



4 WEEKS PREGNANT: TIPS TO PREVENT

PREGNANCY LOSS



Avoid lifting heavy objects and intense workouts.

Know the foods to avoid during the initial weeks of pregnancy.



Speak to your doctor about crucial vaccinations.

Consume a well-balanced diet.



Take more naps and rest well.

Take your prenatal vitamins, as suggested by your doctor.



Say no to smoking and alcohol consumption.

Seek medical attention if you experience spotting or bleeding that appears like regular menstruation.



References:

1. Prevention - Miscarriage; NHS
2. Spotting During Pregnancy; American Pregnancy Association