



The Centre for Women's Health & Wellness at SRM Global Hospitals is your trusted partner in every step of your journey through pregnancy, childbirth, and motherhood. Our dedicated team of specialists, state-of-the-art facilities, and holistic approach ensure that you receive comprehensive care tailored to your unique needs. We are committed to empowering women with knowledge, care, and confidence as they embrace this transformative journey. Explore our services and join a community that prioritizes your health and well-being.



Reach us



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At SRM Global Hospitals,
your well-being is our priority



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EMERGENCY SERVICES

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Centre for
Women's
Health and Wellness

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**DIET AND
HYGIENE**



EMPOWERING
WOMEN'S Health,
Lives

WHAT IS IT?

Diet and hygiene play an essential role during pregnancy, directly impacting the health of both mother and baby. A well-balanced diet ensures optimal fetal development, while maintaining proper hygiene reduces the risk of infections that could affect pregnancy outcomes. Prioritizing these aspects creates a foundation for a healthy pregnancy and a safe delivery.

WHAT HAPPENS?

- **Nutritional Needs:** Mild, irregular contractions signal the onset of labor. The cervix gradually dilates and effaces (thins) to prepare for delivery. This phase can last several hours or even days.
- **Hygiene Concerns :** The immune system undergoes changes during pregnancy, making mothers more susceptible to infections. Common issues include urinary tract infections (UTIs), oral health problems, and skin irritations.
- **Weight Management :** Gaining the right amount of weight is vital for the baby's growth while reducing the risk of complications such as gestational diabetes or hypertension.

HOW TO DEAL WITH IT & EXPERT GUIDANCE

- **Balanced Diet :** Include a variety of foods, such as whole grains, lean proteins, fruits, and vegetables. Avoid processed foods, raw or undercooked meat, and fish high in mercury. Our hospital's dieticians offer personalized meal plans tailored to your trimester-specific needs.
- **Hydration :** Drink plenty of water to prevent dehydration and support amniotic fluid levels. Limit sugary beverages and caffeine intake.
- **Regular Checkups :** Monitor weight gain and nutritional intake during prenatal visits. Our specialists provide guidance to ensure you meet your dietary and hygiene goals.

• Hygiene Practices :

- Wash hands frequently to prevent infections.
- Maintain oral hygiene by brushing twice daily and visiting a dentist if needed.
- Wear breathable clothing and change undergarments regularly to prevent fungal infections.

SRM Global Hospitals is here to support your dietary and hygiene needs, offering expert advice and resources to keep you and your baby healthy throughout your pregnancy journey.



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