



## **Prenatal Care and Education**

### **Bleeding in Pregnancy**

- If you experience any vaginal bleeding (this includes pink staining and brown discharge) you should call the office as soon as possible, implement pelvic rest: no intercourse, no heavy lifting, and no exercise until cleared by your provider.
- If you are RH negative you may need Rhogam

### **Dietary Limitations**

- Nothing raw, smoked, or undercooked
- Deli meat - heat until steaming
- Seafood - avoid fish high in mercury (shark, swordfish, king mackerel, tilefish)  
Limit Tuna to 6 oz/week  
Salmon is okay  
Shellfish (shrimp, lobster, clams) are okay if fully cooked
- Cheese and dairy products are okay if pasteurized- read labels of imported and soft cheeses
- Caffeine intake- limited caffeine to less than 200mg/day. Citrus, ginger, and peppermint teas are okay. Avoid tea with golden seal, black or blue cohosh, ephedra, dong quai, geverfew, juniper, penny royal, St John's wort, rosemary, or thuja
- Artificial sweeteners- Splenda, and equal are okay. Limit Saccharin or aspartame
- Alcohol - No amount of alcohol has been proven safe in pregnancy
- Avoid unpasteurized juice or cider

### **Exercise**

- Unless you have been told to avoid or limit exercise in pregnancy by your provider the recommendation is to aim for 30 minutes of exercise on most days.  
No Boot camps or Concentrated abdominal workouts
- No lifting greater than 30lbs
- Drinks lots of fluids
- Stop if you become short of breath
- Stop and call if you have cramping or bleeding

- Avoid contact sports, skiing, scuba diving, hot yoga, hot pilates

### **Hair Dye**

- Not recommended in the first trimester
- Highlights are okay at any time

### **Insect repellent**

- Okay to use DEET
- Wear light colored sleeves and avoid areas with high amount of mosquitos

### **Medications**

- Cold symptoms- Robitussin, Delsym, Sudafed, Mucinex, (these are likely safe in small quantities, though limited data exists).  
Call if you have a fever greater than 100.4 degreesF
- Congestion/Allergies- Benadryl, Claritin, or Zyrtec (not "D")
- Headache- Tylenol (no aspirin, ibuprofen or Aleve)
- Diarrhea- Imodium
- Upset Stomach/Heartburn- Mylanta, Tums, Roloids, Pepcid and Gas X
- Constipation- Colace, Metamucil, Citrucel, Senokot, Miralax
- Sore Throat- Cough Drops, Sucrets
- Insomnia-Benadryl, Unisom (doxylamine)
- Hemorrhoids- Anusol, Preparation H, Tucks pads

### **Sunbathing**

- Always use sunblock
- Drink plenty of fluids
- Swimming is okay unless otherwise discussed with the provider (high-risk pregnancy)
- Frequent cooling off in water/pool/ocean
- No tanning beds
- No spray tanning
- No hot tubs

### **Travel**

- Cars- if traveling by car stop frequently to walk, stretch, and empty bladder
- Planes- If planning a trip by plane please discuss with your Provider prior to scheduling and purchasing tickets. Consider travel insurance in case unplanned pregnancy complications come up.

**Midwifery Patients-** will be scheduled with a Physician at 24 weeks of pregnancy and again at 36 weeks of pregnancy for continuity of care.

**Other**

- Piercings and Tattoos are discouraged in pregnancy due to the risk of infection.