

DO'S & DON'TS PREGNANCY

A JustHers Patient Resource from
Academy Women's Healthcare Associates



Do's & Don'ts: First Trimester

Foods: You will hear and read about things you can and can't eat during pregnancy- here is just a short list of considerations:

Caffeine – moderate consumption is okay and total consumption should not exceed 200-300 mg per day (approximately two 8 ounce cups of brewed coffee).

Artificial sweeteners – generally believed to be safe. There is no evidence that Nutrasweet, Splenda, Sweet 'N Low, etc., are dangerous to the fetus.

Fluoride supplementation is not recommended.

Other than the effects on the mother, following a Gluten-free diet does not benefit the fetus.

Several types of fish may contain large quantities of Mercury, which can be harmful in excessive amounts – avoid shark, swordfish and Mackerel. Albacore tuna is safe in moderation. Other fish including canned tuna, shrimp, salmon, catfish, and trout are safe.

Sushi may also contain Mercury therefore the recommendation in general is to eat fewer than 1-2 small portions of Sushi a week.

Avoid unpasteurized milk or soft cheeses, raw or uncooked meat, poultry or shellfish – these foods may contain harmful bacteria such as Listeriosis or Toxoplasmosis.

Deli meat and or hot dogs may also contain Listeria (although very rare) if not prepared well, therefore heat the meat until it is steaming before eating it.

Do's & Don'ts: First Trimester

Medications: No medication is guaranteed to be “absolutely safe” during pregnancy, however, many are used commonly and do no impact the development of your baby.

During the First Trimester, we recommend you don't take any medication without consulting your physician first.

The following over the counter medications are noted to be safe after the first 12 weeks. Please call your physician if you are unsure of what to take, how much to take or if your symptoms don't improve or worsen within 48-72 hours.

- Seasonal Allergies: Zyrtec, Claritin, Benadryl
- Nausea: Vitamin B6, Emetrol, Cola Syrup, Ginger
- Headaches: Extra Strength Tylenol (absolutely no Aspirin, Aleve or Motrin – Ibuprofen)
- Cold (Sore throat, cough and/or congestion): Sudafed, Tylenol Cold, Actifed, Chlor-Trimeton, Dimetapp, Throat Lozenges, Chloraseptic, Robitussin, Robitussin DM
- Gas: Gas X, Mylicon, Immodium (for diarrhea), Simethicone products
- Constipation: Fiber, Colace, Milk of Magnesia
- Heartburn: Pepcid, Zantac, Maalox, Gavison, Mylanta, Tums
- Fever: Extra Strength Tylenol
- Hemorrhoids: Sitz Baths, Preparation H, Tucks or Witch Hazel Pads, Anusol Suppositories, Corticane
- Rashes: Calamine Lotion, 1% Hydrocortizone Cream, Aveeno Baths
- Yeast Infections: Mycelex, Monistat, Gynelotrimin

Do's & Don'ts: Second Trimester

Beauty Treatments:

Coloring your hair - most experts believe there is no risk to the fetus. You don't want to color your hair frequently, however, a few times during the pregnancy is fine. It's probably better to wait until the second and third trimester to minimize any risk during the first trimester and the development of the fetus' organs.

Massage – This can be very helpful and relaxing – especially in the third trimester. It is generally safe and therapeutic but look for a reputable therapist and one who is qualified to perform pregnancy massage. The therapist will have the appropriate table or position you in a safe way on your side.

Nail care – Manicures and pedicures are safe.

Teeth whitening – There are no studies available to support the safety of whitening your teeth. Given there is a higher likelihood of gingivitis during pregnancy, as well as an increase in gum sensitivity and bleeding – it makes sense to wait until after pregnancy to brighten your smile.

Facials – While this can be a relaxing therapy – you should avoid harsh treatments including peels and microdermabrasions as your skin is already more sensitive during pregnancy.

