

Prenatal Do's and Don'ts

Do:

- **DO** get plenty of rest.
- **DO** drink plenty of fluids.
- **DO** eat small frequent meals to help prevent nausea and lightheadedness.
- **DO** take a prenatal vitamin that contains a minimum of 400 mcg of Folic Acid, 1mg of Folic Acid being preferable.
- **DO** know that you can take Tylenol safely. Follow package instructions.
- **DO** avoid alcohol, a safe level of alcohol consumption has not been established.
- **DO** avoid tobacco use and second hand smoke.
- **DO** know that you may have up to two cups of coffee per day. Caffeine use in moderation is safe.
- **DO** see your dentist regularly for cleanings. You may have dental work. Consult your physician or nurse prior to any treatment.
- **DO** continue to exercise, keeping fit is important.
- **DO** get a massage but inform the massage therapist that you are pregnant.
- **DO** notify the office immediately of any vaginal bleeding, cramping, rash, fever higher than 100.4 degrees Fahrenheit.
- **DO** inform all health care providers, physicians, dentists, and pharmacists that you are pregnant prior to treatment.
- **DO** know that you may travel as air travel is permitted in uncomplicated pregnancies until 34 weeks.
- **DO** make sure to wash your hands thoroughly after any contact with human saliva, urine, feces or any other bodily fluids.
- **DO** try to sleep on your side to promote good circulation and avoid dizziness.

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Don't:

- **DON'T** take aspirin, aspirin containing products, or NSAIDS such as Ibuprofen and Naproxen unless advised by your obstetrician.
- **DON'T** stop any prescription medications without discussing it with your physician or nurse.
- **DON'T** begin any prescription medications without discussing it with your physician or nurse.
- **DON'T** eat raw fish, eggs or meat.
- **DON'T** eat unpasteurized cheeses.
- **DON'T** soak in hot tubs or take saunas. Avoid anything that may increase your core body temperature.
- **DON'T** start any new exercise regimen until you speak with your doctor.
- **DON'T** get dehydrated or overheated.
- **DON'T** lie flat on your back after 6 months, left or right side lying is best.
- **DON'T** share eating utensils or cups with anyone, including children (even your own).

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