

FIRST TRIMESTER OB EDUCATION HANDOUT

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1. PRENATAL VITAMIN:

- FOLIC ACID 600-800 mcg (0.6-08 mg) daily to prevent neuro tube defects eg: spina bifida

2. EXERCISE:

- try to walk every 1-2 hours daily to prevent blood clots from forming.
- exercise is beneficial, helps maintain healthy weight. ok to continue your pre-pregnancy exercise regimen.
- If you begin spotting or cramping when exercise, please let me know and your obstetrician know.

3. DENTAL HYGIENE:

- Impt to continue to see your dentist and maintain good dental hygiene. Let your dentist know you are pregnant, and try to delay x-rays until baby is delivered, unless there is a serious need.

4. SLEEP:

- after 20 weeks pregnant, rec side-sleeping, as prolonged back sleeping may decrease blood flow to the baby. Left side allows for best blood flow.

5. INTERCOURSE:

- generally, no restrictions during pregnancy.
- if spotting occurs, abstain from intercourse until bleeding has stopped and until you speak with me and your obstetrician.

6. DIET:

- always wash hands prior to meals.
- consume only meats, fish, and poultry (including eggs) that are fully cooked.
- avoid deli meats, hot dogs, and smoked seafood. You may eat them if cooked well, until they steam to destroy bacteria, eg: listeria.
- avoid unpasteurized dairy products and fruit/vegetable juices.
- thoroughly rinse fresh fruits and vegetables under running water (at least one minute) before eating.
- avoid eating raw sprouts, eg: alfalfa, clover, radish, etc. bacteria can be harboring here and is nearly impossible to wash out.

7. TRAVEL:

- generally safe to travel by car or plan up prior to 36 weeks. Check with your obstetrician.

8. THINGS TO AVOID:

- emptying litter boxes.
- prolonged exposure to high temperatures, eg: hot tubs, saunas.
- being around chemicals.

9. FOLLOW UP:

- pt should schedule with a local ObGyn who will manage her prenatal care and deliver her baby.
- please ask provider to send me OV notes and test results via **FAX: 216-946-5932**.
- please sched FU appt with me after 20-wk US, so I can answer any questions or
- pt is aware that **progesterone must be stopped at 37 weeks**, as continuing further may delay her natural delivery.