



## Congratulations on your new baby!!!

At Premier OB/GYN we want to help to make sure your pregnancy is a safe and successful one. In your prenatal packet we have included this fact sheet complete with answers to questions about medications, exercise and other helpful hints to help you and your baby stay healthy! Please read thoroughly and do not hesitate to call our triage office if you have any questions concerning you and your new little bundle of joy!

Sincerely,  
Premier OB/GYN  
Doctors and Staff  
Triage (713) 464-2100

### Eating Right When Pregnant...

Good nutrition during pregnancy, and enough of it, is very important for your baby to grow and develop. You should consume about 300 more calories per day than you did before you became pregnant.

Although nausea and vomiting during the first few months of pregnancy can make this difficult, try to eat a well balanced diet and take prenatal vitamins. Here are some recommendations to keep you and your baby healthy.

- Eat a variety of foods to get all the nutrients you need. Recommended daily servings include 6-11 servings of breads and grains, two to four servings of fruit, four or more servings of vegetables, four servings of dairy products, and three servings of protein sources (meat, poultry, fish, eggs, or nuts). Use fats and sweets sparingly.
- Choose foods high in fiber that are enriched such as whole-grain breads, cereals, pasta, rice, fruits, and vegetables.
- Make sure you are getting enough vitamins and minerals in your daily diet while pregnant.
- Choose at least one good source of folic acid everyday, like dark green leafy vegetables, veal, and legumes (lima beans, black beans, black-eyed peas and chickpeas).
- Choose at least one source (carrots, pumpkins, sweet potatoes, spinach, water squash, turnip greens, beet greens, apricots, and cantaloupe) of vitamin A every other day.
- Avoid raw meats.

### What to Eat When Pregnant and Don't Feel Well...

*Morning Sickness*-Eat crackers, cereal, or pretzels before getting out of bed; eat small frequent meals throughout the day, avoid fatty, fried, and greasy foods.

*Constipation*-Eat more fresh fruit and vegetables. Also drink 6-8 glasses of water a day, fiber in diet.

*Diarrhea*-Eat more foods that contain pectin and gums (two types of dietary fiber) to help absorb excess water. (Bananas, white rice, oatmeal, and refined wheat bread).

*Heartburn*-Eat small frequent meals throughout the day; try drinking milk before eating; and limit caffeinated foods and beverages.

### Can I Diet during Pregnancy?

NO. Do not diet or try to lose weight during pregnancy-both you and your baby need the proper nutrients in order to be healthy. Keep in mind that you will lose some weight the first week your baby is born.

### **Can I Eat a “Low Carb” Diet when Pregnant?**

Low carbohydrate diets, such as Atkins and the South Beach Diet, are very popular. There have been no studies of the effects of a low carb diet on pregnancy, so its effects on the fetus, if any, are unknown.

### **Can I Maintain My Vegetarian Diet When Pregnant?**

Just because you are pregnant does not mean you have to diverge from your vegetarian diet. Your baby can receive all the nutrition he or she needs to grow and develop while you follow a vegetarian diet if you make sure you eat a wide variety of healthy foods that provide enough protein and calories for you and your baby.

### **How Can I Get Enough Calcium If I Am Lactose Intolerant?**

If you are lactose intolerant, you can still receive the calcium you need. Here are some suggestions:

Eat non-dairy calcium sources including greens, broccoli, sardines, and tofu.

Use Lactaid Milk fortified with calcium.

Also, try taking Tums-they are 90% Calcium.

### **Food Cravings during Pregnancy...**

Food cravings during pregnancy are normal. If you develop a sudden urge for a certain food, go ahead and indulge your craving if it provides energy or an essential nutrient. During pregnancy, your taste for certain foods may change. You may suddenly dislike foods you were fond of before you became pregnant. In addition, during pregnancy, some women feel strong urges to eat non-food items such as ice, laundry starch, dirt, clay, chalk, ashes, or paint chips. This is called *pica*, and it may be associated with an iron deficiency such as anemia. DO NOT give in to these non-food cravings; contact your doctor if you have these non-food cravings.



### **Beauty Treatments**

#### *Artificial nails*

Your nails grow faster when you are pregnant, so you may get by without them. They are ok, but avoid fumes as this may make you nauseous.

#### *Bikini Wax*

Pregnant women sometimes do find hair in the most unwanted places, not just the bikini area. Wax is preferable to chemical depilatories.

#### *Hair Dye and Perms*

There are no data supporting harmful effects of hair dye, the smells, however, can cause nausea.

