



Pregnancy consultation – follow-up report

Name: Urvashi **Age:** 33 **Gestational Age:** 13 Weeks 5 days

Allergies: NA **Previous medical history:** Sinusitis

Current medical history: Sub-chorionic hemorrhage, risk of PIH

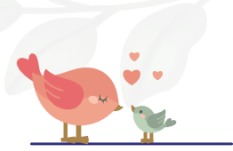
Pregnancy discomforts:

1. Fatigue – improved when compared to the last week
2. Cramps – Occasionally present – goes away while sleeping
3. Constipation – improved but present
4. Headache – improved but present
5. Calf pain (left leg alone)
6. Bloating – better when compared to the last week

Dietary recommendations:

1. 1 Brazil nut every day, 2 walnuts, and other preferred nuts soaked, 8-10 dry drapes soaked (separately) – To be consumed every day
2. Advised buttermilk at least once a week after lunch with coriander leaves and salt
3. Tender coconut water weekly 3 times along with breakfast
4. Soup – Any vegetable soup every day
5. Curry leaves soup weekly 3 times
6. Restrict amla, guava, and moringa leaves –can have them weekly twice
7. Beetroot – weekly 3 times
8. Full-fat milk – one glass every day
9. Black grapes weekly 3 days
10. Protein source in all three meals
11. Fiber in every meal





Lifestyle recommendations:

1. Breathing exercises – 3 repetitions, every 3 hours, 4-5 repetitions before bed.
2. Wear loose socks – to prevent calf muscle pain
3. 5 minutes of being active after every meal instead of lying down
4. Slow-paced walking in sunlight every day as recommended by the doctor
5. Do not hold urine empty the bladder as soon as you feel the urge

To be discussed with the doctor:

1. After the urine culture report, ask for advice on frequent urination
2. Discuss with the doctor about calf pain if not settling even after following the above-mentioned diet

Follow-up:

1. Follow up after 2 weeks to monitor progress.
2. Daily check-in through chat room to monitor diet and discomforts on a daily basis.

