

Low-Risk Pregnancy: What to Expect and How to Prepare for a Safe Delivery

Ana Nikčević*

Department of Nursing, Kingston University, London, UK

Abstract

A low-risk pregnancy is one where the mother and fetus have no significant health issues and the pregnancy is expected to progress without complications. Such pregnancies typically have a good chance of resulting in a healthy delivery of a full-term baby. To maintain a low-risk pregnancy, expectant mothers are advised to maintain a healthy lifestyle, including regular exercise, a balanced diet and sufficient rest. Prenatal care, which involves regular medical checkups with an obstetrician or midwife, is also essential for monitoring the health of the mother and fetus and for detecting any potential complications early on. While low-risk pregnancies are generally considered to be safer and less complicated than high-risk pregnancies, it is still important for expectant mothers to stay vigilant and informed about their health and the health of their baby throughout their pregnancy.

Keywords: Folic acid • Pregnancy • Low birth weight • Preterm delivery

Introduction

Pregnancy is an exciting and transformative time for women. However, it can also be a stressful and uncertain period, especially for those with low-risk pregnancies. A low-risk pregnancy means that there are no medical complications and both the mother and the baby are healthy. In such cases, women can expect a safe and smooth delivery. In this article, we will explore what a low-risk pregnancy entails, what factors contribute to it and what women can expect during this time [1].

Literature Review

What is a low-risk pregnancy?

A low-risk pregnancy is a pregnancy where the mother and the baby are healthy and have no medical conditions that could complicate the pregnancy or delivery. Women with low-risk pregnancies are more likely to have a successful pregnancy and a healthy baby. However, it is important to note that even in low-risk pregnancies, complications can still arise. Therefore, it is crucial to attend regular prenatal checkups to ensure that everything is progressing smoothly.

A low-risk pregnancy is one in which the mother and developing baby are both considered healthy and have a low risk of developing complications during pregnancy, labor and delivery. These pregnancies typically progress smoothly without any major complications and the mother and baby are able to complete a full-term pregnancy without requiring any special medical interventions. Factors that may contribute to a low-risk pregnancy include the mother's overall health and well-being, her age, whether she has any underlying medical conditions and her pregnancy history. Generally, women who are in good health, have a healthy lifestyle and are not at risk for any

medical conditions such as high blood pressure, diabetes, or pre-eclampsia, are more likely to have a low-risk pregnancy [2].

Discussion

During a low-risk pregnancy, prenatal care is still important to ensure that the mother and baby remain healthy throughout the pregnancy. Prenatal care typically includes regular check-ups with a healthcare provider, routine testing and screening and monitoring of the baby's growth and development. Overall, a low-risk pregnancy is a positive and healthy experience for both the mother and baby and with appropriate prenatal care, most women are able to have a successful pregnancy and delivery.

Factors that contribute to a low-risk pregnancy

Several factors can contribute to a low-risk pregnancy, including:

Age: Women under the age of 35 are more likely to have low-risk pregnancies.

Medical history: Women who have a history of healthy pregnancies and deliveries, have no chronic health conditions and do not take medications are more likely to have a low-risk pregnancy.

Lifestyle: A healthy lifestyle, including a balanced diet, regular exercise and avoiding alcohol and tobacco, can contribute to a low-risk pregnancy.

Weight: Women who maintain a healthy weight are more likely to have a low-risk pregnancy.

What to expect during a low-risk pregnancy?

During a low-risk pregnancy, women can expect to attend regular prenatal checkups with their healthcare provider. These checkups will include routine tests, such as blood pressure and urine tests, as well as ultrasounds to monitor the growth and development of the baby. Women may also experience physical and emotional changes during their pregnancy. Some common physical changes include weight gain, fatigue, morning sickness and back pain. Emotional changes can include mood swings, anxiety and stress. It is important for women to discuss any concerns or symptoms with their healthcare provider, as they can provide support and guidance throughout the pregnancy.

Delivery for women with low-risk pregnancies

For women with low-risk pregnancies, delivery is often a natural process. Women may choose to give birth at home, in a birthing center, or in a hospital, depending on their personal preferences and circumstances.

*Address for Correspondence: Ana Nikčević, Department of Nursing, Kingston University, London, UK; E-mail: annikcevic@kingston.ac.uk

Copyright: © 2023 Nikčević A. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 01 February, 2023, Manuscript No. jnc-23-94668; **Editor Assigned:** 03 February, 2023, PreQC No. P-94668; **Reviewed:** 14 February, 2023, QC No. Q-94668; **Revised:** 20 February, 2023, Manuscript No. R-94668; **Published:** 28 February, 2023, DOI: 10.37421/2167-1168.2023.12.580

Healthcare providers will monitor the progress of labor and delivery and if everything progresses normally, no intervention may be necessary. However, if complications arise, healthcare providers can intervene to ensure the safety of both the mother and the baby. Women can choose to have a natural birth or use pain management techniques, such as epidurals, to manage pain during delivery. It is important to discuss these options with a healthcare provider and make a birth plan ahead of time to ensure that the delivery aligns with the mother's preferences and goals [3].

Postpartum care for women with low-risk pregnancies

After delivery, women with low-risk pregnancies can expect to receive postpartum care from their healthcare provider. This care can include monitoring for postpartum complications, such as infections or hemorrhaging, as well as providing support for breastfeeding and adjusting to life with a newborn. Women can also discuss birth control options with their healthcare provider to prevent future pregnancies if desired [4-6].

Conclusion

A low-risk pregnancy can be an exciting and rewarding time for women. With regular prenatal care, women can ensure that they have a healthy pregnancy and delivery. It is important to maintain a healthy lifestyle, attend regular prenatal checkups and discuss any concerns or symptoms with a healthcare provider throughout the pregnancy. By doing so, women can have a safe and successful pregnancy and delivery and welcome a healthy baby into the world.

Acknowledgement

None.

Conflict of Interest

Neither author has any conflicts of interest to declare.

References

1. Marete, Irene, Osayame Ekhuagere, Carla M. Bann and Sherri L. Bucher, et al. "Regional trends in birth weight in low-and middle-income countries 2013–2018." *Reprod Health* 17 (2020): 1-8.
2. Ducker, Gregory S. and Joshua D. Rabinowitz. "One-carbon metabolism in health and disease." *Cell Metab* 25 (2017): 27-42.
3. Sukumar, Nithya, Snorri B. Rafnsson, Ngianga-Bakwin Kandala and Raj Bhopal, et al. "Prevalence of vitamin B-12 insufficiency during pregnancy and its effect on offspring birth weight: a systematic review and meta-analysis." *Am J Clin Nutr* 103 (2016): 1232-1251.
4. Muthayya, S., A.V. Kurpad, C.P. Duggan and R.J. Bosch, et al. "Low maternal vitamin B12 status is associated with intrauterine growth retardation in urban South Indians." *Eur J Clin Nutr* 60 (2006): 791-801.
5. Hogeveen, Marije, Henk J. Blom, Elisabeth H. van der Heijden and Ben A. Semmekrot, et al. "Maternal homocysteine and related B vitamins as risk factors for low birthweight." *Am J Obstet Gynecol* 202 (2010): 572-e1.
6. Lan, Fan-Yun, Chih-Fu Wei, Yu-Tien Hsu and David C. Christiani, et al. "Work-related COVID-19 transmission in six Asian countries/areas: A follow-up study." *PLoS ONE* 15 (2020): e0233588.

How to cite this article: Nikčević, Ana. "Low-Risk Pregnancy: What to Expect and How to Prepare for a Safe Delivery." *J Nurs Care* 12 (2023): 580.