

# I'm Pregnant

## Pregnancy Handbook



# Dear, I am Pregnant !



Pregnancy makes every mom- to- be happy and excited. By experiencing the physical changes in body, one can now understand why pregnancy is always full of surprises.

## **First trimester of pregnancy** (1-3 months)

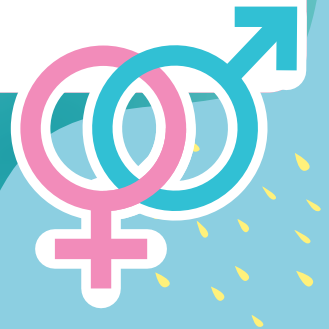
Mom-to-be may start to experience an “impressive belly”, morning sickness, nausea and dizziness. At this stage, she will feel tired easily and mood swing may happen. Therefore, it is advisable to stay relaxed and prevent excessive fatigue.

## **Second trimester of pregnancy** (4-6 months)

Fetal movement can be experienced at this stage, moms-to-be are advised to have balanced, healthy food intake with moderate physical activity to keep body healthy as well as to maintain a good mood.

## **Third trimester of pregnancy** (7 months onward)

The expansion of belly may pressure mom-to-be physically and mentally. Therefore, it is advised for mom-to-be to have enough rest and preserve energy to prepare for labour. Stay relaxed and calm to get ready for a new chapter of life!



# First trimester of pregnancy

1-3 months

Caring Tips for  
Expecting Moms

DID YOU  
KNOW

TIP  
01

To prevent contact with harmful substances, stay away from construction or renovation sites, areas with bad ventilation or smoky places to avoid any potential impact on the development of the nervous system of the fetus.

TIP  
02

Morning sickness is a temporary condition during pregnancy. When the expecting mother should cater to own appetite, by eating small and frequent meals. Priority should be given to foods that are light, with less oil and easy to digest.

Nourishing diet tips to counter nausea and to stay healthy

Physical  
condition

Due to hormonal changes, most expecting mothers will experience mild nausea, vomiting or develop new food cravings or aversions. At this stage, mom-to-be should cultivate a diet with balanced and complete nutrition. The intake of folic acid is very important for developing the fetus' nervous system.

Caring for  
your body &  
baby

During this critical stage, avoid taking heavy and spicy foods, stimulants like coffee, tea or wine as well as food that promotes blood circulation. To counter nausea, reduce meals to smaller portions and supplement your loss of nutrition with nourishing drinks like **soya milk**, **Bird's nest**, **Pure essence chicken** and **Spirulina**, which are rich in protein and nutritious.



# Second trimester of pregnancy

4-6 months

Caring Tips for Expecting Moms

DID YOU KNOW

TIP 01

Expecting mothers need an extra 200 -300 calories per day. They should also take note on the quality of the food consumed.

TIP 02

During pregnancy, weight gain is normal, but it must also be observed to avoid excessive weight gain. During pregnancy, the normal weight gain should be around 500gms per week.

A mixture of the right exercise & vital nourishment to stay resilient

Physical condition

At this stage, the nutritional demands on the body keep increasing as the fetus is rapidly developing, especially the bones. As your growing baby gets heavier, it will add pressure to the spine, causing back pain. During this time, strengthen your body with the correct exercise such as prenatal yoga and maintain a good posture to avoid exacerbating the back ache.

Caring for your body & baby

Your body requires additional nutrition, especially calcium, iron and folic acid. Soy milk, cauliflower, black sesame seeds and nuts are rich in calcium. Seaweed, kelp and meat are rich in iron, while Spirulina and green leafy vegetables are a good source of folic acid. To ensure your body have sufficient nutrients, choose health supplements that are easily absorbed by the body. **Eu Yan Sang Pure Chicken Essence** is simmered in high pressure and medium heat for 8 hours without adding any water. The essence gets broken down into small molecules of amino acids for better absorption, hence it is suitable for pregnant women.





# Third trimester of pregnancy



Caring Tips for  
Expecting Moms

7-9 months

DID YOU  
KNOW

TIP  
01

Bird's nest has good nutritional value and is not heavy. It is suitable as a supplement to nourish the body during pregnancy. It can help to improve skin elasticity and reduce stretch marks.