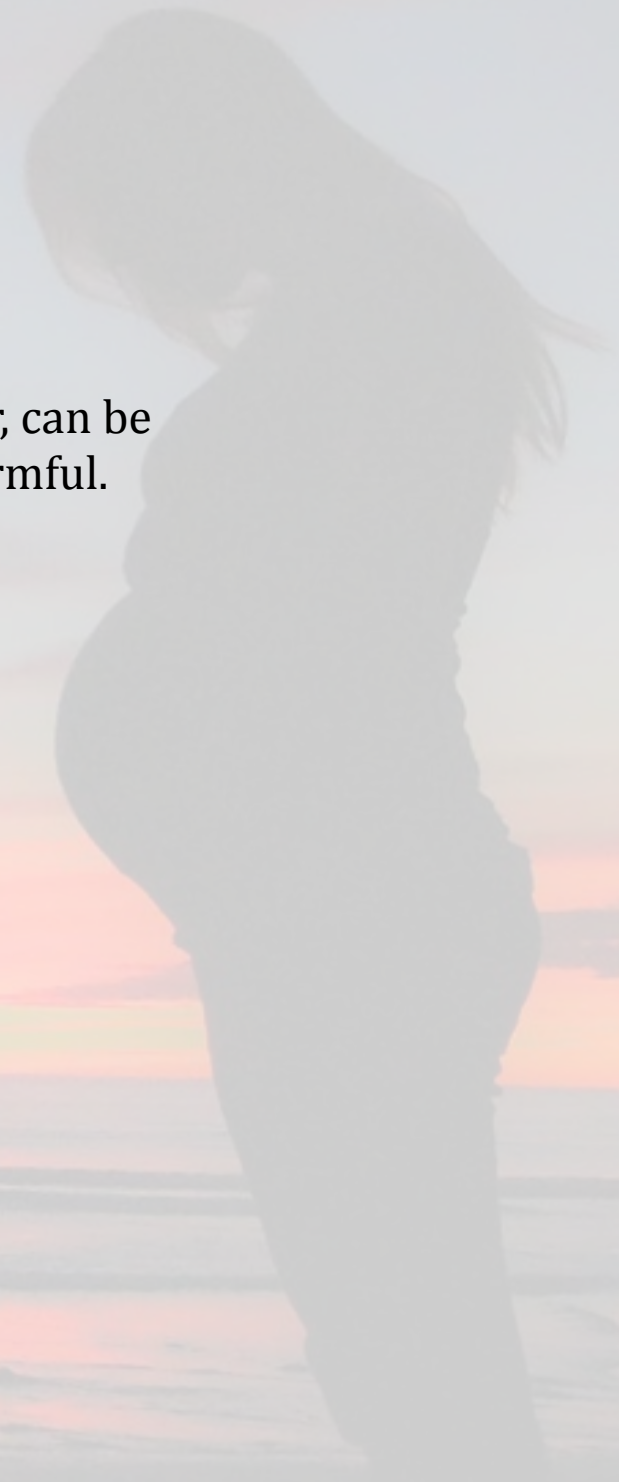
Tanning – Exposing yourself to additional UV can be very harmful in general – but especially during pregnancy. This additional exposure may worsen already discolored areas and the heat is equally as risky to the baby.

Do's & Don'ts: Second Trimester

Hot Tubs – There is ample evidence that sitting in a hot tub, especially in the first trimester, can be linked to birth defects. Most hot tubs are set at higher than 100 degrees and this can be harmful.

You should avoid steam rooms and saunas as well.

A warm bath is safe and soothing - so preferred during pregnancy.



Do's & Don'ts: Second Trimester

Intimacy – Intercourse is safe for you and the baby – as the baby is well protected by the amniotic fluid - and can be pleasurable for both partners. However, this may become more uncomfortable for you – especially in the third trimester.

Most women report an increase in libido during the second trimester – you nausea has improved and your energy level has returned. In addition, you have lots of estrogen contributing to the pregnancy glow.

There are certain conditions during pregnancy that may prohibit intercourse and it may be advisable to avoid sex during the first trimester if you have a history of miscarriages.

