An illustration of a pregnant woman with long dark hair, wearing a light pink off-the-shoulder dress, shown in profile from the waist up. She is smiling and holding her belly. The background is a solid teal color.

# “Navigating Pregnancy Milestones Together”

*the insta way*

with

**Dr. TEJINDER KAUR**

**Dt. SAHIBA AGGARWAL**





# “Navigating Pregnancy Milestones Together”

*First Trimester*

with  
Dr. TEJINDER KAUR  
Dt. SAHIBA AGGARWAL



Dr. Tejinder Kaur is an experienced Obstetrician and Gynaecologist practicing in tricity region (Chandigarh & Mohali) since 15 years. She completed her MBBS from Dr. SN Medical College, Jodhpur and thereafter earned her Diploma in Hospital Administration from Medvarsity, Hyderabad. She received her Diplomate of National Board training from the prestigious Apollo Hospitals, Chennai and was awarded the MNAMS.

She is specialised in Reproductive Medicine, IVF (In-vitro Fertilization), Operative Hysteroscopy & Laparoscopy and Cosmetic Gynaecology.

She is proficient in handling all types of high-risk pregnancy and has managed many such cases to give healthy babies to healthy mothers. She has immense experience in managing painless epidural vaginal deliveries and encourages natural birthing with great zeal.

She believes in the importance of starting healthy habits at an early age and has a keen interest in promoting adolescent education and healthy lifestyle in young minds. Her personal interests include PCOS/ Endometriosis and Peri-menopause endocrinology.

She was awarded Gaurav award by the "Women Power Society" in 2018.

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Apart from being an excellent and committed professional she is a mother to a teenage son, Bhangra and fitness lover, God fearing and a traveller by soul.

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✉ [dr.kaurtejinder@gmail.com](mailto:dr.kaurtejinder@gmail.com)

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*Sahiba Aggarwal is a passionate seeker of knowledge with a dynamic and diverse academic and professional background. Her journey began with a Bachelor's degree in Medical Sciences (B.Sc. Medical), which laid a strong foundation in the field of health and biology. Driven by a keen interest in public service and governance, she pursued a Master of Arts in Public Administration while simultaneously preparing for the UPSC Civil Services Examination in 2015.*



*Her dedication to holistic well-being and clean living led her to focus on nutrition and healthy lifestyle practices during this period. Inspired by this growing interest, she undertook a professional certification in Nutrition and Fitness Consultancy in 2018.*

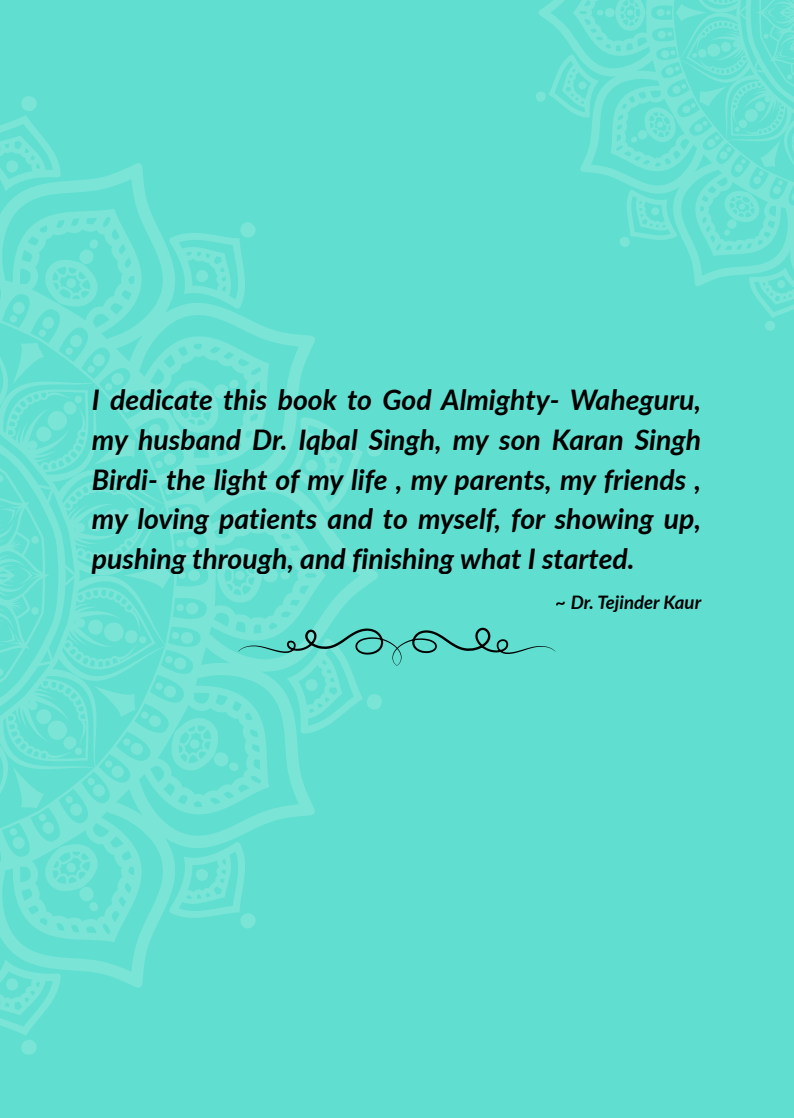
*Determined to further her expertise in this domain, she went on to complete a Master of science in Dietetics and Food Service Management, deepening her knowledge in clinical nutrition and food service operations. She has since been actively engaged in the field of clinical dietetics, with significant experience in managing food services and dietary planning.*