TIP  
02

During pregnancy, you can do light exercise to reduce flab but do not try strenuous exercise or exercise routines that you are not familiar with.

It's a challenging time. Nourish Qi (energy) & blood to stay strong

Physical  
condition

The growing fetus will progressively add pressure to the heart and spine. As a result, health issues like shortness of breath, leg edema or constipation may occur. Hot flushes may also add to the mounting discomfort. At this stage, the body needs high fiber food and variety of nutrition to stay strong and healthy.

Caring for  
your body &  
baby

During the last trimester of pregnancy, your body's nutritional needs are at its highest! You'll need additional supplements in order to get enough protein, folic acid, iron and calcium. Be sure to take highly nourishing food that promotes Qi and blood, such as bird's nest, American Ginseng, White Fungus, Lily bulb, etc.



# Dietary guide for Expecting Mothers

01

Choose the **nutritious wholegrains/multi-grains** (brown rice, oats, wholemeal bread etc...) whenever possible. Reduce intake of refined carbohydrates such as white rice and flour.

02

Eat **at least 5 portions of different colour of vegetables and fruits** daily to supplement multivitamins and minerals

05

**Reduce intake of oily foods**, stimulating foods, deep fried, spicy foods, caffeinated drinks as well as processed food such as sausage, ham, canned food.

## Suggestions

03

There should be an **adequate intake of quality protein** e.g. bean-based products or lean meat to fulfil the protein requirement of the growing fetus.

04

**Prioritize light and easy-to-digest food** as well as maintain a low sugar, low salt and low fat diet to help prevent gestational diabetes or hypertension



# Simple and delicious snacks for pregnant women

Pregnant women should have small and frequent meals. Therefore, on top of 3 regular meal intake, healthy snacks in between can help to supply energy and nutrients needed. During late pregnancy, some pregnant women may have poor appetite due to the rapid expansion of uterus that cause stomach compression. Here are some snack suggestions to improve the appetite.

## Fiber source, to prevent constipation

### Ingredients

• Cucumber	1pc
• Enoki mushroom	50g
• Beans sprout	30g
• Carrot	1pc
• Capsicum	1pc
• Cabbage	1 slice

### Dressing

• Soy sauce	1tsp
• Black vinegar	½ tsp
• Sugar	½ tsp
• Salt	pinch
• Sesame oil	1tsp
• Black pepper	pinch



Veggie salad

### Preparation method

1. Remove cucumber seeds and cut into slices.
2. Wash capsicum, carrot and cabbage and cut into slices.
3. Blanch Enoki mushroom until cooked and blanch bean sprouts for 10seconds then clean with cold water.
4. Drain all the ingredients, put them in a large bowl, mix well with dressing, then keep in refrigerator for 2 hours and it is ready to eat.



Avocado biscuits

## Essential fatty acids, help in fetal development

### Ingredients

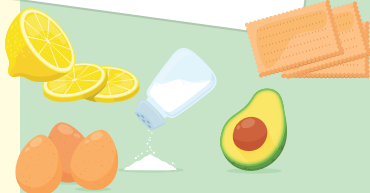
• Avocado	½ pc
• Lemon	1 pc
• Low sodium crackers	5pcs
• Egg	1 pc

### Dressing

• Udo's 3.6.9 oil blend	1 tsp
• Sea salt	pinch
• Black pepper	pinch

### Preparation method

1. Boil egg until fully cooked, remove shell and cut into cubes.
2. Mash avocado into puree, then add in lemon juice and mix well. Set aside.
3. Add in egg and stir well with dressing.
4. Spread on the biscuits and enjoy.



# Recommended products for healthy mom & baby

## Niah Bird's Nest™

During Pregnancy – Nausea and morning sickness may cause pregnant mothers to lose appetite. By consuming bird's nest, pregnant mothers can absorb water-soluble amino acids, glycoproteins, essential minerals and vitamins to improve their well-being to provide nutrients for their baby in womb.

