



Gaia Obstetrics & Gynecology
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General Pregnancy Guidelines

Exercise in Pregnancy

Generally, 20 to 30 minutes of moderate intensity exercises is permissible. Any exercise must be individually tailored to your specific capabilities and the natural changes occurring within your body as the pregnancy progresses. It is recommended to consult with your obstetrician regarding the start or continuation of any exercise program. For further details, please refer to the "Exercise During Pregnancy" information sheet.

Travel in Pregnancy

Air travel is often a concern of patients who are newly pregnant and planning to travel. The risk of complications- such as miscarriage, tubal pregnancy, effects of ovarian hyperstimulation- occurring in any pregnancy while away from your physicians/medical care should be weighed against the need to travel. Generally, occasional air travel early in pregnancy is acceptable, but should be discussed with your obstetrician.

The preferred time to travel is usually between 14 to 28 weeks of pregnancy as this tends to be the timeframe in which fewer problems arise. Foreign travel can be challenging due to the risk of mosquito-borne illnesses, food-borne illnesses, the need for immunizations, alone with fatigue and stress, which often accompany traveling across time zones. Prior to travel, it is a good idea to locate the nearest health care facility in the event that you have an emergency. You should also be aware of possible travel restrictions due to risk of infection such as Zika virus or toxins following a disaster. With any form of travel, it is recommended to drink plenty of fluids, wear loose fitting clothes, and walk and stretch at regular intervals.

Nausea in Pregnancy

Nausea in early pregnancy is common and may occur at any time during the day. Treating nausea and vomiting earlier rather than later is recommended. As the pregnancy progresses, controlling symptoms may be more difficult if not treated when the nausea and vomiting started. Non-prescription methods generally may be attempted at first. We recommend small and frequent meals (every 1-2 hours). Avoidance of fatty, spicy, and excessive dairy foods may be helpful. If you find that your prenatal vitamin is **contributing** to your nausea, try taking your vitamin with food or at another time of day, such as prior to bed. Bland foods containing starches and foods higher in protein are recommended. Stay hydrated with fluids even if you have difficulty with solid foods. Sucking on ice may be more palatable when nauseated. Additionally, natural ginger or ginger capsules can be effective for nausea: 250 mg capsule three times a day after meals and one capsule prior to bed. In the event that non-prescription methods do not help, medications may then be warranted.



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Hot Tubs/ Pool

Hot Tubs are not recommended during pregnancy in general. Sauna and steam baths should only be used with moderation. If you do use saunas or steam baths, you should stay well hydrated with balanced fluids. Swimming pools are typically maintained below normal body temperature. The use does not appear to be associated with any birth defects or adverse outcomes.

Insect Repellants

Topical insect repellants can be used in pregnancy.

Sexual Intercourse

Sexual intercourse and orgasm are not associated with an increased risk of pregnancy complications or preterm birth. For women with vaginal bleeding or ruptured membranes, it is unknown whether sexual intercourse increases the risk of bleeding or infection. Any type of placenta previa, please ask your provider before resuming sexual activities.

Herbs During Pregnancy

Do not use herbs or herbal supplements unless approved by your physician. Many herbs contain the same chemicals or hormones as prescription medications. In addition, their purity and potency are usually unregulated and often are not known.

Kombucha

Kombucha is a fermented tea that has been increasing in popularity due to its claimed health benefits. Due to the variable methods in production of the tea and the potential for variable alcohol content, it is recommended to avoid this beverage.

Dietary and Nutritional Supplements

The FDA regulates dietary supplements; however, supplement regulations are not as stringent as they are for prescription and over the counter drugs. Any dietary supplement you desire to take should be discussed with your obstetrician prior to consumption.

Prenatal Vitamins

Pregnant women should consume the following each day:

- Folic Acid
- Iron
- Vitamin D
- Calcium

Over the counter prenatal vitamin will suffice. Speak to your provider about getting a prescription and to ensure everything you need is in your current vitamin.

Hair Dyes

Most of the studies of hair dye exposure in pregnancy evaluate outcomes in cosmetologist as compared to the general public. Data on safety for specific chemicals are limited, but for an individual pregnant woman, exposure to hair dye results in minimal systemic absorption, so they are presumed to be safe in pregnancy.

