

Frequently asked ob questions:

WHAT KINDS OF FISH DO I NEED TO AVOID?

All fish should be thoroughly cooked to avoid bacteria that can harm your pregnancy. Some fish are high in mercury and should be eliminated from your diet: shark, swordfish, mackerel, and tilefish. Lower mercury fish is safe to eat in moderation; eat up to 12 ounces of fish or shellfish per week which is equivalent to two servings. Lower mercury fish include shrimp, canned light tuna, salmon, pollock and catfish. Canned white tuna has more mercury than canned light tuna, therefore if you choose white tuna please limit yourself to one 6 ounce serving per week.

WHAT IS LISTERIA? WHAT CHEESEs CAN I EAT?

Listeria is a food-borne illness that can be harmful to you and your pregnancy. It is rare infection, but you can eliminate certain foods from your diet to reduce your risk of exposure to this bacteria. **Do not eat unpasteurized dairy products.** Do not eat soft cheese such as Feta, queso blanco, Brie, Camembert, or Blue Cheese unless the label states it has been pasteurized or has been made with pasteurized milk. This same bacteria can be found in deli prepared salads (for example pre-made egg salad), deli meats, bologna, and hot dogs. Heating foods to a steaming temperature kills this bacteria and makes the food safe to eat.

CAFFEINE: Generally 1 to 2 servings of caffeine per day are safe during pregnancy. You may choose to switch to decaffeinated products at this time if you wish.

ARTIFICIAL SWEETENERS: There are no known problems with NutraSweet or Splenda use in pregnancy. However, low-sugar naturally flavored foods are ideal.

TRAVEL: It is safe to travel during pregnancy assuming that you are having no complications. If traveling by car please wear your seat belt, periodically stop to stretch, empty your bladder, and hydrate yourself. After 35 weeks our physicians do not recommend traveling long distances since you can deliver at any time. However, if you must travel after 35 weeks, please schedule an appointment to see the doctor before you leave and a copy of your records will be given to you to take along. This, however, does not mean complications could not arise while you are out of town. Most airlines require a letter from your doctor stating that it is safe for you to travel. Please check with the airline for their specific requirements.

EXERCISE DURING PREGNANCY: We encourage moderate exercise during and after pregnancy. If you are an avid exerciser, you can often maintain much of your current routine. Listen to you body, and decrease your level and amount of exercise as needed. If you do not normally exercise, this is not the time to start training for your first triathlon! However, if your in good health, we encourage you to start walking or swimming at least 30 minutes a day, most days of the week. If you are feeling dizzy, exhausted or faint, please stop exercising and rest. Pregnancy yoga is safe and recommended; be sure you have a pillow tucked under your right hip to prevent laying flat on your back. High contact sports, and sports with a high risk of falling, are not recommended. If you have medical problems (heart disease, lung disease, obesity, extreme sedentary lifestyle) or pregnancy complications (history of or high risk for preterm labor, placenta previa, incompetent cervix) please speak to your doctor prior to exercising.

SNOW OR WATER SPORTS: Boating and swimming are fine but we recommend *against* water sports such as water skiing, jet skiing, knee boards, etc. You may snorkel but may not scuba diving during pregnancy. You may alpine/snow ski depending on your level of expertise. If you are a beginner, it is not recommended. If you are intermediate to advanced skier, please do so with extreme caution – watching out for other skiers. We do not recommend skiing after your 18th week. Cross-country skiing and snow-shoeing are safe during pregnancy.

DENTAL EXAMS: It is safe to have dental cleaning done during pregnancy. Bleeding gums may be noticed more at this time. Local anesthetic without epinephrine may be used for fillings. Dental x-rays may

be done *if necessary*, but your abdomen should be shielded with a lead apron. If not necessary, wait until after your pregnancy to have x-rays done.

HAIR, NAILS AND TANNING: It is safe for you to give or receive hair and nail treatments. Self-tanning lotions are also safe to use during pregnancy.

PAINTING: Painting is safe as long as the room is well ventilated. When painting, it is best to use a water-base (rather than an oil-base). If nausea, light-headedness, headache, or dizziness occurs, stop and get some fresh air. Do not sleep in a freshly painted room for at least 24 hours.

VAGINAL DISCHARGE: You may notice an increase in vaginal discharge at this time due to pregnancy hormones. Personal hygiene is usually all that is required. A panty liner may be helpful in absorbing moisture and keeping the area free from irritation. Vaginal douching is not recommended during pregnancy. If itching, burning or odor is noticed, please call our office.

BATHS AND SHOWERS: It is perfectly fine for you to take a warm bath or shower. It is also safe for you to use an electric blanket or heated waterbed. It is not safe for you to use a hot tub, sauna, or whirlpool. All these things raise your core temperature, which is not good for the baby.