### After Delivery

Continuous consumption of bird's nest will tremendously improve the quality of the mother's milk which will enhance her baby's health and mental development. It is also known to aid womb and stretch marks to recover faster.

Great nutrition  
for pregnant mothers  
& babies



### Pure Goodness for Moms



## Pure Chicken Essence

During pregnancy, protein requirement increases to fulfill the needs of the pregnant mother and placenta, which is essential for the growth of the fetus. Amino acid plays an important role in fetal development. Eu Yan Sang Pure Chicken Essence contain small molecules of amino acids for better absorption; hence it is suitable for pregnant women. Besides that, good sources of protein also help in promoting fetal brain development.

### After Delivery

Continuous consumption of Pure Chicken Essence will nourish the body to prevent weakness after childbirth and improves breast milk quality.

## Spirulina

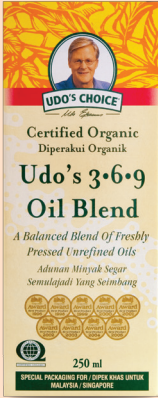
Complete protein: Contains all essential amino acids that are important for cells, organs and system development. It also important for fetal growth and breast milk quality.

Good sources of nutrition: Abundant of multivitamins and minerals including calcium, iron, magnesium, zinc, folic acid, vitamin A and vitamin B group to supplement pregnancy nutrients and assist in blood formation.



Rich in  
Folic acid

Rich in  
essential  
fatty acid



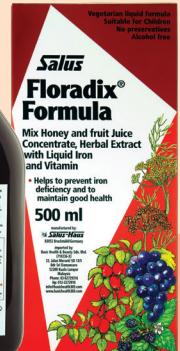
## Udo's 3-6-9 Oil Blend

- Provides good fats (Omega 3, Omega 6 and Omega 9) made from 100% plant-based ingredients.
- 'Essential fatty acids' ALA (Omega 3) & LA (Omega 6) are important for brain and retina development, good fat content of breast milk and as an energy source.
- Free from refining, bleaching and deodorization processes.
- No preservatives and additive added.

Rich in  
iron

## Salus Floradix Formula

- Botanical beverage mix with herbal extracts and fruit juices, high in iron, vitamin B1, B2, B6, B12 and vitamin C.
- Important nutrients for pregnant women to build healthy red blood cells.
- Liquid form of iron is better absorbed compared to tablet/capsule form of iron, thus will reduce these conditions: constipation, black stool, nausea, gastric discomfort etc.
- No preservatives, coloring, and artificial flavoring added.



Rich in  
Calcium &  
Magnesium



## Salus Saludynam

- Botanical beverage mix with roselle flower extract, orange and mango juice.
- High in calcium, magnesium, zinc, vitamin D3.
- Maintaining mummy's bone health and support baby's bone and teeth development.
- Calcium and magnesium also help to relieve muscle cramps (common in pregnant women).
- No preservatives, coloring, and artificial flavoring added.

# Pregnancy Taboo

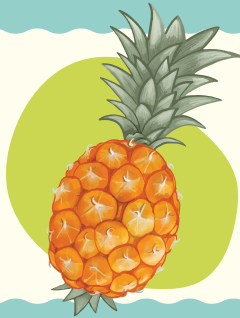
01

Can  
pregnant women  
eat barley?

According to TCM, barley helps to strengthen the spleen, diuresis, and reduce water retention. Barley is categorized as "cooling" food. Due to different physique of pregnant women, those with "hot" physique can consume barley moderately while those with "cold" and weak physique should avoid it.



Pineapple is digested in the stomach and is excreted without passing through the uterus, so it does not have much impact on the pregnancy. Moderate intake can also supplement vitamin C, protease and helps in digestion.



02

Can  
pregnant women  
eat  
pineapple?

03

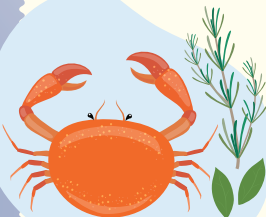
Can  
pregnant women  
eat durian?



Durian is high in calories and sugar, too much of sugar can lead to obesity and high blood sugar, therefore it is advisable to control the intake of durian.

