

Congratulations!

Now that you are pregnant you may have many questions. Your questions and other information will be covered during your first appointment. The father of your baby is encouraged to come for this appointment and for any office visits, if he desires.

Please read the following information, which is important and may answer some of your questions.

- Weight gain is necessary during pregnancy due to certain physiological changes and the weight of your baby. NEVER diet while you are pregnant. Good nutrition is important. Do not skip meals. Eat nourishing mild products (milk, cheese, yogurt, and cottage cheese), protein (eggs, beans, nuts, peanut butter, and all meats), fresh fruits, vegetables and grain products. The FDA is recommending that pregnant women not eat shark, swordfish, king mackerel, tilefish, or fresh tuna due to elevated mercury levels.
- Increase your liquid intake to 8-10 glasses of water, soup and/or fruit juices daily. Decrease junk foods. They provide added calories but little food value. Your baby's chief source of minerals and vitamins necessary for growth and development is the food that you eat.
- Alcoholic beverages, smoking, diet drinks and artificial sweeteners are not recommended. Limit your caffeine to 0-2 sources daily. Caffeine is in tea, coffee, colas, and chocolate.
- Medication should not be taken without checking with your obstetrician. If necessary, you may take Tylenol or Acetaminophen for aches and pain instead of aspirin or ibuprofen. A vitamin will be prescribed for you at your first prenatal visit; however, we would encourage you to take an over-the-counter prenatal vitamin until that visit. It should have 0.4mg to 0.8 mg of Folic Acid and no more than 5,000 units of Vitamin A. You may consult your pharmacist regarding these requirements.
- Activities and exercise usually can be continued in moderation. Any exercise that hurts, hyper-extends your back or strains abdominal muscles, such as sit-ups or double leg lifts, should be omitted. A brisk walk increased to one mile a day and swimming are excellent exercises. Avoid the sauna, steam room, hot tub and tanning beds.
- A nap during the day and an earlier bedtime are suggested if you are tired.
- Sexual intercourse is safe for you and your baby unless you are spotting, you had of water has broken or if causes you pain. Do NOT douche.
- Continue your dental check-ups. Be sure our dentist knows that you are pregnant.
- A rare disease, toxoplasmosis, can be acquired from contact with cat feces or by eating raw meat. Therefore, let someone else clean your cat's litter box and cook meat well. Wash hands thoroughly after handling raw meat.