



Know-How

Nurturing a Healthy Pregnancy Journey

Hearty congratulations on your pregnancy from the entire Zoi team! Whether it's your first or not, we believe these months will be among the best of your life. Taking responsibility for yourself during this beautiful journey of motherhood requires a little extra mindfulness, making the experience more enjoyable and comfortable. And for everything else you need, Zoi is right here.



The Do's:



Have regular checkups and take the necessary medication.



Drink enough water to keep yourself hydrated.



Disclose all associated health conditions to the consultant.



Maintain an active lifestyle.



Be mindful while traveling.



Take a power nap for 15 to 20 minutes every day.



Keep healthy snacks like fresh fruits, peanuts, and walnuts on hand.



Consume hygienically made and stored food and maintain cleanliness to avoid infections.



Avoid antibiotics and drugs that are normally taken but are to be avoided in pregnancy.



Maintain good oral and dental hygiene.

The Don'ts:



Do not consume raw meat/ unpasteurized dairy products

Milk that has not been pasteurized and uncooked meat and poultry may contain harmful microbes.



Do not use just any paint

Some paints have toxic and harmful chemicals. If you must paint, choose organic colors to limit exposure to artificial paints.



Limit coffee cups

Do not have more than two cups of coffee, as it may result in sleeplessness. The last cup should be consumed 12 hours before bedtime.



Avoid over-the-counter medicine

If necessary, consult your doctor for advice on safe over-the-counter and prescription drugs.



Keep away from stray animals and pets

While keeping pets close isn't advisable due to potential disease transmission, if you can't do without them, consult both your gynecologist and veterinarian for precautions.



Avoid smoking and alcohol

Smoking and drinking during pregnancy can lead to various complications, including premature labor, miscarriages, and stillbirths.



Stay active

Avoid excessive sitting to prevent weight gain, loss of fitness, and common pregnancy discomforts. Be yourself, unless your doctor advises rest.



Limit trust in online media

During pregnancy, don't blindly believe everything online. Discuss and clarify with your doctor for more authentic information.

First Trimester:



Arrange your first appointment with your doctor to confirm your pregnancy.



Take prenatal vitamins to cover nutritional deficiencies.



Choose nutritious foods to ensure both your and your baby's health.



Tackle morning sickness with small, frequent meals and rest.



Ensure adequate sleep and wear loose clothing.



Stay hydrated and empty your bladder regularly to avoid urine infections.





Second Trimester:



Visit your doctor every four weeks and undergo recommended tests.



Keep your belly moisturized to reduce itchiness and stretch marks.



Sleep on your left side for better blood flow.



Enjoy this phase before fatigue sets in.



Third Trimester:



Be aware of the baby's kicks, and report any reduction in movements to your doctor.







Prepare for nursing and baby care. Discuss breast care with your doctor.



Understand labor pain by openly discussing concerns and fears with your doctor.

Vaccination in Pregnancy:

-  Live vaccines are generally contraindicated in pregnancy. These include MMR, varicella and BCG vaccines.
-  HPV vaccine safety has not been evaluated in pregnancy and is therefore withheld. Toxoids, immunoglobulins and inactivated vaccines can safely be given in pregnancy.
-  First dose of TT is mandatory around 4 months and second dose instead of plain tetanus vaccination, diphtheria toxoid, tetanus toxoid and acellular pertussis (dTaP) vaccination should be offered by 28-32 wks in each pregnancy.
-  Inactivated influenza vaccines are given to mothers to reduce the risk of severity of infection and also provide adequate antibody which can be transferred to the foetus. To give adequate protection, it can be offered at the time of dTaP vaccination.