



PARTNERS IN WOMEN'S HEALTH

Prenatal Guidelines

We hope you will find these prenatal guidelines helpful in supplementing your knowledge about pregnancy during the coming months. However, at times you will need to know specifically what your physician recommends. The following are some common things we know our patients are concerned about.

1. The following should be **AVOIDED** during pregnancy:

Tanning beds
Bicycling/volleyball (after your 3rd month gestation)
Painting with oil based paint
Carnival rides
Extreme sports
Hot tubs with water temperature over 100F
Changing the cat's litter box
Alcoholic beverages
Certain fish high in mercury and toxins (Shark, Swordfish, King Mackerel, Tilefish)
Over the counter medications to avoid:
 Saccharine Ducolax tab Atrohist Ibuprofen Afrin nasal spray
 Aspirin Dimefane Allerhist
 Polyhistine Bromarrest

2. The following can be used in **MODERATION**:

Caffeine (1 drink per day)
NutraSweet (1 diet drink per day)
Fish- can eat up to 12 ounces (2 average servings) a week of a variety of fish and shellfish that is lower in mercury (shrimp, canned tuna, salmon, pollock, and catfish) albacore "white" tuna has more mercury - 6 ounces only per week.

3. The following should be **ACCEPTABLE** during pregnancy:

Allergy shots, TB skin test, Flu shot
Splenda
Dental appointments and x-rays with shielding
Local anesthetic for dental procedures
Travel—air and car travel are okay until 36 weeks. Walk around every 2 hours on long drives or plane rides. After 36 weeks stay within 1 hour of your home or the hospital where you plan to deliver.
Painting with Latex paint is okay with good ventilation
Extermination if windows are kept open 2 hours afterwards

Working at a computer or using a microwave
Permanents or hair coloring, self-tanning lotions OK after first trimester
Low impact exercise and moderate nautilus (keep heart rate below 140)
Electric blankets or heating pad on low setting
Eat meats that are thoroughly cooked, lunchmeats in moderation
Pasteurized cheeses are okay

4. Over the Counter Drugs Recommended for some Common Ailments

Cold- Sudafed, Actifed, Ocean nose drops, Dayquil

Cough- Robitussin syrup or drops- plain, DM or PE

Allergy- Claritin or Benadryl

Headache- Tylenol- regular or extra strength as directed

Skin rash- Cortaid or hydrocortisone cream, benadryl cream

Hemorrhoids- Anusol, Tucks, Preparation H

Constipation- Metamucil, Citrucel, Colace, Benefiber

Minor Burn- Neosporin or Triple antibiotic ointment

Diarrhea- Imodium

Heartburn- Tums, Roloids, Riopan, Mylanta, Zantac

Insomnia- Tylenol PM

If these are ineffective or if you have an accompanying fever, please call our office for further discussion of the problem. 895-1111

5. Fetal Movement

Sometimes mothers are concerned with whether or not they are experiencing normal fetal movement. After 36 weeks there is a natural decrease in activity, but the following shows a normal pattern you can expect:

- At least 4 movements within 1hour period of rest
- At least 4 movements within 6hour period of activity

If you notice a decrease in movement by 50% please call the office for further evaluation.

We hope this has been helpful in answering some common questions you may have during your pregnancy. You may also find the **While Waiting** book you received to be a helpful guide as you pursue your goal of a healthy and happy pregnancy.

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