*Sahiba's journey of exploration transcends academic and professional realms. Spiritually inclined, she has cultivated her intuitive gifts over time and is a certified Tarot Reader, practicing for over five years. She is also clairvoyant, claircognizant, and clairsentient, and holds the esteemed title of Certified Reiki Grandmaster. Her healing practices include both Reiki and sound therapy, which she integrates with a deep sense of empathy and purpose.*

*Creatively inclined since childhood, Sahiba has always harbored a love for the arts, especially abstract painting. Her artistic sensibilities eventually guided her toward the realm of digital creativity, leading her to explore graphic designing. This very book is a manifestation of her multifaceted talents and was designed and curated as a labour of love, inspired by her engagement with social media and digital platforms.*

*A confluence of intellect, creativity, and spirituality, Sahiba Aggarwal continues to inspire with her unwavering commitment to growth, healing, and artistic expression.*

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*I dedicate this book to God Almighty- Waheguru,  
my husband Dr. Iqbal Singh, my son Karan Singh  
Birdi- the light of my life , my parents, my friends ,  
my loving patients and to myself, for showing up,  
pushing through, and finishing what I started.*

*~ Dr. Tejinder Kaur*



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# What are the trimesters of Pregnancy?

## Types of Trimesters :

**First Trimester :** *Week 1 to 12*

**Second Trimester :** *Week 12+1 to 28*

**Third Trimester :** *Week 28+1 to 40*



Fertilization



Clusters of cells aka  
ZYGOTE



Embryo

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*These divisions help your obstetrician to track the development of the fetus and manage the different stages of pregnancy.*

*Sometimes, the first three months postpartum are informally referred to as "the fourth trimester," being an extension of the baby's development and adjustment to the outside world, as well as being a time of significant physical and emotional changes and challenges for the mother.*

# Pregnancy Weeks to Months Calender

**Trimester**

**Month**

**Week**



1

ONE

1-4

TWO

5-8

THREE

9-13

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2

FOUR

14-17

FIVE

18-22

SIX

23-27



3

SEVEN

28-31

EIGHT

32-35

NINE

36-40



# ***First Trimester***

## ***Week 1-12***

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# Early signs of Pregnancy



Period stops



Breast growth/tenderness



Frequent Urination



Fatigue



Nausea/vomiting



Heartburn/Indigestion

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Food  
cravings/aversions



Weight gain/loss



Constipation

## ***Changes in the embryo/ fetus in the first trimester :***



**Implantation of  
fertilized eggs**



**Embryo @ Week 5**



**Fetus @ Week 10**

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**Brain develops**



**Spine develops**



**Limbs & Digits  
development. All  
organs systems formed**

## ***Symptoms relief recommendations in the first trimester :***



**Slow down,  
rest as able**



**Wear Supportive  
brassiere**



**Small, frequent meals  
(Fiber rich )**



**Increase fluid intake  
(upto 3.5l)**

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**Avoid Heartburn  
triggers**