Marijuana

Whether being used recreationally or medicinally, marijuana use is discouraged pre-pregnancy and during pregnancy. Primary concerns regarding its use included impaired development of the fetus' neurological system and maternal and fetal exposure to the adverse effects of smoking. Please discuss any medical marijuana usage with your OB provider.

Dental Care, Procedures and Dental X-Rays

Pregnancy is a time of many physical changes, including in the oral cavity. Pregnancy changes include pregnancy gingivitis, dental caries, tooth erosion, tooth mobility, and periodontitis. Due to these potential changes, routine dental care is recommended during pregnancy. Dental procedures and x-rays are not contraindicated with appropriate thyroid and abdominal shielding. Lidocaine or other local anesthetics used for dental procedures are safe as well. Local anesthetics with epinephrine should be avoided. Staff can provide a dental letter for acceptable services as well.

Other X-Ray and Imaging Studies

You should always inform the physician ordering the test and the radiologist performing your procedure that you are pregnant before any imaging study is performed. The medical need for such testing, such as an injury, generally will far outweigh any potential risks. X-Ray studies of the body, including arms, legs, and chest, are considered safe in early pregnancy with abdominal and thyroid shielding. MRI (magnetic resonance imaging) and ultrasound techniques are safe in pregnancy. Prior to the use of CT (computed tomography) and use of the associated contrast during pregnancy, a discussion should be had with the physician regarding the risks and benefits of the procedure. Nuclear Medicine Imaging may be acceptable in pregnancy depending on the type of isotope used.

Genetic Testing in Pregnancy

We will typically offer certain tests that can help determine if your pregnancy is at risk for having a chromosomal abnormality regardless of your age.

There are several screening tests, most of which are offered in the first trimester starting around the 10th week of pregnancy and are non-invasive. They typically include the First Trimester Screening and the cell-free DNA screening, also known as the Non-Invasive Prenatal Testing.

Non-Invasive Prenatal Testing (NIPT) is usually performed any time after 10 weeks, although it can be done as early as 9 weeks in some cases. During pregnancy, some of the DNA from the fetus crosses into the mother's bloodstream. NIPT uses the maternal blood to look at this DNA to see if there is evidence of certain conditions that could affect the baby's health. NIPT has the ability to evaluate for Trisomy 13, 18, 21, Down Syndrome and X and Y (the sex chromosome).



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Exercise During Pregnancy

There are many benefits to exercise in pregnancy. Generally, 20 to 30 minutes of moderate intensity exercise is permissible. Any exercise must be individually tailored to your specific capabilities and the natural changes occurring within your body as the pregnancy progresses. It is recommended to consult with your obstetrician regarding the start or continuation of any exercise program.

General Recommendations

Please consult with your obstetrician regarding the start or continuation of any exercise program.

- Exercise for 20-30 minutes of moderate intensity per day. You should still be able to talk clearly with a slight rise in heart rate and sweating.
- For those who do not currently exercise, initiating a routine with low impact aerobic activity (i.e. walking, swimming, pregnancy tailored yoga or Pilates) is advisable.
- Stay hydrated! This is extremely important to avoid becoming overheated. It is also advisable to avoid or limit high heat and high humidity environments.
- Listen to your body. If an activity doesn't feel good or right to you, STOP it.

Benefits of Exercises While Pregnant

- Improvement/maintenance of physical fitness.
- Decreased risk of gestational diabetes.
- Decreased risk of cesarean and operative vaginal delivery.
- Decreased post-partum recovery time.
- Can lower glucose levels in women with gestational diabetes.

Stop Exercise with Any of These Symptoms

This list acts as a guide and is not comprehensive. Listen to your body.

- Bleeding or leaking fluid from the vagina
- Difficulty breathing
- Feeling dizzy or lightheaded
- Pain in the chest
- Headache
- Muscle weakness/difficulties with balance

Exercises to Avoid

- Activities where there is a risk of getting hit and/or kicked/contacted by another person
- Activities with a high risk of falling
- Heavy lifting
- Hot yoga/Hot Pilates



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Pregnancy Anti-Nausea Diet and Lifestyle

Your body's metabolism increases tremendously during pregnancy and burns calories faster. Rapid changes to your blood sugar levels can make you nauseated, irritable, fatigued, and may contribute to headaches. Eating a combination of sugar and protein will help keep your blood sugar stable.

