

## **GENERAL PREGNANCY EDUCATION FOR MY PROGESTERONE MONITORING PATIENTS:**

### **1. PRENATAL VITAMIN:**

- FOLIC ACID 600-800 mcg (0.6-08 mg) daily to prevent neuro tube defects eg: spina bifida
- Vitamin A is a fat-soluble vitamin that can be harmful to the development of the baby if taken in excess.

### **2. EXERCISE:**

- Pregnancy, in itself, is a "hypercoagulable state" (which means the risk of making clots increases just by being pregnant, though most women never do make clots).
- You can offset the risk of forming clots, which most often form in lower legs, walking every day, for about 30 min to one hour.
- Exercise is beneficial, as it helps maintain healthy weight. It is always ok to continue your pre-pregnancy exercise regimen.
- If you begin spotting or cramping when exercise, let your obstetrician know.

### **3. DENTAL HYGIENE:**

- 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, left side-sleeping is recommended to keep the blood vessels wide open to allow the most effective blood flow to your baby.

### **5. INTERCOURSE:**

- Generally, there are no restrictions during pregnancy.
- if spotting occurs, abstain from intercourse until you speak with 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. Avoid unpasteurized dairy products and fruit/vegetable juices.
- Thoroughly rinse fresh fruits and vegetables under running water (at least one minute). Avoid eating raw sprouts, eg: alfalfa, clover, radish, etc. Bacteria can be harboring here and is impossible to wash out.

### **7. TRAVEL:**

- Travel is 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:**

- it is helpful if you ask your ObGyn to share any lab and imaging results with me.
- Let me know if you would like me to send my notes to him/her.
- Progesterone supplementation is always stopped as soon as your body produces normal levels.
- The latest progesterone supplementation is stopped is 37 wks gestation.