

Mayo Clinic Minute: You are pregnant, now what?

If you are planning a pregnancy or just found out you are pregnant, you likely have many questions.

Dr. Summer Allen, a family physician at Mayo Clinic who provides prenatal care and deliveries, says accessing prenatal care can look different for patients. She says a good start is working with your primary care clinician.

Video.	Audio
	You are pregnant. Now what?
	Take a deep breath and try to enjoy it, says Mayo Clinic's Dr. Summer Allen.
Summer Allen, M.D. Family Medicine Mayo Clinic	"I start with that because it truly is an experience each time someone has a pregnancy."
	And then find a healthcare professional you trust.
	"Many of the initial things that someone experiences in pregnancy can be managed and cared for by their primary care clinician, like the nausea and vomiting or giving them support with fatigue."
	Prenatal care helps screen potential complications.
	"An example is high blood pressure. Another may be an impact on glucose or sugar control in their pregnancy, such as diabetes."
	Strategies to stay healthy include taking a prenatal vitamin to balance what you might not be getting in your diet. And stay active. Walking can help.
	"Even 30 minutes most days of the week, which can be broken up into 15-minute chunks or even 10-minute chunks, can make a big difference on decreasing chances of developing diabetes in pregnancy."
	For the Mayo Clinic News Network, I'm

TAG: Dr. Allen says many resources are available on the Mayo Clinic [website, including a week-by-week guide on what to expect during pregnancy.](#)