



### **Early Guide to Pregnancy**

As you are in the early stages of pregnancy, we want you to feel supported prior to establishing care at your OB/GYN. We will ensure that you are seen and taken care of during this time. Below is key information for you to know as you embark on **your path to parenthood**.

### **Prenatal Vitamins**

Pregnant women should consume the following through diet or supplements:

- **Folic acid:** 400-800 micrograms or .4-.8 mg
- **Iron:** 30 mg
- **Vitamin D:** 600 international units
- **Calcium:** 1,000 mg

There is no know ideal formulation for a prenatal vitamin. Taking a prenatal vitamin is important for both mom and baby, so be sure to incorporate this into your daily routine!

### **Nutrition**

Pregnant women should be advised to eat a healthy, well-balanced diet and typically should increase their caloric intake by a small amount per day (increase by 350-450 calories a day). Women with higher pre-pregnancy BMI's do not need to gain the same amount of weight as women with normal or low BMI's.



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South Jersey  
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# *Early Pregnancy Guide*

### Medications

Pregnant women should avoid Ibuprofen (Advil, Motrin) and Naproxen (Aleve, Naprosyn).

Safe medications during pregnancy can include:

- **Headache:** Tylenol
- **Cough:** Robitussin, Benylin, Guaifenesin, Mucinex, cough drops
- **Heartburn:** Tums, Rolaids, Mylanta, Maalox, Mylicon, Pepcid, Zantac
- **Constipation:** Milk of Magnesia, Surfak, Colace, Konsyl, Metamucil, Fibercon, Miralax
- **Diarrhea:** Kaopectate, Imodium AD
- **Allergies:** Zyrtec, Claritin, Benadryl, Chlortrimeton
- **Nausea:** Emetrol, Vitamin B6 (25 mg 3-4 times per day alone or with ½ a Unisom tablet)

### Artificial Sweetener

Artificial sweeteners can be used in pregnancy. Data regarding saccharin are conflicting. Typically, low consumption is likely safe.

### Caffeine

Low or moderate caffeine intake in pregnancy does not appear to be associated with any adverse outcomes. Higher doses (>300 mg) can increase risk of miscarriage. Pregnant women may have caffeine but should limit to less than 300 mg a day (for reference, a typical 8 ounce cup of coffee has 130 mg of caffeine. An 8 ounce cup of tea or 12 ounce soda has approximately 50 mg of caffeine), but exact amounts vary.

### Fish Consumption

Pregnant women should try to consume two to three servings per week of fish with a high DHA and low mercury content. Pregnant women should not eat shark, swordfish, king mackerel or tilefish. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock and catfish. For women who do not achieve this, it is unknown whether DHA and n-3 PUFA supplementation are beneficially, but are likely unharmed. Avoid undercooked fish. However, sushi that was prepared in a clean and reputable establishment is unlikely to pose risk to the pregnancy.

### Other Foods to Avoid

Avoid raw or undercooked meat and unpasteurized dairy products, any food that is being recalled for Listeria contamination. Avoid soft cheeses like feta, brie or camembert and refrigerated pates or meat spreads. Unheated deli meats or hot dogs could also potentially increase the risk of Listeria, but the risk in recent years is uncertain.

### Smoking, Nicotine, and Vaping

Women should not smoke cigarettes during pregnancy. If they are unable to quit completely, they should reduce smoking as much as possible. Nicotine replacement (patches or gum) is appropriate as part of a smoking cessation strategy.

### Marijuana

Marijuana is not recommended in pregnancy.

### Alcohol

Alcohol should be avoided in pregnancy.

### Household Chemicals

Avoid products such as paint, stain, herbicides, pesticides, and some strong cleaning products. If you must use these products, use gloves and a mask.

### Pet Care

Do not clean or change your cat's litter box. This has the potential to put you at risk for an infection called Toxoplasmosis which is a parasite that cats can carry in their feces.

### Exercise and Bedrest

Pregnant women are encouraged to regularly exercise. There is no known benefit to activity restriction or bedrest for pregnant women.

### Avoiding Injury

Pregnant women should wear a lap and shoulder seat belt while in a motor vehicle and should not disable airbags.

### Oral Health

Oral health and dental procedures can continue as scheduled during the pregnancy. Abdominal or pelvic shields should be used when dental x-rays are being performed. Local anesthesia (Novocain) can be used during pregnancy.

### Insect Repellents

Topical insect repellents (including DEET) can be used in pregnancy and should be used in areas with high risk for insect-borne illnesses.

### Hair Dye

Although data is limited, because systematic absorption is minimal, hair dye is presumed to be safe in pregnancy. It is recommended to avoid hair dye in the first trimester and to be sure that you are in a well-ventilated area.

### Travel

Airline travel is safe during pregnancy. Pregnant women should be familiar with the infection exposures and available medical care for their specific destination. There is no exact gestational age at which women must stop travel. Each pregnant woman must balance the benefit of the trip with the potential of a complication at her destination. Pregnant women should avoid traveling to Zika infested areas. You can check the CDC's website for an update of potentially dangerous areas.

### Sexual Intercourse

Sexual intercourse is not harmful during pregnancy. Pregnant women without bleeding, placenta previa at greater than 20 weeks of gestation, or ruptured membranes should not have restrictions regarding sexual intercourse.

### Sleeping

It is unknown at what gestational age pregnant women should be advised to sleep on their side.

### Mental Health

While there are many considerations you need to take while pregnant, be sure to also take care of your mind and body. If you are experiencing any anxiety, depression, or difficulty sleeping, consider seeking mental health support during this life-changing time. Our partners at Linqcare can provide virtual therapy from a licensed counselor. **Call (484) 229-4545 to schedule today.**

### Additional Information

For other tips, restrictions, and recommendations during pregnancy, please visit:

[sjfert.com/pregnancy-resources](https://www.sjfert.com/pregnancy-resources)