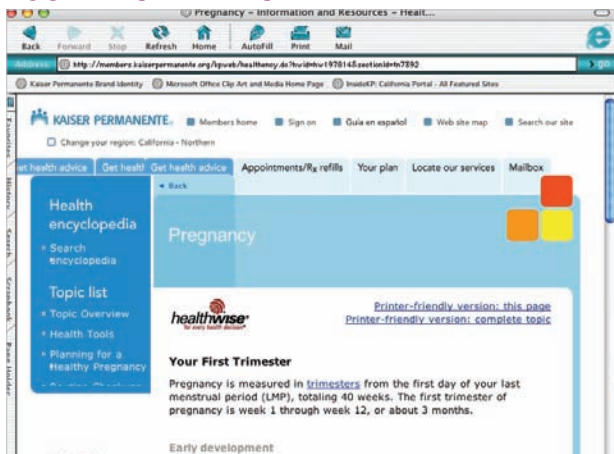
To learn more about taking care of yourself during pregnancy and after delivery, connect to our Web site at **members.kp.org**.

- After choosing the location of your medical center, a screen for members pops up.
- Click on the "Get Health Advice" tab.
- Then click "Featured health topics" in the pulldown menu.
- Under "Featured Health Topics" on this new screen, select "Pregnancy/new baby."

This Web site contains lots of valuable information, including a due date calculator, fetal development illustrations, taking care of yourself during pregnancy, common discomforts, prenatal screening tests, preparing for labor and delivery, pain medication, postpartum recovery, breast-feeding, and caring for your newborn.

If you have any questions or concerns, please talk to your physician, nurse practitioner, or nurse midwife.

YOUR FIRST TRIMESTER



Useful information for you during your pregnancy

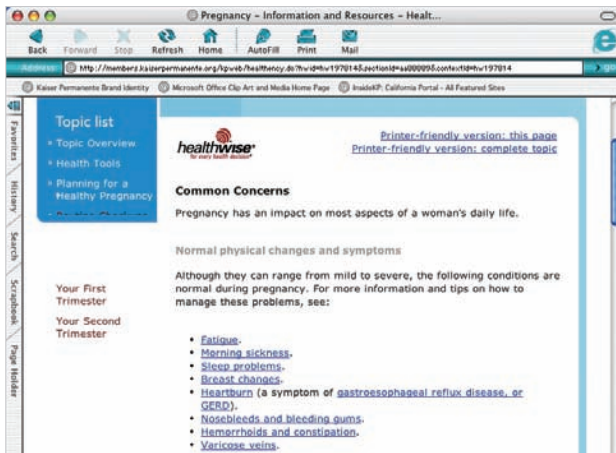
EXERCISE TIPS DURING PREGNANCY



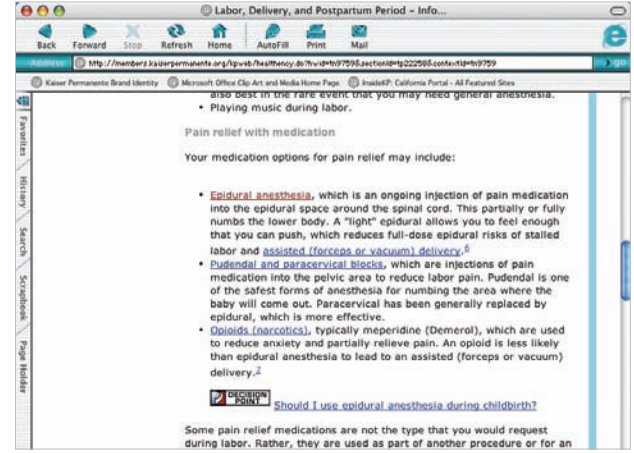
NORMAL PREGNANCY: SECOND TRIMESTER



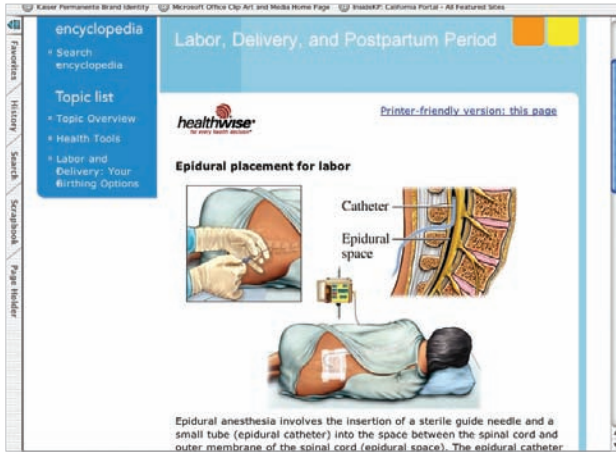
COMMON CONCERNS



PAIN MEDICATION

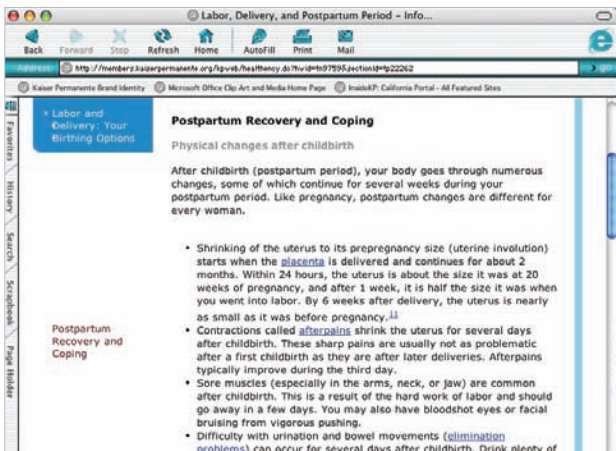


EPIDURAL PLACEMENT FOR LABOR

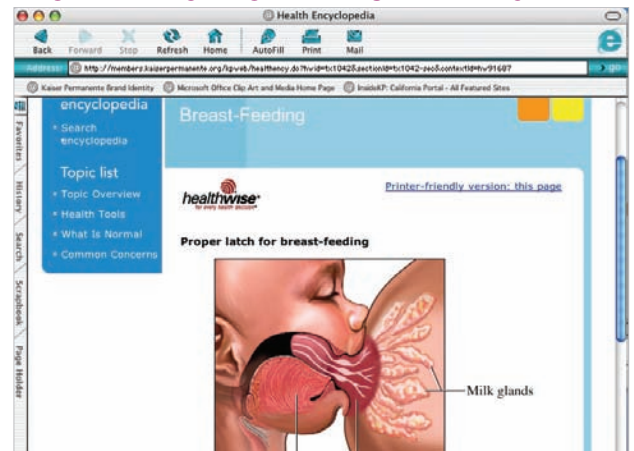


Great information on delivery and postpartum recovery

POSTPARTUM RECOVERY AND COPING



PROPER LATCH FOR BREAST FEEDING



This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.