04

Can  
pregnant women  
eat crab?



Crab is categorized as "cooling" food. Excessive eating can cause irregular fetal movement. Besides, Chinese mitten crab (大闸蟹) might causes allergy, therefore is advisable to reduce the intake of crab.

# Know more about pregnancy

## 01

### Is water retention/edema in pregnant women related to too much water intake?

During pregnancy water intake is very important to promote metabolism and prevent urethritis

### What cause water retention/edema ?

Hormonal changes and pressure on the legs that hinder the blood from returning to the lower limbs, causing swelling on the legs.



### How to avoid aggravation of edema/water retention?

- Avoid standing or sitting for a long time.
- Avoid taking food high in sodium especially canned food and pickles.
- Consume food high in potassium to balance the sodium and potassium level in the body.
- Raise your legs with a pillow when you sleep/lying down to promote blood circulation.
- Moderate exercise to improve calf muscles.
- Avoid wearing clothes that is too tight and wear only comfortable shoes to prevent poor blood circulation.



Pregnancy can lead to dental problems including gum disease and tooth decay. This is due to acid reflux caused by changes in diet and morning sickness. Many pregnant women will neglect the important of oral care and leads to the growth of oral plaque.

Improper handling of oral health is likely to cause bacteria to grow and affect your baby's health. Therefore, dental problems should not be ignored during pregnancy and treatment should be done as soon as possible if any problem encountered. The best time to perform dental treatment during pregnancy is during the second trimester, around 4-6 months.

## 02

### Can pregnant women undergo dental treatment?

#### How to maintain oral health during pregnancy?

- Regular oral care and check-up.
- Use a soft toothbrush to avoid bleeding gum.
- Brush your teeth and rinse your mouth regularly.
- Replace your toothbrush regularly (every 3-4 months).
- Avoid excessive intake of high sugar food such as candy, cake, sugary drinks etc.
- Adequate Vitamin C intake to prevent bleeding gum.





Constipation is a very common symptom that many women experience during pregnancy. Constipation during pregnancy is due to increase in the progesterone hormone which results in increase in bowel transit time. The increased water absorption from the intestines causes stool to dry out and lead to constipation. Besides that, increase of vitamin supplementation such as iron and folic acid can further aggravate to constipation.

## 03

### Constipation during pregnancy

Tips to prevent constipation:

- Adequate intake of water and 1 cup of warm water in the morning to stimulate bowel movement.
- Adequate fiber intake such as vegetables, reduce sugary drinks, white rice and fruit with high sugar content.
- Reduce oily food.
- Moderate exercise to promote bowel movement, increase abdominal muscles and promote absorption and digestion.
- Practice daily defecation habit
- Supplement probiotic and sugar- free yogurt to promote intestinal health.

## 04

### Leg cramps during pregnancy!

Cramps is common during pregnancy!



### How to relieve cramps?

- Supplement adequate amount of calcium and magnesium. Pregnant women can also consume fish soup, dairy products to supplement calcium!
- Weight gain during pregnancy will increase pressure on the legs. Therefore, pregnant women should not overwork or stand for a long time.
- Massage your leg muscles or foot soaking in warm water help prevent muscle cramp.
- Keeping warm is very important to prevent muscle cramp.
- Raise your legs with a pillow when you sleep to promote blood circulation.



# Hospital Bag Checklist

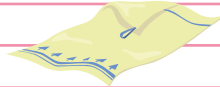
Ideally you need to start packing your hospital bag at 36 or 37 weeks of pregnancy to prepare for the possibility of labour before the expected delivery date. Here's what you'll need to pack for labour:

	Item	✓
For Mummy	Skin care / toiletries / towel	
	Socks / slipper	
	Nursing bra	
	Disposable panties	
	Sanitary pad	
	Nursing pad	
	Waterproof changing mat	
	Nipple cream	
	Comfortable clothes & sarung	
	Phone and charger	
	Thermal flask	
	So Hup Pills	
	Roasted rice tea mix	
	Appointment card & check up booklet	
	IC	
For Baby	Mitten & Booties/ hat	
	Clothes	
	Baby wrap / handkerchief / baby towel	
	Baby diapers	
	Baby wipes	
	Milk bottles	
	Nappy cream	
For Dad	Safety baby car seat	
	Cash /credit card	
	Changing clothes	
	Phone and charger	

For Mummy

For Baby

For Dad



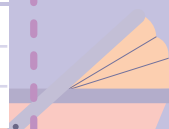
# Newborn essential checklist

New parents may not know what to prepare for newborn baby, here is the checklist for new parents to prepare in advance.