# How to get relief from the Morning Sickness...



Coconut water/Herbal Tea  
Water/Lemonwater/  
Buttermilk



Crackers & Toast  
are best snacks



Try Ginger candy  
for nausea



*Ask your doctor for  
medication if nausea/  
vomiting is severe or  
persistent*

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Get adequate rest



Eat small,  
frequent meals



Avoid food / smell  
that makes you sick

# Sex in Early Pregnancy



Decreased  
Sexual Desire



Nausea



Breast  
Tenderness



Fatigue



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Sexual intercourse  
in Pregnancy



Pain



Bleeding



Consult your  
Gynec

**End note :**

***There is a higher chance of miscarriage in general during the first trimester compared with the other two. About 10% of pregnancies end in miscarriage, with a majority of them happening before the 12 weeks of pregnancy- but it's important to note that sex isn't a cause.***

# Travelling in Early Pregnancy



Consult with Obs - Gynec



Preferable in 2<sup>nd</sup> Trimester



Choosing the right transport

## Travelling n Early Pregnancy



Check if the destination is suitable during pregnancy



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Better to use passenger seat



Wear a seat belt



Stop every Two hours



Carry Food & Water



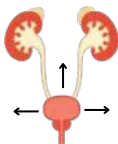
Avoid Bad roads

## Driving in Early Pregnancy

## ***Causes of UTI in pregnancy***



**Pressure on  
Bladder**



**Increased  
bladder volume**



**Increased  
Urine pH**



## ***Symptoms of UTI***

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**Urgent need  
to pee /  
peeing more often**



**Urine looks cloudy/  
has odour**



**Burning sensation /  
trouble when you  
pee**

## ***How to prevent UTI during pregnancy***



**Drink plenty  
of water**



**Eat nutritious  
balanced meals**



**Avoid using  
public toilet**



**Urinate  
regularly**

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**Avoid using Cosmetic  
products that irritate  
genital area**



**Wear loose fitting,  
breathable cotton  
underwear**



**Maintain  
hygiene in  
private areas**

## ***Causes of Constipation in Pregnancy***



**Hormonal  
changes**



**Nausea**



**Dietary change**



**Decreased  
physical activity**



## ***Symptoms of Constipation***

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**Abdominal pain**



**Hard stool**



**Hemorrhoids**



**Blood in stool**

# ***Prevent Constipation during Pregnancy***



**Drink plenty  
of water**

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**Eat small,  
frequent meals**



**Increase  
Fibre intake**



**Change iron  
supplements  
( if possible)**

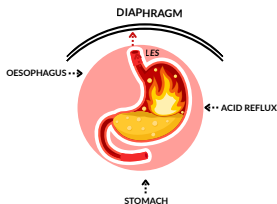


**Don't delay when  
you need to go**



**Avoid  
Processed foods**

## ***Causes of Heartburn during Pregnancy***



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1. Increased abdominal pressure from enlarging uterus
2. Decreased motility of oesophagus & decreased gastric emptying due to pregnancy hormone
3. Relaxation of lower esophageal sphincter due to pregnancy hormone
4. Decreased activity in pregnancy

***Fact : Between 17 & 45 % of expecting mothers experience heartburn during their pregnancy !***

# ***Symptoms of Heartburn during Pregnancy***



**Burning sensation  
in the throat/chest**



**Regurgitation  
of food**

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**Nausea**



**Bloating /  
Feeling heavy**

## ***How to prevent Heartburn***



**Sip some  
Coconut water**



**Eat small  
frequent meals**



**Avoid  
Trigger foods**



**Limit fried, spicy,  
gassy foods**



**Drink Fluids**



**Learn about safe  
antacid options**

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**Take a stroll  
after meals.**



