

Care of Unborn Baby During Covid 19 Situation



New Delhi, Aug 10, 2020 ([Issuewire.com](http://www.Issuewire.com)) - “Dr. Anita Gupta, Tips for caring unborn child during pregnancy in the COVID pandemic situation”

It's essential to take care of your unborn child or baby, even earlier than she or he is born. You can do that through gaining a healthy life-style and preserving health doctor's appointments even as you're pregnant. This is known as prenatal care. You're much more likely to have a healthful start in case you preserve a healthful being pregnant during COVID 19 situation.

Schedule an appointment together along with your health with your family doctor or [Best Gynaecologist in South Delhi](#) as quickly as you discover you're pregnant. Your health doctor will begin by reviewing your clinical history. He or she will also need to recognize approximately your signs. During this primary appointment, urine and blood samples can be taken by your doctor. (These can also be taken once more on later visits.)

Urine checks test for micro organism, excessive sugar stages (which may be a signal of diabetes), and excessive protein stages (which may be a signal for preeclampsia, a kind of excessive blood strain throughout being pregnant). Blood checks test for blood molecular count, blood type, low iron stages (anemia), and infectious diseases (inclusive of syphilis, HIV, and hepatitis).

The health doctor additionally can also additionally do different checks at your first go to. These can also add range primarily based totally on your heritage and hazard for troubles. Tests can consist of:

- A pelvic examination to test the dimensions and form of your uterus (womb).
- A Pap smear to display for cervical cancer.
- An ultrasound to view your toddler's increase and function. Ultrasound makes use of sound waves to create a picture of your child on a video computer.

How much weight should A women gain during pregnancy?

Talk to your health family doctor about this. It is different for every woman during pregnancy. Some women should gain 25 to 30 pounds. If your weight is less when you get pregnant then you should gain more weight.

What should I eat?

It is very important to take care of your diet when you are pregnant. Taking a balanced diet is best things you can do for yourself and your unborn baby. Be careful of the following foods and drinks during pregnancy. You can also take advice from your doctor by talking to him or her during this covid 19 situation. Make sure to avoid visiting to your doctor. You can connect with your doctor by digital medium via whatsapp, Zoom video Meeting, Facebook Video or by simply phone call.

About Doctor:

[Dr. Anita Gupta](#) has been practicing Gynaecology for more than three decades, treating patients with dedication and compassion. She did her M.B.B.S in 1984 and M.S in Obstetrics and Gynaecology in 1987 from GSVM Medical College, Kanpur. She is associated with the prestigious FORTIS healthcare centre for women, LA FEMME at Greater Kailash, Part-2 in New Delhi as a Senior Consultant in Obstetrics & Gynaecology.

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