1. Gestation means:
   a. Movement of a fetus
   b. Clear liquid that is discharged during pregnancy
   c. The carrying of an embryo or fetus
2. Women in their 30’s and 40’s can become pregnant but may be at increased risk of:
   a. Diabetes
   b. Getting wrinkles
   c. Hair falling out
3. How many prenatal visits do pregnant women usually have?
   a. 1-3
   b. 10-15
   c. 20 or more
4. What percentage of pregnant woman describe their sleep as restless:
   a. 34%
   b. 68%
   c. 92%
5. Recommended weight gain for a healthy woman during pregnancy is:
   a. 5-10
   b. 25-37
   c. 40-50
6. How much folic acid do you need during pregnancy?
   a. 100 micrograms a day
   b. 300 micrograms a day
   c. 600 micrograms a day
7. How much caffeine is safe for pregnant women to drink?
   a. A woman should not consume any caffeine during pregnancy
   b. less than 200mg daily (about 8 oz of strongly brewed coffee)
   c. Pregnant women can drink the same amount they were before pregnancy
8. There is nothing that can be done about morning sickness.
   a. True
   b. False
9. Smoking during pregnancy can increase the chance of premature labor.
   a. True
   b. False

10. Healthy pregnant women should increase their calorie intake by:
    a. 150-300
    b. 350-450
    c. 500-600

11. Exercise during pregnancy for a healthy woman:
    a. Not suggested
    b. Recommended to remain active for at least 30 minutes a day
    c. Recommended to take up a contact sport like football

12. Some fish contain increased levels of mercury that can be harmful to an unborn baby.
    a. True
    b. False

13. Sex during a normal pregnancy is:
    a. Allowed at any point, following only a few small precautions.
    b. Shouldn’t be engaged in at all.
    c. Any time but the third trimester.

14. Ultrasounds are only preformed if there are complications:
    a. True
    b. False

15. Postpartum “Baby Blues” affects what percentage of new mothers?
    a. 30%
    b. 50%
    c. 80%

16. How much alcohol can you drink during pregnancy?
    a. 1 or 2 drinks a week
    b. No alcohol has been proven safe
    c. Beer is ok anytime because the alcohol content is lower

17. In Northeast Tennessee, rates of pregnancy physical Intimate Partner Violence are almost three times higher than the national average.
    a. True
    b. False
18. Some benefits for breastfeeding a baby are:
   a. Easier time in losing weight after delivery
   b. Higher I.Q.’s for baby
   c. Decreased incidence of SIDS (Sudden Infant Death Syndrome)
   d. All of the above

19. To help prevent stretch marks you can:
   a. Keep your weight gain within the recommended amount
   b. Gain weight slowly
   c. Apply creams, slaves or oils
   d. Both a and b

20. How does a mother’s stress level affect a fetus?
   a. Can cause premature births
   b. Can change a baby’s temperament
   c. Both a and b
Answers

1. C – The carrying of an embryo or fetus. The gestation time of a pregnancy is 40 weeks.
2. A – The risk for diabetes and high blood pressure increase for pregnant women in their 30’s and 40’s.
3. B – Usually women have between 10-15 prenatal visits. About once each month for the first six months of pregnancy, every two weeks for the seventh and eight months of pregnancy and every week in the ninth month of pregnancy.
4. C – Some typical sleep disruption causes are: increased urination, heartburn, vivid dreams and nightmares, active baby, anxiety and worry.
5. B – Advised amount of weight gain are 25 – 37 pounds for a healthy woman, 28 – 48 pounds for an underweight woman, and 15 – 25 pounds for an overweight woman.
6. C - Consume folic acid to reduce the risk of having a baby affected with Spina Bifida, anencephaly, or other neural tube defects (abnormal or incomplete development of the brain and spinal cord. Sources of folic acid include green, leafy vegetables, oranges, bananas, milk, dry beans and peas, grains, and organ meats (such as chicken livers).
7. B - Caffeine is found in coffee, tea, some soft drinks and chocolate and the amount of caffeine in foods and beverages varies widely.
8. False – Some helpful tips to reduce morning sickness are: eating small meals often, avoid foods and smells that increase nausea, exercise, do not lie down after meals, do not skip meals and do not eat spicy food.
9. True - One of the dangerous effects of smoking during pregnancy is that babies are likely to be born premature and if they are born in correct time the baby may be underweight and small.
10. A - A healthy pregnant woman should increase her calorie intake by 150 – 300 calories/day. This amount can be slightly higher with regular exercise.
11. B – Exercise may make pregnancy more comfortable, shorten labor, and reduce the need for obstetric interventions.
12. True – Swordfish, shark, king mackerel, tilefish and fish from lakes and rivers have increase mercury. Pregnant women are advised to avoid these fish.
13. A - Unless your health care provider advises you otherwise, sex during pregnancy is safe for you and the baby.
14. False – An ultrasound is generally performed for all pregnant women at 20 weeks gestation. Ultrasounds can show the sex of the baby, identify fetal abnormalities, confirm number of babies, and determine the baby’s gestational age.
15. C – “Baby Blues” is very common among new mothers. Mild symptoms include feeling sad, crying spells and loss of appetite. Symptoms should end when hormone levels level out.
16. B – Drinking alcohol during pregnancy can cause Fetal Alcohol Syndrome (FAS). Persons with FAS have serious problems with attention, impulse control, judgment, and memory and can be diagnosed with mental retardation.
17. True - The average US pregnancy physical Intimate Partner Violence is 15% and in some areas of Northeast Tennessee the rates are as much as 35%.
18. D – Breastfeeding has many benefits for the baby and mother.
19. D – Gaining no more than the recommended amount of weight and gaining it slowly may help reduce your chances of getting stretch marks. There's no proof that any of the creams, salves, and oils that claim to prevent stretch marks actually work.
20. C – Tips for reducing stress are: exercising, adequate rest, eating healthy, talking to supporters and going to all of your prenatal appointments to get reassurance from medical professional.