

Folic Acid

Recommended intake = 400 mg daily

Good for baby's neural development

Key Concepts in Conception & Pregnancy:

Ovulation (viability) = 12-24 hours.

Sperm (viability) = up to 7 hours.

Fertilization ⇒ Implantation/Pregnancy 11-12 days

Urine Pregnancy Test: (of HCG) @ 14 days from fertilization; recommended 1st day of missed period

Blood Pregnancy Test: 6 to 11 days

HCG = Human Chorionic Gonadotropin

Figuring the due date:

280 days (added) LMP

What does "LMP" stand for?

Last menstrual period

Trimesters

- 3 trimesters
- First (0-3 months)
- Second (4-6 months)
- Third (7-9 months)

Prenatal care or termination

Process & Timing of Conception, Pregnancy, & Childbirth

Fertilization (i.e., Conception)	Occurs in the fallopian tube
↓	
Zygote	Fertilized egg
↓	
Morula	48—72 hours
↓	
Blastocyst / Pre-embryo	4 or 5 days
↓	
Attachment / Embryo	1 week or 8 weeks
↓	
Implantation / Pregnancy	
↓	
Fetus	8 weeks
↓	
Baby	Baby

Ectopic Pregnancy:

1% of all

Miscarriage & incidence:

Up to ½ of all pregnancies miscarry before a woman knows she is pregnant
1 in 7 known pregnancies miscarry

The functions of the umbilical cord and the placenta:

- the fetus is nourished through the placenta
- nutrients move from the mom's blood stream through a part of the placenta called the umbilical cord the blood stays separate
- the placenta and umbilical cord serve as a biochemical barrier that blocks blood cells and large molecules from getting to the fetus
- they also manage the waste products from the fetus

Possible complications

Teratogens:

Substances that causes defects, such as drugs, tobacco, environmental problems, etc. can pass through the placenta

Infectious Diseases

STIs

Hypertension/ Pre-eclampsia

Diabetes/Gestational Diabetes

Premature birth (12%)