#### *Left Side for Sleeping*

Propping everything into a comfy position on your side, preferably left, after the fourth month minimizes pressure on your uterus and intestines and speeds up nutrients to the baby. If you wake up in a different position, such as your back, flop over and start again. Lying on your back puts too much pressure on the vena cava.



#### *Exercise and Hot Tubs*

It is probably best not to overheat when pregnant. Avoid steam baths, hot tubs, and saunas. If you never exercised, you should not start when pregnant. If you do exercise, this is *not* the time to increase your workout. Try to keep your heart rate less than 140.

#### *Cats and Changing the Litter Box*

Cats can carry a disease called *toxoplasmosis* that can harm a fetus. Your vet can test for it, but better still follow simple advice from the CDC. Have dad change the box and frequently because it is only after 1 to 5 days in the litter box the toxoplasmosis becomes infectious. Also, do not feed raw meat to your cat or get a new cat during pregnancy.

#### *Using the Computer*

It is ok. Go to [Webmd.com](http://Webmd.com), [PremierOBGYN.net](http://PremierOBGYN.net), or [PamperingMom.com](http://PamperingMom.com)

### *Lawn Work*

This is ok, but avoid working in beds due to risk of toxoplasmosis.

### **Bringing on Labor**

#### *Castor Oil*

Some people advise a dose of the old-time remedy to kick-start labor, but this tastes terrible, and may cause diarrhea. There is no evidence it will start labor.

#### *Walking*

It passes the time and is OK if your doctor advises it. Again, there is no evidence it will bring on labor.

### **Caffeine and Pregnancy**

Caffeine is a stimulant found in many foods, beverages and some medications. Most experts agree that small amounts of caffeine (equal to about one to two 8-ounce cups of coffee a day) appear safe during pregnancy. The safety of larger amounts is controversial. Some studies suggest that high caffeine intake (equal to about 3 or more cups of coffee a day) may increase the risk of *miscarriage* and of having a *low-birth weight* baby (less than 5 ½ lbs). Therefore, for most individuals, it is better to cut caffeine out of their daily diet.

### **Exercise during Pregnancy**

Maintaining a regular exercise routine throughout your pregnancy can help you stay healthy and feel your best. There is evidence that physical activity may prevent gestational diabetes (diabetes that develops during pregnancy), relieve stress, and build more stamina needed for labor and delivery.

If you were physically active before your pregnancy, you should be able to continue your activity in moderation. Do not try to exercise at your former level; instead, do what is most comfortable for you now. Low impact aerobics are encouraged versus high impact. Do not let your heart rate exceed 140 beats per minute. Walking is considered safe to initiate when pregnant.

The pregnant competitive athlete should be closely followed by an obstetrician.

The American College of Obstetrics and gynecology recommends 30 minutes or more of moderate exercise per day on most if not all days of the week, unless you have a medical or pregnancy complication.

### **What Exercises Should Be *Avoided* During Pregnancy?**

- Holding your breath during any activity
- Activities where falling is likely (such as skiing and horseback riding, etc.)
- Contact sports such as softball, football, basketball, and volleyball, etc.
- Any exercise that may cause even mild abdominal trauma such as activities that include jarring motions or rapid changes in direction
- Activities that require extensive jumping, hopping, skipping, bouncing, or running
- Deep knee bends, full sit-ups, double leg raises, and straight-leg toe touches.
- Bouncing while stretching
- Exercises that require lying on your back or right side for more than three minutes (especially after your third month of pregnancy)
- Waist-twisting movements while standing
- Heavy exercise sports followed by long periods of no activity
- Exercise in hot, humid weather.

### **Here are some basic exercise guidelines for pregnant women:**

- Wear loose fitting, comfortable clothes as well as good support bra.
- Choose shoes that are designed for the type of exercise you do. Proper shoes are your best protection against injury.
- Exercise on flat, level surface to prevent injury.



- Consume enough calories to meet the needs of your pregnancy (300 more calories per day than before you were pregnant) as well as your exercise program.
- Finish eating at least one hour before exercising.
- Drink water before, during, and after your workout
- After doing floor exercise, get up slowly and gradually to prevent dizziness.

\*Never exercise to the point of exhaustion. If you cannot talk normally while exercising, you are probably over-exerting yourself and should slow down your activity.

### Who should NOT exercise?

If you have a medical problem, such as asthma, heart disease, or diabetes, exercise may not be advisable. Exercise may also be harmful if you have a pregnancy-related condition such as:

- Bleeding or spotting
- Low placenta
- Threatened or recurrent miscarriage
- Previous premature births or history of early labor
- Weak cervix

\*Talk with your doctor before beginning an exercise program. We want you to have a safe and healthy pregnancy!

