

EXERCISE

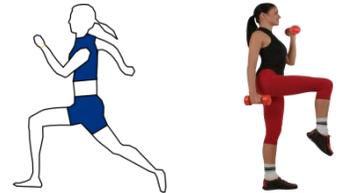
If you have been exercising—that's great, Continue! If you haven't been exercising, start SLOWLY, try walking for 10 minutes five times per week. Gradually increase to 40 minutes per day.

GUIDELINES:

- Exercise is **important and recommended**, unless your health care provider has advised against it.
- If you find yourself out of breath, decrease the intensity.
- You sweat more during pregnancy, so be sure to drink plenty of fluids
- Work longer, not harder. Forty minutes of walking at a moderate pace is better than 10 minutes of fast walking if you're out of breath
- After your 5th month, avoid exercising on your back as it decreases blood flow to you and your baby.
- Avoid any exercise that could cause you to fall. As your baby grows, your center of gravity changes.

RECOMMENDED:

- Walking, Cycling, Yoga, Hiking, Swimming, Low-impact aerobics



NOT RECOMMENDED:

- Horseback riding, Rock climbing, Downhill Skiing, Scuba diving

TRAVEL

Travel by car, bus, or airplane is generally safe for healthy pregnant women. Always consult your provider before any extended travel.

GUIDELINES

- Wear your seat belt
- Bring a pillow for long journeys
- Drink lots of fluids, avoid caffeine
- Pack nutritious snacks and water
- Request an aisle seat
- Bring a pair of loose fitting shoes in case your feet swell
- Plan to get up, use the bathroom, and walk around every 2 hours
- Each airline has different rules about how late in pregnancy a woman can fly but usually limiting to around 32-34 weeks



SEX

Sex is safe in pregnancy and does not harm the baby. It's normal to have:

More Interest in sex – More blood flow to the Pelvic area and larger, firmer breasts may enhance your interest and enjoyment.

Less interest in sex – Tender breasts, nausea, fear, and fatigue may make sex out of the question for a while.

Mixed feelings and thoughts about sex – It is normal to think and feel differently about sex now. Open communication is important for your relationship.

DO NOT HAVE SEX IF YOU HAVE:

- Vaginal or abdominal pain
- Blood or fluid leaking from your vagina
- Are being observed for threats of pre-term labor
- Been advised against it by your provider



NAUSEA

Some women feel a bit queasy in early pregnancy. The rapid increase in hormones causes nausea (morning sickness). It may occur any time, day or night, mornings or evenings, lasting minutes, hours or all day. This is draining, yet usually improves by the second trimester.

What You Can Do?:

- Eat dry crackers before getting out of bed, wait 5-10 minutes, then get up slowly
- Eat small amounts of food frequently throughout the day. Try a bite or two every half-hour.
- DO NOT eat large meals on an empty stomach.
- Try taking your prenatal vitamin before bed.

Try these to settle your stomach:

- Ginger cookies, ginger ale, or ginger tablets or lollipops
- Cut-up fruit, such as watermelon or cantaloupe
- Flavored popsicles
- Mix equal parts of water and juice: Try 1 tsp every 5 minutes until you can take larger sips.
- Melba toast, dry bagel, dry toast
- Sea bands may help



THINGS TO AVOID IN PREGNANCY:

WHAT TO STOP?:

SMOKING, ALCOHOL, RECREATIONAL DRUGS: All of these increase the risk of miscarriage, bleeding, smaller babies, premature babies, developmental delays, and other serious complications. Once you know that you're pregnant, it is best to stop them COMPLETELY. Talk to your health care provider if you need help.



WHAT TO AVOID?:

Fish that may contain mercury or other contaminants—Shark, swordfish, king mackerel, and tilefish are all high in mercury. Other fish such as striped bass, bluefish, salmon, and fish from local rivers and lakes may contain high levels of PCB's and other industrial pollutants. Limit all fish, including canned tuna, to less than 12oz each week. Shellfish, if cooked properly, is not considered harmful.

Non-aspirin pain medications: (Motrin, Ibuprofen, Aleve, Advil)—These may cause bleeding or complications for the baby. [Tylenol \(Acetaminophen\) is generally considered safe.](#)

Cat Litter and Soil—These may contain toxoplasmosis, a harmful parasite. Your cat is safe, but the poop may not be. Do not change cat litter while pregnant. When gardening, wear rubber or leather gloves and wash fruits and vegetables well.

Hot tubs and saunas – If you are sweating, it's too hot for the baby. Otherwise warm baths are very soothing.

Herbs—Many can be harmful to the baby or start labor. This is a partial list: black/blue cohosh, buckthorn, cascara, ephedra, feverfew, mandrake, mugwort, senna, tansy, and yarrow. If you have any questions, please contact your provider.

Foods that may contain bacteria or parasites—For example, E-coli, listeria, salmonella, and toxoplasmosis may be found in the following list of foods. All of these may cause serious food poisoning or illness in pregnant women and children under 5.

- [Unpasteurized juice](#)
- [Raw meat, raw fish, and raw shellfish](#)—Sashimi, ceviche, raw oysters, and carpaccio.
- [Soft cheeses](#)—Brie, feta, blue, goat, camembert, gorgonzola, and Mexican soft cheeses.
- [Some deli meats](#)—Salami, liverwurst, and hot dogs maybe contaminated. Hot dogs should be well cooked.

WHAT TO LIMIT?:

Caffeine—It's best to limit to 2 servings or less each day.

Artificial sweeteners—Not enough is known about their effects. Occasional use is considered safe.