

## Prenatal Guidelines

We hope that you 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, Naproxen, Afrin nasal spray  
Lifting should be restricted to 25lbs  
Extremes of heat (Hot yoga, Hot tubs)

### **The following can be used in MODERATION:**

Caffeine (one beverage a day)  
NutraSweet (one 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 and T-dap  
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