### Taking Medicine during Pregnancy

While some medications are considered safe to take during pregnancy, the effects of other medications on your unborn baby are unknown. Therefore, it is very important to pay special attention to medications you take while you are pregnant, especially during the first trimester, a crucial time of development for your baby.



The following medications and home remedies have no known harmful effects during pregnancy when taken according to the package directions. If you want to know about the safety of any other medications not listed here, please contact your health care provider.

Condition	Safe Medications to Take During Pregnancy*
<i>Allergy</i>	Benadryl, Allegra, Claritin, Zyrtec
<i>Cold and Flu</i>	Tylenol (acetaminophen) or Tylenol Cold Warm salt/water gargle Saline nasal drops or spray Sudafed, Actifed, Dristan, Neosynephrine* Robitussin DM, Trind-DM, Vicks Cough Syrup, Romilar, Halls* Dayquil/Nyquil *Do not take %SA+ (sustained action) forms of these drugs or the %Multi-Symptom+forms of these drugs.
<i>Constipation</i>	Metamucil                      Dulcolax (suppository & by mouth) Citrucil                         Gas-X Fiberall/Fibercon Colace Milk of Magnesia Senekot Miralax
<i>Diarrhea</i>	*For 24 hours, only after 12 weeks of pregnancy: Kaopectate Immodium Parepectolin
<i>First Aid Ointment</i>	Bacitracin Neosporin

<i>Headache</i>	Tylenol (acetaminophen)
<i>Heartburn</i>	Maalox Mylanta Tums Riopan Titralac Gaviscon Pepcid Prevacid Gas-X
<i>Hemorroides</i>	Preparation H Anusol Tucks Witch hazle
<i>Nausea and Vomiting</i>	Vitamin B6 100mg tablet Emetrol (if not diabetic) Emetrex Sea bands Ginger-smell or ingest Cinnamon hard candy Peppermint hard candy
<i>Rashes</i>	Hydrocortisone cream or ointment Caladryl lotion or cream Benadryl cream Oatmeal bath (Aveeno)
<i>Yeast Infection</i>	Monistat or Terazol

\*Please Note: No drug can be considered 100% safe to use during pregnancy.

### **Ultrasound and Ultrascreens**

Ultrasounds are done as indicated by the clinical picture. Your insurance company will pay for some ultrasounds, usually after pre-certification. In the first trimester at 12 to 13 weeks a test called an Ultrascreen, or First Screen can be done to aid in the detection of genetic disorders such as Down's syndrome. In the second trimester between 17 and 22 weeks, an ultrasound is done to survey the anatomy of the baby, uterus, ovaries and placenta. Westside Ultrasound offers patients of Premier OBGYN a gender only+ultrasound at 16 weeks for \$75.00. They also offer at 26 to 34 weeks a 3-D ultrasound for \$100.00 which includes a DVD, and black and white photos.

### **Breastfeeding Basics**

While you may be feeling more than a bit exhausted after labor and delivery, experts say it is best to begin breastfeeding your baby within 30 minutes after birth, if possible. The American Academy of Pediatrics advises placing the baby in direct skin-to-skin contact with the mother immediately after birth to encourage breastfeeding right away. Why? Here are four key reasons:

1. Babies are born with very little immunity- so they need the antibodies present in your milk to gain key protection from disease. And the sooner that protection can begin, the better off your baby will be.
2. Experts at the American College of Obstetricians and Gynecologists, point out that the yellow, watery premilk (called colostrums) produced during the first few days of feeding is packed full of protective nutrients. It can also help develop your baby's digestive system. This helps your baby avoid gas and cramping later on.
3. Feeding your baby shortly after birth will help keep the baby's blood sugar level stable.
4. Babies who feed at the mother's breast soon after birth generally have an easier time adapting to the latching-on process when regular feedings begin.

Remember the choice is yours whether to breast feed or not. Learn more by asking your physician on the best option for you and your baby.

**Sex and Pregnancy** It is ok unless, Pre-term labor, placenta previa, spotting, cerclage, or other reasons your doctor says not to.



Suggested reading material:

A Miracle In The Making  
in consultation with Robert D. Auerbach, M.D., F.A.C.O.G.

A couple of things to remember from Premier OB/GYN:  
We want to help you in every way that we can.  
You are never on your own. Doctors and staff are here to help 24/7.  
Have questions? Call Premier at (713) 464-2100 and talk to a nurse or triage.

Congratulations!

*Premier*   
OB/GYN of West Houston, L.L.P.

18300 Katy Freeway, Ste. 315  
Houston, TX 77094