



Welcome Babies PC #2 Pre-natal Care

Treatment Schedule for Pregnancy Care

Congratulations!

Please keep in mind that these general guidelines may change according to your individual health needs.

Please speak with Dr. Wu *before* you schedule any ultrasound. We prefer that your first ultrasound be after week 6 of pregnancy. After your ultrasound—on the same day—we ask that you visit the clinic for a half-and-half acupressure treatment and acupuncture (HH/A) to help your body rebalance after the ultrasound.

Pregnancy	Suggested Treatments
Ongoing	Weekly evaluation by Dr. Wu
Week 1–12 (or later)	HH/A twice a week
Week 13–24	HH/A every 2–3 weeks Consultation: Week 18
Week 25–29	MA/A every other week
Week 30–40	OA/MA/A (with exceptions) once a week until labor Start 9–3 herbs: Week 30 Consultation: Week 30–35

Labor Process

Active contractions	Start chewing Korean ginseng
Welcome babies!	Congratulations!

Delivery and Beyond

24 hours after delievery	Welcome Babies Soup for 1 month
1 week after delivery	Uplift for 3–6 months

Congratulations! Now the Real Journey Begins

This is a very critical time for you and it is important to follow these guidelines and continue your treatment protocol to secure and maintain a healthy, full-term pregnancy, *especially during the first trimester*. If you have any questions, please ask our front desk staff.

These are standardized guidelines only. Each client will need further instruction from Dr. Wu in order to develop an individualized guideline. Please do not share this guideline with anyone unless Dr. Wu has seen her.

Food/Drinks to Avoid During Pregnancy

(Unless otherwise instructed by Dr. Wu)

- Hot & spicy, pungent, or stimulating food or drink (curry, Chai tea, cinnamon tea)
- Cold food or drink
- Raw food
- Ginger, garlic, onion, scallion
- Alcohol
- Caffeine (coffee, green/black tea, chocolate)
- Peaches and apricots (discuss with Dr. Wu before eating)

Lifestyle Guidelines During Pregnancy

(Unless discussed with Dr. Wu)

- Please discuss with Dr. Wu before dying your hair, especially after an ultrasound or amniocentesis.
- Avoid flying.
- Avoid long car rides and road trips (more than 30 minutes, except for doctor appointments).
- Avoid sexual intercourse.
- *Do not* let others work on your shoulders.
- Avoid baths or swimming (showers are fine).
- Avoid excessive walking (or window shopping and going up and down stairs).
- Avoid vigorous exercise.
- Please dry hair thoroughly.
- Avoid intense emotional experiences through conversations, books, movies, etc. (This *includes* sharing your exciting news with everyone... please try to keep it to a minimum.)

- Cover neck and head in cool weather, and wear socks to bed.
- Wear comfortable flat shoes. Avoid wearing high heels.
- Practice the Groin Pulse at least once a day. If possible, twice a day (morning and night).
- Please avoid the use of laptops near the groin area.
- Please keep a distance of at least 2 feet from electronic devices (televisions, computers, etc.).
- Please be aware of your environment to avoid direct sunlight, direct wind, rain, direct air conditioning, saunas, and steam rooms.

Postpartum Care

Take advantage of Dr. Wu's most precious gift to you! With postpartum care, you have the option to prepare for the next one, or to enjoy the benefit of staying young!