

A healthy pregnancy



During pregnancy, certain measures can be taken to ensure the health of the mother and her baby.

These services are offered by your Brunet-affiliated pharmacists.

For more information, make an appointment with your pharmacist or visit [brunet.ca](https://www.brunet.ca).

* This advice is not a substitute for the recommendations of a health care professional.

What your pharmacist can do for you

Brunet-affiliated pharmacists can advise you on how to take care of your health and well-being at all stages of your pregnancy, from the planning of your pregnancy to the birth.

Pharmacists alone may carry out the responsibilities of their profession.

A few tips for mothers-to-be

Quit smoking as soon as possible. If you need help doing so, talk to your pharmacist.

Don't drink alcohol or use recreational drugs, such as cannabis.



To ensure your baby is getting the best nutrition possible, adopt a healthy and balanced diet

Follow the advice in Canada's Food Guide

Eat lots of fruits and vegetables every day

Anticipate food cravings by stocking your fridge with your favourite healthy foods

Avoid non-nutritious, high-calorie foods and beverages such as soft drinks, chocolate, potato chips, and junk food

Eat foods that are high in folic acid



Talk to our health care professionals, as they can do the following

Provide information on pregnancy tests and ovulation tests available at the pharmacy

Provide information about taking folic acid and other vitamins

Offer solutions for combatting nausea, vomiting, and other digestive problems

Help you manage gestational diabetes

Answer your questions about pregnancy tests, ovulation tests, and medications to take or avoid during pregnancy or breastfeeding

Nausea and vomiting

More than 50 percent of women experience nausea or vomiting during the first trimester of pregnancy. Although referred to as morning sickness, these unpleasant symptoms can occur at any time of day. They typically go away around the 16th week of pregnancy. In rare cases, they may persist until delivery.



Tips to prevent or reduce morning sickness

Eat light meals every two to three hours

Eat crackers in the morning before slowly getting out of bed

Avoid eating foods that are too spicy or greasy

Move away from sources of strong or unpleasant odours, such as cigarette smoke

Don't go to bed immediately after eating

Get enough rest and avoid stress, as it exacerbates nausea

If taking multivitamins increases your nausea, try taking them with food or just before bedtime



How to treat morning sickness

Your pharmacist may prescribe a treatment for nausea of pregnancy that is effective and safe for you and your unborn child. Don't wait to consult them!

If you experience any of the following symptoms, consult a doctor:

Weight loss

Persistent and severe vomiting

Signs of dehydration (e.g., very dry mouth and lips, dark urine, dizziness)

Here is a list of the essentials that you'll need to pack for the big day:

List for mom

- Health insurance card
- Hospital card
- Birth plan
- List of medications
- Nipple cream
- Toothbrush and toothpaste
- Shower sandals
- Lip balm
- Hairband
- Hair ties
- Phone charger
- Sanitary or incontinence pads
- Dry shampoo
- Comfortable clothing and underwear
- Comfortable pillow
- Reusable water bottle

List for baby

- Pyjamas and bonnet
- Changing blanket
- Diapers for newborns and wipes
- Mittens for newborns
- Moisturizing cream and diaper rash cream
- Bottles and formula if you are not breastfeeding
- Mild soap and shampo
- Baby car seat

Folic acid: Essential for a healthy pregnancy and baby

What is folic acid?

Folic acid is an essential nutrient from the B complex group of vitamins. It is also called vitamin B9, folate, or folacin. **It ensures the normal growth and development of the baby's spine, brain, and skull** during the first trimester of pregnancy.

Experts recommend that all women who want to get pregnant or who are pregnant take a **daily folic acid supplement. When possible, women should start taking it two to three months before conception.**

Some vitamin and mineral supplements sold in pharmacies are **specially formulated** to meet the needs of pregnant women and contain the right amount of folic acid. Ask your pharmacist for more information.

The recommended dosage may vary depending on your health. Don't hesitate to speak to your pharmacist to learn more.

Risks of folic acid deficiency during pregnancy

Getting enough folic acid during pregnancy can prevent serious complications, such as **neural tube defects, the most well-known of which is called spina bifida.**

The baby's neural tube is formed between the third and fourth week of pregnancy. It is the precursor of the central nervous system: one end of the neural tube will form the brain and the remaining part will form the spinal cord.

During the sixth week of pregnancy, the neural tube closes. Neural tube defects occur when **the neural tube fails to close.**