No matter which trimester you are in – spotting may occur afterwards – if it is more than that or you have pain after sex, notify your physician.

Lastly, communication with your partner to find positions that are more comfortable is important. Additional lubrication may be necessary and don't be surprised if you have some mild contractions or cramping after orgasm.

Your obstetrician is comfortable answering your questions about this issue, so don't be afraid to ask.

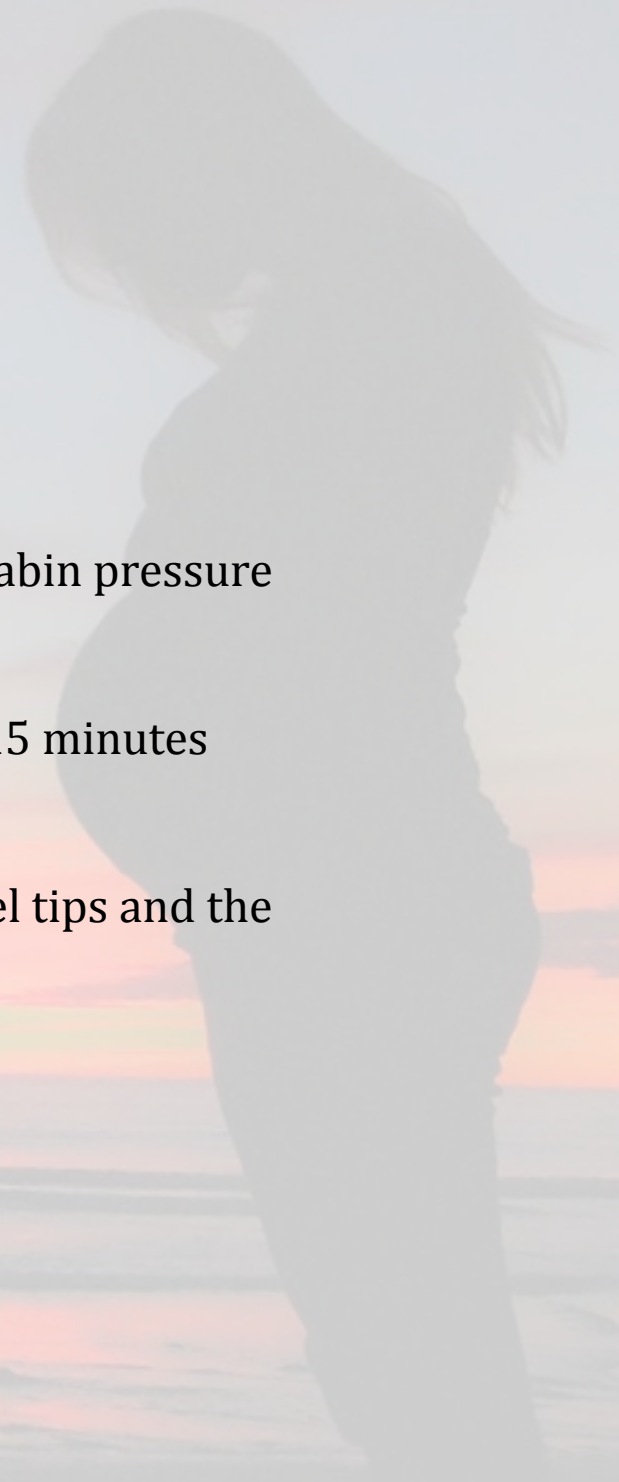
Do's & Don'ts: Third Trimester

Travel: Airlines and Cruise lines will not allow you on board after 36 weeks of pregnancy.

There is not an increased risk of delivering when on a plane due to altitude or a change in cabin pressure – the risk is that you could go into labor at 30,000 feet in an airplane with no medical care.

When traveling during pregnancy – even by car – be sure to stretch your legs and walk for 15 minutes every few hours in order to prevent the formation of blood clots in your legs.

A pregnancy verification letter may be required when traveling, so ask your doctor for travel tips and the letter when needed.





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