



## Recommendations for Pregnancy

You should allow yourself plenty of rest. If you can, get a nap mid-day, or at least try to sit down, relax, and put your feet up.

**Exercise** is good for you. It gives you energy, helps prevent constipation, and helps you handle stress. However, there are a few recommendations: you are more prone to accidents, falls, and injuries, so wear good supportive shoes. This is not the time to take up a new sport, but any exercise program you are use to doing is fine to continue. While exercising, do not become short of breath or raise your heartbeat above 140 beats per minute.

In general, you should avoid all drugs including over the counter medications and aspirin. If you are taking medications prescribed by another physician, please call our office and discuss it with a nurse so that potentially harmful drugs can be discontinued or changed as soon as possible. There are a few drugs that are safe to take during pregnancy:

<b>Tylenol</b>	For mild discomforts and headaches
<b>Chlor-Trimeton</b> (plain, with chlorpheniramine maleate as the only active ingredient) or <b>Claritin</b> (plain) or <b>Zyrtec</b> (plain)	Only if necessary - for runny nose, sneezing, itchy eyes and throat
<b>Robitussin</b> (plain or DM)	For cough due to cold
<b>Mylanta/Maalox</b> (antacids)	For indigestion
<b>Lomotil</b>	For diarrhea

You should limit your consumption of **caffeinated drinks**, such as coffee or cola, to no more than one or two cups per day. Large caffeine intake has been linked to birth defects in animals.

**Alcohol** consumption should be avoided during pregnancy. Alcohol can cause birth defects; we do not know levels that are safe. If you have further questions regarding alcohol consumption, please talk with the nurse or doctor at your appointment.



It is safe to have **dental work** during pregnancy such as teeth cleaning and also more extensive work using a local anesthetic. Dental x-rays should be avoided if at all possible. Nitrous oxide (anesthetic gas) may increase your risk of miscarriage. Avoid it if possible.

**Saunas or hot tubs** should be avoided during pregnancy because they can raise your body temperature, which can be harmful to the baby.

Although your hair may not take a **permanent** as well during pregnancy, permanents are not harmful to your baby.

If you work with a **computer terminal**, to date there is no conclusive evidence of any harm to your baby. However, you may notice some increased eye strain.

You should not **douche** during pregnancy because it is possible to introduce air into your circulatory system at this time; in the last months of pregnancy, this could also break your bag of water.

Exposure to **toxic substances** in the environment should be avoided during pregnancy (i.e. insecticides for fumigating an area, paints, gases, and other chemical substances). If it is necessary for a chemical substance to be used where you work or live, you should leave the area for 24 hours. Prior to reentering the area it should be adequately aired out.