

Maternity Protection Health Education Information - Pregnancy Information



• Precautions During Pregnancy

資料來源：衛生福利部

YES	NO
✓ 要按時產前檢查 Regular prenatal check-ups	✗ 不抽菸與喝酒 No smoking and no drinking
✓ 要認識早產預兆 Recognizing the signs of preterm labor	✗ 不吸入二手菸 No exposure to secondhand smoke
✓ 要做好孕期保健 Practicing good prenatal care	✗ 不亂服用藥物 Do not take medication indiscriminately.
✓ 要辨識危險妊娠 Identifying high-risk pregnancies	✗ 不使用毒品 Do not use drugs
✓ 要知道產兆來臨 Be aware of the signs of labor onset	✗ 不選時刻剖腹產 Do not opt for scheduled cesarean sections

1. Regular Prenatal Checkups

The purpose of prenatal checkups is to screen for "major pregnancy-related diseases," including gestational hypertension, gestational diabetes, preeclampsia, IUFD, hepatitis B, HIV, syphilis, and thalassemia, among others.

Currently, the Ministry of Health and Welfare's National Health Administration subsidizes 14 prenatal checkups and 3 ultrasound exams. The first prenatal checkup should be done 1-2 weeks after a positive pregnancy test, which is approximately 6-8 weeks into the pregnancy.

You can scan the QR code to learn more about prenatal checkups.



2. Recognizing the Signs of Preterm Labor

資料來源：臺大醫院 - 健康電子報 (2021年05月162期)

According to the World Health Organization (WHO), babies born before 37 weeks are considered preterm. In addition to regular checkups, watch for the following symptoms:

- Regular contractions: more than 6 uterine contractions per hour, which do not improve after 30 minutes of rest.
- Lower abdominal pain, persistent backache or lower back pain.
- Increased vaginal discharge, or discharge turning red.
- Water breaking (clear, watery fluid leaking continuously). If your water has already broken, monitor for abnormal color, amount, or odor.
- Decreased fetal movement, with less than 4 movements in a day or no movement in 12 hours.

3. Maintaining Health During Pregnancy

資料來源：衛生福利部 - 國民健康署

According to the National Health Administration's "Dietary Reference Intakes for Taiwanese," pregnant women need to increase intake of certain nutrients like folic acid, iodine, iron, and vitamin D. The recommended amounts and food sources are:

- **Folic Acid:** Important for fetal neural development. It is necessary from the fertilization stage through the formation of the fetus. Recommended daily intake is 600µg.



Dark green vegetables, soy products, liver, etc.

- **Iodine:** Affects fetal brain development, and prevents growth delays and neurological development issues in newborns. Recommended daily intake is 200µg.



Seaweed, kelp, etc.

- **Iron:** Essential for producing hemoglobin in both the mother and fetus. The daily intake is 15mg, which increases to 45mg in the third trimester (after 29 weeks).



Red meat, dark green vegetables, legumes (tofu, soybeans), etc.

- **Vitamin D:** Primarily produced by skin exposure to sunlight. It is recommended to get 10-20 minutes of sun exposure when sunlight is strong but not too intense.



Fish, eggs, dairy products, mushrooms (black fungus, shiitake mushrooms), etc.

[Healthy Eating for a Healthy Pregnancy: A Guide to Proper Nutrition for Expectant Mothers](#)



4. Understanding High-Risk Pregnancy

資料來源：衛生福利部 - 國民健康署

A high-risk pregnancy refers to potential complications that pose a threat to the health of the mother or fetus, caused by physical, psychological, or fetal factors.

- **Gestational Hypertension:** Hypertension (blood pressure >140/90 mmHg) occurring after 20 weeks of pregnancy, without proteinuria.
- **Preeclampsia:** Hypertension occurring after 20 weeks of pregnancy, with proteinuria.
- **Gestational Diabetes:** Diabetes diagnosed during pregnancy, typically screened between 24-28 weeks (commonly called the glucose test).

[National Health Administration Maternal Health Handbook - Pregnancy Infections and Complications](#)



5. What Are the Signs of Labor?

資料來源：長庚紀念醫院 - 待產衛教手冊

When the fetus is fully developed and ready to leave the mother's body, hormones will be released to initiate the labor process. Expectant mothers may experience one or more of the following signs of labor:

- **Bloody Show:** As the cervix softens and thins, small blood vessels break, resulting in a reddish mucus discharge from the vagina.
- **Water Breaking:** Rupture of the amniotic sac surrounding the baby, leading to the release of clear, odorless fluid. After the water breaks, there is an increased risk of uterine infection or umbilical cord prolapse. At this point, the expectant mother should avoid strenuous activity and go to the hospital for an examination.
- **Contractions:** Regular uterine contractions, accompanied by the abdomen hardening. Pain typically starts from the top of the uterus, moves to the lower back, and radiates to the lower abdomen. The intensity of contractions does not subside with changes in posture or rest. For first-time mothers, contractions every 5 minutes or three contractions within 10 minutes over an hour are signs to go to the hospital. For mothers with previous pregnancies, contractions every 5-10 minutes or contractions accompanied by a strong urge to push are signs to go to the hospital.

During pregnancy, if any of the above symptoms occur, seek medical attention immediately!



1 Vaginal bleeding



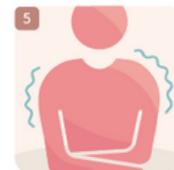
2 Persistent or severe headache



3 Persistent or severe abdominal pain



4 Persistent or severe nausea and vomiting



5 Sudden chills and fever



6 Blurred vision



7 Facial and hand edema



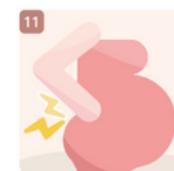
8 decrease in urine output, or burning and pain during urination.



9 Fetal movement has stopped or is less than half of the usual activity.



10 Watery discharge is continuously flowing from the vagina (suspected rupture of membranes)



11 Persistent lower back pain and abdominal hardness.

The above health education content is for reference only. If you have any uncomfortable symptoms or questions, it is recommended that you consult your obstetrician or gynecologist!