

Pregnancy – Frequently Asked Questions

Nausea and Vomiting

Nausea can be a normal symptom in pregnancy. It is often related to the increase in hormones. Most nausea decreases considerably after the first trimester.

Dietary Guidelines:

1. Eat small frequent meals
2. Have crackers or toast next to your bedside to eat before you get up
3. Separate your fluids and food by ½ hr when eating your meal.
4. Low fat foods are easier to digest
5. Eat carbohydrates that are easy to digest
6. Avoid highly seasoned foods
7. Avoid foods that give you gas
8. Eat protein snacks before going to bed
9. Drink water, peppermint tea, ginger tea, Gatorade, 7-Up, and ginger ale
10. Guard against dehydration

General Guidelines:

1. Get plenty of fresh air
2. Remove strong odors from your surroundings.
3. Rise slowly from bed; give yourself a few minutes to adjust
4. Wear non-restrictive clothing
5. Rest

Medications:

Do not take any medications without consulting your doctor or that is not on the list. You can avoid taking your prenatal vitamin if you need to or take 2 Flintstone chewable vitamins. You can try

Vitamin B6 75mg (either 25mg 3 times a day or 75 mg once a day)

Unisom ½ - 1 tablet at bedtime (Tablet not Gel capsule)

Acupressure Bands (Sea bands)

TUMS twice daily

If despite the above suggestions, you are still unable to tolerate foods or liquids, please call.

What kinds of fish do I need to avoid?

All fish should be thoroughly cooked to avoid bacteria that can harm your pregnancy. Any fish high in mercury and should be eliminated from your diet: Shark, swordfish, mackerel. Lower mercury fish is safe to eat in moderation (Tilapia, Salmon, local fish, shellfish). You can have 12 ounces (two to three meals) a week. Canned white tuna has more mercury than canned light tuna. Please limit tuna to no more than one 6 ounce serving per week.

What is Listeria? What cheeses can I eat?

Listeria is a food-borne illness that can be harmful to you and your pregnancy. Do not eat unpasteurized dairy products. Do not eat soft cheeses such as Feta, Camembert, or Blue Cheese unless the label states it has been pasteurized. The same

bacteria can be found in deli prepared salads, deli meats, bologna and hot dogs. Heating foods to a steaming temperature kills the bacteria and makes the food safe to eat.

Caffeine:

Generally 1 to 2 servings of caffeine per day are safe during pregnancy. Do know that caffeine is a dehydrator so consume extra water after having your caffeine.

Artificial Sweeteners:

There are no known problems with NutraSweet or Splenda use in pregnancy.

Travel:

It is safe to travel during pregnancy assuming that you are having no complications. It is recommended to not fly after 32 weeks. If driving in a car or flying for a length of time, please get out and walk around the car/airplane every hour to prevent blood clots.

Sexual Intercourse:

Intercourse is safe during pregnancy unless your doctor tells you otherwise. Expect that you might have a little spotting and/or cramping afterwards. If that continues please call.

Exercise during pregnancy:

We encourage moderate exercise during and after pregnancy. Listen to your body and decrease your type and amount of exercise as needed. If you do not normally exercise, do not start training for a marathon. High contact sports or high risk of falling such as downhill skiing is not recommended after the first trimester. You may snorkel but not scuba dive during your pregnancy.

Dental exams:

It is safe and recommended to have dental cleaning done during your pregnancy. Bleeding gums are normal during pregnancy. Dental x-rays only if necessary. Local anesthetic without epinephrine may be used for fillings.

Hair, Nails and Tanning:

It is safe for you to give or receive hair and nail treatments. Self-tanning lotions are safe during pregnancy.

Painting:

Painting is safe as long as the room is well ventilated. When painting, it is best to use latex based instead of oil based. Do not sleep in a freshly painted room for at least 24 hours.

Vaginal Discharge:

There will be an increase in vaginal discharge during your pregnancy which will get heavier as you get closer to delivering. Vaginal douching is not recommended ever. If you notice burning, itching or an odor please call the office.

Baths and Showers:

It is fine to take a warm bath or shower during the entire pregnancy. It is not safe to use a hot tub, sauna or whirlpool as it is over 100 degrees and will raise your core temperature, which is not good for the baby.

How to schedule childbirth classes and tours?

Call 1 877 752 2737

www.baby.pslmc.com