

GENERAL 'DO'S AND DON'TS DURING PREGNANCY

THINGS TO *DO* DURING PREGNANCY

- Get dental x-rays and mammograms if indicated. The risk to the fetus is exceptionally low whereas the risk to you of not getting proper medical/dental care can be great.
- Get routine prenatal care; come to your scheduled appointments!
- Rest more! Sleep an extra hour every night. Try to alternate activities with breaks.
- Get regular exercise! Stop and rest if you get winded, nauseated, or start contracting or bleeding. Avoid contact sports or sports in which you may fall on your belly (including skiing and snowboarding).
- Take care of your teeth. Brush, floss, and see your dentist regularly for check-ups.
- Sex: Continue making love if it is comfortable. It is okay to be creative about positions. Your provider may discourage sex only if certain complications arise, such as preterm labor or placenta previa.
- Get educated about pregnancy, labor and delivery, breastfeeding, infant and child care, and parenting.
- Eat a healthy diet. Learn about good nutrition for you and for your new family.
- Drink plenty of water. It's easy to get dehydrated here in Colorado. We recommend approximately 1.5 liters (about 6-7 cups, or 3 water bottles) of water daily.

THINGS TO *AVOID* DURING PREGNANCY

- Avoid medications including herbal supplements and over-the-counter medications unless prescribed by your doctor.
- Avoid toxic fumes and chemicals. What affects your body can also affect your developing baby. Ask your physician about concerns you have with environmental exposures.
- Avoid excessive exercise, heavy lifting, or unusual activities without discussing this with your provider.
- *Avoid alcohol in any form.* Alcohol crosses the placenta and can cause birth defects and low birth weight.
- *Avoid tobacco in any form.* Smoking (even second hand smoke) can contribute to miscarriage, low birth weight, premature delivery, and respiratory problems for your child later in life. Families who smoke in the house increase the risk of SIDS in your baby. Please have everyone who smokes refrain from smoking anywhere you or your children may be.
- Avoid douching. Douching is not necessary at any time in life and can promote infections.
- *Avoid all illegal drugs and marijuana.* They may cause birth defects, learning and behavior problems, or fetal death.
- Avoid raw meat and fish, uncooked or undercooked eggs or soft, runny cheeses. They may carry microorganisms that can be harmful to your pregnancy.
- Avoid cat feces. It may contain a serious infection which can affect your baby.
- Avoid large, deep sea fish such as swordfish, tilefish, albacore tuna, and shark as they can have high mercury levels. If you do enjoy seafood, ask your provider for more information about how to avoid high mercury level fish.
- Limit caffeinated beverages and sugary drinks as much as possible. An occasional caffeinated drink (one cup of coffee a day) is safe.