## Checklist

	Item	✓
Clothes	Baby belly binder	
	Baby diapers NB/S size	
	Changing mat	
	Changing clothes (long sleeves, short sleeves)	
	Towel/ handkerchief	
	Mitten & Booties / hat	
	Bib	
Nursing essential	Swaddle blanket	
	Milk bottle	
	Milk bottle brush / bottle sterilizer /bottle cleaning detergent	
	Milk pump &bottle /milk warmer / milk storage bottle/ bag	
	Nursing bag / reusable cold ice gel pack	
Bedding	Nursing pad	
	Baby light blanket / swaddle blanket	
	Baby mattress & fitted sheet	
Bath & Body	Baby cot	
	Baby bathtub	
	Towel/ handkerchief wash clothes	
Baby care	Baby head to toe bath	
	Baby lotion	
	Baby oil	
	Nappy Cream	
	Bo Ying Compound	
Outing essential	An Shen Jun Ging Powder	
	Baby car seat	
	Stroller	
	Baby carrier	



# Signs and symptoms of pre-labour:

## Symptoms:

01

### Your abdomen starts to descend:

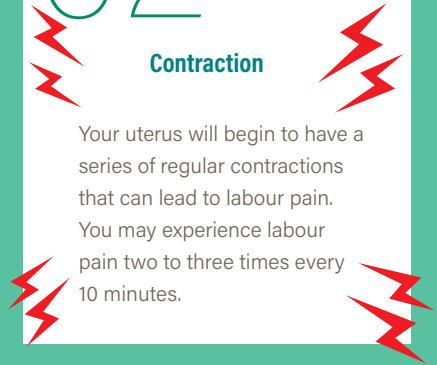
Baby's head will descend into your pelvis, causing your tummy to "drop" when near to birth.



02

### Contraction

Your uterus will begin to have a series of regular contractions that can lead to labour pain. You may experience labour pain two to three times every 10 minutes.



03

### Vaginal bleeding

This refers to a small amount of blood discharge from your vagina. This is the earliest sign of dilation of your cervix.

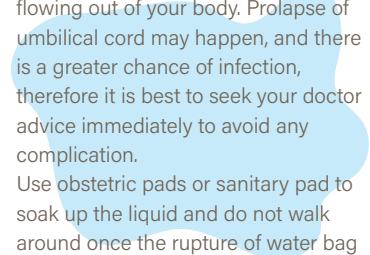


04

### Rupture of water bag

This means that the amniotic sac has ruptured, with clear amniotic fluid flowing out of your body. Prolapse of umbilical cord may happen, and there is a greater chance of infection, therefore it is best to seek your doctor advice immediately to avoid any complication.

Use obstetric pads or sanitary pad to soak up the liquid and do not walk around once the rupture of water bag occurred.



The above symptoms and sequence may vary between individual. If symptoms appear, you should seek for immediate treatment.

# Why is Confinement important?

Confinement - A golden opportunity for women to improve their constitution

Confinement is a convention commonly seen in Asian cultures. It combines postnatal practices with a prescribed health and dietary plan for one month after the mother delivers her baby. The mother is usually advised to avoid hectic activities during the month. During the course of pregnancy, the body and organs of the expecting mother will undergo major changes to accommodate the growth of the fetus and its nutritional needs. After delivery, all these changes will gradually revert to the prenatal stage and this includes

the healing of the perineal wound, contraction of the uterus, normalization of the heart, loosened skin, joints and ligaments. The recovery of these organs' form, location and function would be completed during the puerperium (the 4 week period after childbirth) and the degree of recovery depends on the care taken during the confinement period.