Two Main Goals

1. Do not go more than 4 hours without eating
2. Eat a combination of sugar and protein each time you have a meal or snack

Examples of Protein and Sugar Combinations

- Peanut butter and crackers
- A slice of cheese with an apple
- Dry roasted nuts and 7-UP
- Ice cream
- Cottage cheese with sliced peaches and pears

Additional Recommendations

- Eat small amounts frequently, including first thing in the morning, as well as a bedtime snack.
- Avoid greasy, spicy, fried or oily foods including butter and margarine. Use jam, jelly or honey instead.
- Avoid all sodas except Sprite, ginger ale or 7-UP. Other sodas contain phosphoric acid which can make you queasy.
- Sleep in a room with good ventilation
- Do not let anyone smoke in the bedroom and preferably not in the house.
- Avoid cooking of the odors bother you.

If You Are Nauseated in the Morning

- Place dry crackers at your bedside when you get your bedtime snack. Do not choose a cracker that leaves a buttery stain or greasy mark on a napkin. (ex, Ritz, Waverly Wafers, Captains Crackers) Instead, choose pretzel sticks, Melba toast saltines or soda crackers.
- When you first wake up, do not get out of bed right away for any reason. Turn over slowly and eat your crackers. After a few minutes, sit on the side of the bed and let your legs dangle. Then get up slowly.
- Take your prenatal vitamin with your bedtime snack.

Non-Medication Options

- Sea-bands: wristbands that apply pressure on an acupressure point.
- Sour candy- sour Jolly Ranchers or Peggie pop drops
- Ginger chews or candy

Medication Options

There are medication options available to manage nausea during pregnancy. Your physician may recommend that medication to manage your symptoms



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Foods to Avoid

Raw Meats- All must be cooked thoroughly

Deli Meats, Hot Dogs- Must be heated to 165 degrees

Fish, Shellfish- Larger fish such as shark, swordfish or King Mackerel
Raw or uncooked fish or seafood.
Sushi made with raw or undercooked fish, seafood eggs or mayo

Eggs- Raw eggs, raw cookie dough

Milk, Cheese- Unpasteurized milk, soft cheeses unless heated to 165 degrees

Fruits, Veggies- Unwashed, store-bought fresh squeezed juice, raw sprouts, papaya

Caffeine- No more than 1-2 cups per day

Alcohol- NONE! High alcohol intake in pregnancy has been associated with fetal malformations and developmental delays.

Safe Medications To Take during pregnancy

Allergy

- Diphenhydramine (Benadryl)
- Loratadine (Claritin)
- Cetirizine (Zyrtec)

Cold and Flu

- Diphenhydramine (Benadryl)
 - Dextromethorphan (Robitussin)
 - Guaifenesin (Mucinex **Plain**)
 - Vicks Vapor Rub
 - Mentholated, non-mentholated
 - Lidocaine Cough Drops
 - Saline nasal drops or spray
 - Warm salt/water gargle
 - **DO NOT USE NYQUIL, DAYQUIL OR SUDAFED!**

Diarrhea

- Loperamide (Imodium)
- **BLOOD OR MUCUS-
SEEK MEDICAL ATTENTION
IMMEDIATELY**

Constipation

- Methylcellulose fiber (Citrucel)
- Docusate (colace)
- Psyllium (fiberall, Metamucil)
- Polyethylene Glycol (miralax)
- Fresh veggies, chia seeds, water

Low Back Pain

- Capascin
- Lidocaine patches

Headache

- Please call and speak with your provider

Heartburn

- Famotidine
- Aluminum hydroxide/magnesium Carbonate (Mylanta)
- Calcium carbonate (Titrilac, Tums)

Hemorrhoids

- Phenylephrine/mineral
- Oil/petroleum (preparation H)
- Witch hazel (tucks pads or ointment)

Nausea/vomiting

- Ginger

Rashes

- Diphenhydramine cream (Benadryl)
- Oatmeal bath (Aveeno)
- Petroleum jelly, Eucerin

Sleep

- Diphenhydramine (Unisom)
Sleep gels, Benadryl)

Vaccinations

- Tetanus, diptheria and pertussis (tdap, once per pregnancy recommended)
- Inactivated influenza