

I'm Pregnant... Now what?

-the do's and don'ts of pregnancy-

Do...

- √ Take your daily prenatal vitamin
- √ Stay healthy by eating those nice fruits , veggies, and meats (if not a vegetarian) for that extra energy you'll need! You need to take in more protein. (recommended: 80-100 grams of protein for a singleton pregnancy and 125 grams for twins!!)
- √ Drink **lots** of water – **at least 8** (8oz.) glasses per day. You'll become dehydrated quicker than you realize especially in hot weather!
- √ Exercise regularly – walking and swimming are excellent. Exercises that help strengthen your pelvis and back muscles are also helpful.
- √ Enjoy a relaxing massage or simply treat yourself to a facial or nail treatment. You deserve it!
- √ Have sex – as long as you've been seen by your doctor and everything looks good.
- √ Snack between meals with a piece of fruit or crackers. Eating small meals throughout the day (6-8 small meals instead of 3 large meals) may help with that dreadful nausea.
- √ Travel and enjoy vacationing. Flying is okay- naturally, not close to your due date! Be sure to get up & walk every hour, drink extra water and do not cross your legs while sitting. You may want to take an aisle seat in considering how often you may need to empty your bladder!
- √ Ask your doctor if you are unsure about what medications are safe for pregnancy. Some safe meds include: Cough drops, Claritin, Tylenol, Gas X, Colace, Monistat-7 day, Sudafed, Benadryl, & Tums

Don't...

- √ Skip meals or go on any crash diets
- √ Drink any alcohol or too much caffeine. Try to stay away from *Nutrisweet* soda's, *Splenda* (Diet Rite) is better. Moderation is key.
- √ Eat uncooked or raw meat. Sorry, no real sushi for 9 months! Cold deli sandwiches are not advised due to potential risk of listeria(bacteria). Heating deli sandwiches are safer!
- √ Eat certain fish such as red snapper, shark and tilefish. Some Great Lake fish also have high levels of mercury in them. Having 2-3 servings a week of other healthier fish are good for you and have that extra protein you need! Shellfish (except Oysters) are also okay!!
- √ Expose yourself to toxic chemicals like lead or mercury. Watch out for those crazy hair products- we recommend not dying your roots until at least the second trimester. Highlights should be okay- always check with your hair dresser too!
- √ Change the kitty litter box as there is a harmful organism that sometimes infects the feces of cats
- √ Soak in a hot (over 102°) tub or sauna. Instead, use warm water with some aromatherapies like lavender to help relax you!
- √ Inject or have someone inject you with a live vaccine. Check with your doctor first!
- √ Do too much strenuous activities. Use proper lifting techniques like bending at your knees and using your legs!
- √ Stress out!!! Engage yourself in a calendar of some planned activities that you look forward to and enjoy doing. Soon, parenthood will consume you! Call us with any other questions that may pop up!