**Traditional confinement dietary is divided into 4 stages.** Each different stage has its own objective and focus on dietary conditioning to cater mother's body changes and stage of recovery. It is important for mother to restore health after delivery.

**1st  
Stage**



## **Clear lochia, dispel wind and coldness**

Eliminate stasis and clotting, clear lochia (the post- delivery vaginal discharge comprising blood, mucus & placental tissue), promote the healing of wound after delivery.

**2nd  
Stage**



## **Tonify Qi & blood, promote breast milk secretion**

Enhance Qi & nourish blood, promote breast milk secretion, and promote uterus recovery after childbirth.

**3rd  
Stage**



## **Strengthen tendons & bones, warm uterus**

Strengthen liver and kidney, promote physical strength, energy and improve recovery of tendon, ligament, bones, lower back and pelvis.

**4th  
Stage**



## **Recovery of stamina, enhance beauty**

The final stage of confinement, focus on the liver & kidney nourishment, improve energy and physical strength, improve Qi and blood, promote recovery of women's skin and elasticity.

Confinement is important for women to recuperate and recover from childbirth, as well as to strengthen body constitution for long term health.

# Why choose Eu Yan Sang Postnatal Care Package?

Combining modern and traditional confinement methods, Eu Yan Sang Postnatal Care Package is developed by TCM Physicians to take care of postpartum mother's health. Confinement can be hassle-free and convenient.

## 5 Keys Product Specification



### Trusted Brand for Generations, Quality Assurance

Market team leader, and gained the support and trust from generations of consumers



### Traditional Wisdom and Modern Health Care

Combining the modern and traditional confinement method, to ensure postpartum mother's health



### Quality Assurance

Stringent selection of non-sulphur treated Chinese herbs, passed quality inspection



### Developed by Professional Chinese Physician

According to the physique of Malaysian women, suitable for natural and caesarian birth



### Confinement Made Easy

According to 4 Golden Stages of Confinement Conditioning as basic, with a given postnatal care timetable, made confinement so easy and worry-free.

# RM100

## Rebate

### 30 Days

### Postnatal Care Package



Member's price

~~RM 1,499~~

**RM 1,399**

MTB Member

#### 30Days Basic Package

30days conditioning essential for confinement, suitable for new mother

No	Product	QTY
1	Sheng Hua Soup	1
2	Zhui Feng So Hup Pills	1
3	Gold Label Bak Foong Pills	1
4	Qi & Blood Nourishing Tea	30
5	Herbal Soup	30

#### 30 Days Extra Nourishing Package

Basic Qi & blood conditioning plus deep nourishing from inner to outer, to restore prenatal body constitution

	No	Product	QTY
BASIC CONDITIONING	1	Sheng Hua Soup	1
	2	Zhui Feng So Hup Pills	1
	3	Gold Label Bak Foong Pills	1
	4	Qi & Blood Nourishing Tea	30
	5	Herbal Soup	30
DEEP NOURISHING	6	Pure Extract of Cordyceps Sinensis Mycelia	1
	7	Pure Chicken Essence	1
	8	Niah bird nest™	1
	9	Herbal bath for Newborn	2
	10	Herbal bath for Postnatal	1
	11	Ginger liqueur	2



Member's price

~~RM 2,199~~

**RM 2,099**

MTB Member

\*For MTB Member only

## 15 Days Basic Package

15 days basic Qi & blood tonification, suitable for home confinement.



No	Product	QTY
1	Sheng Hua Soup	1
2	Zhui Feng So Hup Pills	1
3	Gold Label Bak Foong Pills	1
4	Qi & Blood Nourishing Tea	15
5	Herbal Soup	15



## Confinement Kit

Member's price  
**RM 288**

Ideal gift for postnatal women, suitable for postnatal women who have confinement at confinement centre.



No	Product	QTY
1	Pure Chicken Essence	1
2	Zhui Feng So Hup Pills	1
3	Gold Label Bak Foong Pills	1



**Great Choice for MOMS-To-Be**

Reliable Safe Convenient

**余仁生 坐月子 护航配套**  
Postnatal Care Package

Developed by Professional Chinese physician

### Convenient