**Take care  
of stress**



**Don't go to bed  
straight after  
eating**

# Bleeding in Early Pregnancy



Implantation  
bleeding



Bleeding after  
sex

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Infection ( inflamed  
cervix)



Sign of miscarriage  
(sign of progesterone  
deficiency)



Ectopic / Molar pregnancy

*Any vaginal bleeding in pregnancy is not normal though. Some causes are harmless, mostly they require immediate attention.*

# ***Bleeding in First Trimester (4-12 weeks)***



20% of women have bleeding in first three months of pregnancy



Whereas bleeding may be early sign of miscarriage, many a times it will be associated with normal pregnancy



Physical exertion don't lead to bleeding

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Food items don't lead to bleeding



Most of the time bed rest is not the solution



Consult your gynaecologist to find out the cause and treatment accordingly. You may need Sonography and few blood tests.

# Do's & Don't in early pregnancy



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Take Prenatal Vitamins



Don't consume  
Alcohol & Smoke



Get plenty of rest



Don't take medicines  
without doc approval



Eat balanced,  
healthy diet



Avoid over-exerting  
yourself with  
heavy exercises



Stay Hydrated



Attend Prenatal  
appointments



Avoid consuming  
unpasteurized food



Talk to your gyanec  
about any concerns



Don't expose yourself  
to harmful chemicals



Practice Good Hygiene



Practice Yoga  
& Meditation



Consult your gyanec  
before starting a new  
exercise routine



Practice mindfulness  
(Stress management)



Avoid wearing heels



Read books about  
Pregnancy & Labour



Avoid Junk & High  
Sugar foods

# Weight Gain in Pregnancy

BMI (kg/m <sup>2</sup> )	CATEGORY	RECOMMENDED WEIGHT GAIN DURING PREGNANCY	APPROXIMATE INCREASE IN DAILY CALORIES
BELOW 18.5	UNDERWEIGHT	12.5 - 18 kgs	1 <sup>st</sup> TRIM : BASELINE + 100 - 200 kcal 2 <sup>nd</sup> TRIM : BASELINE + 300 - 400 kcal 3 <sup>rd</sup> TRIM : BASELINE + 400 - 500 kcal
18.5 - 24.9	NORMAL WEIGHT	11.5 - 16 kgs	1 <sup>st</sup> TRIM : BASELINE + 0 - 100 kcal 2 <sup>nd</sup> TRIM : BASELINE + 200 - 300 kcal 3 <sup>rd</sup> TRIM : BASELINE + 350 - 450 kcal
25.0 - 29.9	OVERWEIGHT	7 - 11.5 kgs	1 <sup>st</sup> TRIM : BASELINE 2 <sup>nd</sup> TRIM : BASELINE + 150 - 200 kcal 3 <sup>rd</sup> TRIM : BASELINE + 250 - 350 kcal
30.0 - 34.9	OBESITY I	5 - 9 kgs	1 <sup>st</sup> TRIM : BASELINE 2 <sup>nd</sup> TRIM : BASELINE + 100 - 200 kcal 3 <sup>rd</sup> TRIM : BASELINE + 200 - 300 kcal

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## Pregnancy QnA!



Dt. Sahiba ! My mother and MIL , don't allow me to eat papaya ... but mujhe pasand hai... please tell me main kya karun ?

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You can eat ripe papaya, it is safe and beneficial during pregnancy. It is a good source of vitamins and minerals, helps with digestion, morning sickness and boosts immunity.



*However, unripe papaya contains an enzyme called papain and latex, which can cause uterine contractions and may lead to miscarriage or early labour.*

# Pregnancy QnA!



What about eating pineapple during pregnancy Dt. Sahiba... my mother doesn't allow me for that either?

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Well! It is generally safe to eat pineapple during pregnancy. While there are myths suggesting it can cause miscarriage or induce labour, there is no scientific evidence to support these claims.



*Infact pineapple can be beneficial due to its rich nutrient content. The Vit C boosts immunity, its antioxidant property helps reduce inflammation and the fibre helps in constipation.*

*However, the acidic fruit may cause heartburn to some pregnant females, may lead to digestive issues like cramping and diarrhoea in some others and should be avoided by females at risk of gestational diabetes.*

## Pregnancy QnA!



Dt. Sahiba , I have lost weight in my first trimester , will it affect my baby's growth?

