|  |  |
| --- | --- |
| **BMI** | **TOTAL WEIGHT GAINED** |
| <15.5 | 28 TO 40 LBS |
| 18.5-24.9 | 25 TO 35 LBS |
| 25.0-29.9 | 15 TO 25 LBS |
| 30-34.9 | 11 TO 20 LBS |
| >35.0 | <10 LBS |

\*\*Please note: Gaining more than the recommended amount during pregnancy increases the chance of a cesarean section, diabetes and a large baby. Also, it may be difficult to lose the weight when the baby is born, and these excess pounds increase your lifelong health risks.

Pre-Pregnancy

**CONTACT US IF YOU EXPERIENCE ANY OF THE FOLLOWING: AT ANY TIME DURING YOUR PREGNANCY**

* Moderate to heavy vaginal bleeding or passing of tissue
* Any amount of vaginal bleeding accompanied by pain, cramping, fever, or chills
* Time able, regular contractions unrelieved by rest and fluids
* A severe, persistent headache, especially with dizziness, faintness, nausea, vomiting, or visual discomfort
* Moderate or severe pelvic pain
* Pain with fever or bleeding
* Vomiting with pain or fever
* Chills or fever (101 degrees or higher)