

Prenatal Guidelines

We hope that you will find these guidelines helpful. The following are some answers to the most common questions asked by our patients.

The following should be AVOIDED during pregnancy:

Alcoholic beverages
Recreational drugs/ illegal drugs
Smoking / Nicotine patch or gum
Changing cat litter
Extreme sports (any sport where falling is common)
Horseback riding, cycling on open road, volleyball, skiing, sledding
Tanning beds
Painting with oil based paint
Electrolysis
Eating certain Fish high in Toxins- Shark, Swordfish, King Mackerel, Tilefish
Raw sushi
Self tanning lotions
Medications to avoid: Ibuprofen, Aspirin, Naproxen, Afrin nasal spray, Laxatives

The following can be used in MODERATION:

Caffeine (one beverage a day)
NutraSweet (one diet item a day)
Fish- 12 ounces (2 average servings) a week. Includes shellfish

The following should be ACCEPTABLE during pregnancy:

Allergy shots, TB skin test, flu shot
Splenda
Dental appointments, x-rays with lead shield of abdomen
Traveling – air and car travel are ok until 36 weeks. Walk around every 2 hours on long car or plane rides to prevent clots in the legs. After 36 weeks stay within one hour of the hospital.
Painting with Latex/water based paint is ok with good ventilation
Extermination if windows are kept open 2 hours afterward
Using a microwave or computer
Permanents and hair coloring after first trimester
Low impact exercise, cardio equipment and light weights, running ok if normal for you- do not increase distance or intensity while pregnant
Electric blankets or heating pad on LOW setting
Meats that are thoroughly cooked and lunch meats in moderation
Pasteurized cheeses are okay

Over the Counter drugs recommended for some common ailments: If these are ineffective or accompanied by a high fever (over 101F), please call the office for further discussion of the problem.

Cold or congestion- Sudafed, Actifed, Ocean nose drops, Dayquil, Tylenol Cold

Cough- Robitussin syrup or drops- plain, DM or PE

Allergy- Claritin, Benadryl, or Zyrtec

Hemorrhoids- Anusol, Tucks, Preparation H

Skin Rash- hydrocortisone cream, Benadryl cream

Headache- Tylenol- regular or extra strength as directed

Constipation- Metamucil, Benefiber, Citrucel, Colace, (also helpful are increasing fluids, dried fruits, prunes,) May use Milk of Magnesia in small amounts.

Minor Burn- Neosporin, Triple antibiotic ointment, Aloe

Diarrhea- Imodium AD

Heartburn- Tums, Mylanta, Zantac, Pepcid, Maalox

Insomnia- Tylenol PM

Lice- RID

Yeast infection- Monistat

Acne- active ingredients of benzyl peroxide or salicylic acid are okay, proactive ok

Fetal Movement

Sometimes mothers are concerned with whether or not they are experiencing normal fetal movement. Movement starts around 16-22 weeks. At 25 weeks you should feel movement daily. After 36 weeks there is a natural decrease in activity. The following shows a normal pattern you should expect after 25 weeks.

At least 4 movements in a 1 hour period of rest

At least 4 movements in a 6 hour period of activity

If you notice a decrease in movement by 50%, please call for further evaluation.

Signs of Labor

Contractions 5 minutes apart for over 1 hour

Leaking of fluid- large gush or slow trickle that doesn't stop

Severe pain with contractions

Bleeding that is unusual - (light bleeding or spotting is common for 24 hours after intercourse or a cervical exam)

Mucous discharge (the "mucous plug") is a normal finding after 36 weeks and not always a sign of labor.