No dear, it is very common to experience weight loss in first trimester due to morning sickness, reduced appetite hence low calorie intake, hormonal changes which alters the sense of taste and smell which makes certain food unappetizing. Prioritise a balanced diet rich in essential nutrients, even if you are struggling to eat regularly.

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*Remember, the calorie intake generally remains the same as pre pregnancy levels during first trimester. The baby doesn't require additional nutrition from the mother at this level.*

## Pregnancy QnA!



Dr. Tejinder, can I take occasional beer or vodka during pregnancy?

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**Girl! alcohol is strictly a BIG NO during pregnancy.**

**Alcohol during early pregnancy may lead to miscarriages, malformed baby (fetal alcohol syndrome) and having it later in pregnancy may lead to low birth weight or behavioural problems in the baby.**

# Pregnancy QnA!



What about smoking during pregnancy  
Dr. Tejinder ?

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Smoking before or during pregnancy can cause serious problems. It not just causes pregnancy complications, but also harms the health of the pregnant woman and her growing baby.

*Smoking leads to formation of a malformed baby ( cleft lip/ palate), lungs and brain damage to the baby. Pregnant woman who smoke are at a greater risk for still birth babies. Smoking doubles the risk of abnormal bleeding during pregnancy . PROM, placenta previa, placental abruption , ectopic pregnancy all these are commonly seen in pregnant woman who smokes during pregnancy.*

<b>NAME</b>		<b>LMP</b>	
<b>AGE</b>		<b>EDD</b>	
<b>HEIGHT</b>		<b>BLOOD GROUP</b>	
<b>WEIGHT</b>			

<b>1st TRIMESTER</b>	<b>DATE</b>	<b>REMARKS</b>
<b>PREGNANCY CONFIRMATION SCAN (TVS) (6-8 weeks)</b>		
<b>NT/NB SCAN (11-13 Weeks)</b>		
<b>2<sup>nd</sup> TRIMESTER</b>	<b>DATE</b>	<b>REMARKS</b>
<b>ANOMALY SCAN ( 18-22 WEEKS)</b>		
<b>FETAL ECHO (22-24)</b>		
<b>3rd TRIMESTER</b>	<b>DATE</b>	<b>REMARKS</b>
<b>28 Weeks GROWTH INTERVAL SCAN + - FETAL DOPPLER</b>		
<b>32 Weeks GROWTH INTERVAL SCAN + - FETAL DOPPLER</b>		
<b>36 Weeks GROWTH INTERVAL SCAN + - FETAL DOPPLER</b>		

1 <sup>ST</sup> TRIMESTER	DATE	FINDINGS
BHCG		
CBC		
BLOOD GROUP +Rh TYPING		
URINE R/F		
TSH		
HIV		
HBsAg		
HCV		
VDRL		
Hb ELECTROPHORESIS		
RUBELLA IgG		
VARICELLA IgG		
DUAL MARKER/NIPT		
GTT (75g GLUCOSE) /RBS/HBA1C		

2 <sup>nd</sup> TRIMESTER	DATE	FINDINGS
GTT (75g GLUCOSE)		
CBC		
URINE R/F + C/S		

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3 <sup>rd</sup> TRIMESTER	DATE	FINDINGS
URINE R/F + C/S		
CBC		
TSH		
LFT		
RFT		
ECG		
COAGULATION PROFILE		

# Notes

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🌸 *Pregnancy advice you'll actually want to read- from your first trimester to your first cuddle- the tips just got an Insta worthy makeover!*

🌸 *Written by a doctor for her moms-to-be, this handy book turns expert guidance into byte sized posts you can enjoy anytime, anywhere.*

🌸 *Trimester-by-trimester, it delivers bite sized care tips, reassurance and relatable doubts- delivered all in style of short, scrollable posts in playful colors, sweet animations, and a sprinkle of sass.*

🌸 *Smart, supportive, info-taining, this book is a perfect companion for navigating nine months with confidence, clarity and smile all the way.*



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