



empowher

Frequently Asked Questions

Reasons to notify us

Fever over 100.4
Mild vaginal bleeding unrelated to coitus or a vaginal exam
Sudden increase in vaginal discharge
Burning with urination

Reasons to go to the ER (<20 weeks) or L&D (>20 weeks) - Hendrick North

Motor vehicle accidents
Absent or seriously reduced fetal movement
Unusual symptoms that concern you
Fall on your abdomen
Heavy vaginal bleeding
Severe persistent abdominal pain
Rupture of amniotic membranes
Contractions every 10 minutes that are painful and increasing in intensity for over an hour if you are <36 weeks
Contractions every 3-5 minutes that are painful and increasing in intensity for over an hour if you are >36 weeks.
Chest pain
Blood pressures ranging >160 systolic or >110 diastolic, or >140 systolic and/or >90 diastolic with a severe headache, abdominal pain or persistent visual changes

Things to avoid

Hot tubs or saunas (warm baths or showers are okay)
Tobacco (vapes, e-cigs, illegal drugs)
Alcohol, illicit substances
Contact sports
Recreational events at risk for abdominal trauma or falls (skiing)
Climbing ladders

Tubal Ligation after delivery

If this is something you are interested in discussing, please let us know as some insurances require a consent in advance. If you are having a cesarean birth, we may perform this at time of delivery. If you are having a vaginal birth, this procedure would either be completed after delivery or around 6 weeks postpartum. This will depend on anesthesia and labor and delivery's availability.

Travel

If you are having an uncomplicated pregnancy, you may travel by car, plane, air or boat until 36 weeks. However, we would recommend against traveling to a third-world country as your and your baby's health care may be substandard in the event of an emergency. This is not an absolute, but we would like to be able to have this discussion with you. If you will be traveling for an extended period of time (more than 2 hours), please be sure you stay hydrated and wear compression socks. We also want to prevent you from developing blood clots in your legs, so if traveling by car be sure to stop about every 1-2 hours and stretch your legs. If you are flying, get up and walk the aisle every 1-2 hours. Please notify us if you plan to air travel after 28 weeks. Please wear your seatbelt at all times. The lap belt goes under your belly and against your hips as your belly increases in size and shape.

Diet

We encourage you to eat a well-balanced healthy diet and limit the amount of simple carbs, sugar & processed food you eat. Real foods including protein and vegetables should be a regular part of your diet. Avoid excessive sweets and empty calories, and be sure you are drinking plenty of water. In general, a pregnant woman should consume approximately 2500 calories a day. Recommended weight gain during pregnancy is 20-30 pounds, however this will vary based on your pre-pregnancy weight. Tip: try not to drink your calories. Watch sugary drinks and even fruit juices.

Specific foods

The FDA has recommended you limit your fish and shellfish consumption to 12oz. weekly. Tilefish, Mackerel, Shark, and Swordfish should be avoided completely during pregnancy. While eating meat, ensure that any beef, chicken, pork, or any others are cooked thoroughly. Also avoid eating foods that could be contaminated with Listeria - such as soft cheeses (brie), processed lunch meats such as salami (should be piping hot if eating) or even sprouts.

Vitamins

We recommend that you take a prenatal vitamin with DHA daily during your pregnancy. If you choose to take an over the counter vitamin, make sure it is at least 800 mcg of folic acid. We also recommend an additional supplement of choline 450 mg or more. You should take at least 1200 mg of calcium daily which can be a combination of your diet and your vitamin.

Medications

Try to limit any non essential medications in pregnancy. However, don't punish yourself for being pregnant as well!

Motrin/Ibuprofen should be *avoided* in pregnancy

For pain- we recommend Tylenol (up to 1000 mg every 6 hours)

For allergies/colds- you may take Benadryl, Tylenol cold. After the 1st trimester you can add Allegra, Claritin, Zyrtec, Sudafed (plain), Mucinex, Flonase, Robitussin DM, Menthol cough drops, Vapor rub (small amounts), Chloroseptic spray, Cepacol lozenges

For heartburn- Pepcid, Maalox, Mylanta, Tums

For hemorrhoids- Preparation H, Anusol Cream, Tucks pads

For constipation- Colace, Dulcolax, Milk of Magnesia, Citrucel, Unifiber, Benefiber

For diarrhea- Imodium, Loperamide

For sleep- Unisom

For vaginal itching/yeast infection- Monistat 7

For scrapes/cuts- Polysporin, triple antibiotic ointment

Exercise

Exercise (at least 30 minutes daily) is recommended for most pregnant women. Studies have shown that women who exercise regularly during pregnancy have a higher vaginal delivery rate with smaller babies thus reducing a traumatic birth for mom or baby. Even if you do not exercise now, beginning a light program will be beneficial. You may safely do up to 1 hour of high intensity training if you are conditioned. If you are not, this is a time to start slow! Walking, swimming, stationary biking, light weights, and yoga are some suggested activities. If you begin to feel fatigued or worn out, take time to re-hydrate. If you are placed on bed rest during your pregnancy, you should not exercise until we authorize it. If you are going to exercise classes or working with a trainer, please educate them about your pregnancy so they can provide modifications. For weight training, your joints are more relaxed due to progesterone, so you will need to reduce your weights to decrease your risk for injury. Every rep needs to be safe.

Dental Care

You may visit the dentist every 6 months for a cleaning and evaluation. Cavities and gingivitis have been linked to preterm labor. You may notice that your gums bleed very easily while brushing or flossing- this is caused by hormonal changes and is normal. We will provide you with a dental note if needed prior to your dental appointment.

Sexual Activity

You can continue to make this an important part of your relationship. Some spotting can occur after vaginal intercourse and is considered normal as long as there are no other symptoms.

If you have a question or problem, please send us a message on the Athena patient portal. Our babyScripts app also has a lot of information and resources, please explore this for further information about other topics.