

## Initial OB Visit Education

### **Foods to avoid during pregnancy:**

- Deep sea water fish
  - Shark, Swordfish, King Mackerel, Tile Fish, Large Tuna, Sushi
- Vegetable Sprouts
  - Alfalfa, clover, radishes
- Raw Eggs
- Raw or undercooked meat, fish, poultry, or shell fish
- Soft Cheeses
  - Feta, Brie, Blue-Veined, Mexican Style
- Unpasteurized food products

\*\* Deli meats, spreads, luncheon and hot dogs are safe to eat if you heat them to steaming.

\*\* Caffeine intake- Limit caffeine intake to under 200mg daily.

### **Exercise in pregnancy:**

- Keep your sustained heart rate below 155 bpm
- No lifting more than 20-30lbs repetitively
- Drink plenty of water
- No contact sports

### **Travel:**

- Long car rides- stop every 45-60 minutes to get out and stretch your legs
- It is okay to fly until 34 weeks gestation, unless otherwise directed by your physician.
  - Get out of your seat at least every 2 hours to stretch your legs and improve blood flow.
  - Bring a copy of your prenatal records with you in case you encounter any complications.
  - To reduce the risk of blood clots while traveling long distances, ask your physician if you should take 1 Baby Aspirin daily 2 days prior and the day of travel.
- Always wear your seat belt!

### **Common Questions:**

- Can I have intercourse?
  - Intercourse is generally safe during pregnancy, unless your physician instructs you not to (ex: "Pelvic Rest"). You may experience light spotting after intercourse due to the prominent blood vessels on your cervix during pregnancy.
- Can I color or perm my hair?
  - Yes. The room should be well ventilated as you may be more sensitive to the smell.
- Can I paint?
  - Yes. Well ventilate the room you are painting (open windows, turn on a fan).

\*\* NO hot tubs, saunas or tanning beds. You can take a warm bath in a regular tub bath.

\*\* Do Not change litter boxes. Cat feces can contain a parasite called Toxoplasmosis which can be harmful to baby.