

DO'S & DON'TS

During Pregnancy



**MARICOPA
OBGYN**

AOA family of obgyn physicians



DRINK WATER

Lots of water. 8-10 glasses a day is 64-80 ounces. Your pregnancy requires lots of water to create the fluid-filled environment in which your baby floats. You need adequate water to metabolize calories, maintain a normal blood pressure, and avoid dehydration that can lead to headache, fatigue, urinary tract infections, premature labor and so much more.



TOXOPLASMOSIS PRECAUTIONS

It is important that if you have a cat, someone else needs to empty the litter box. Toxoplasmosis is a parasite that can sometimes be present in cat feces. Your cat is ok...it's just cleaning the litter box that you should avoid. Also wash your hands thoroughly after contact with soil.



SEXUAL ACTIVITY

Sexual activity is allowed during pregnancy unless complications develop and you are instructed otherwise by one of our providers.



EXERCISE

Exercise for 30 minutes, five times a week. Exercise that raises your heart rate will burn calories, strengthen your muscles, make your bowels work better, and improve your sleep and sense of well-being. Exercise has been shown to decrease complications of pregnancy, labor and delivery. Try a brisk walk, bicycle or swim. Don't forget to warm up, cool off, and drink lots of water. If you are not eating or drinking water well, then do not exercise.



DENTAL CARE

It is recommended that you continue with your regularly scheduled dental care, including teeth cleanings. If problems do come up, and dental work is needed, please let our office know. Our dental protocol can be sent to your dentist's office outlining what treatments/medications are allowed during pregnancy.



AVOID SAUNAS & HOT TUBS

It is recommended that sauna and hot tubs be used with caution. Water temperature should be less than 104 degrees. No more than 10 minutes at a time.



TRAVEL

Travel is permissible up until 36 weeks unless you have been instructed otherwise. It is recommended that while traveling, whether by air, boat, train or car, that you stay hydrated and avoid sitting for long periods of time. Walking up and down an aisle or around a car every 1-2 hours is appropriate.



TOBACCO

Smoking damages your baby's brain development by significantly diminishing blood and oxygen flow to the uterus for an hour after every cigarette. Cut down and quit. Nicotine lozenges or gum maybe helpful. Do not use nicotine patches. The website, [quit.org](http://www.quit.org) is a support service for Arizona residents who are trying to quit tobacco and is open to all smokers.



ALCOHOL

Alcohol intake is **NOT RECOMMENDED** during pregnancy. A safe level for alcohol intake during pregnancy has not been established. Drinking alcohol during pregnancy can affect the baby's developing brain.



DRUG USE

Substance use during pregnancy is **NOT RECOMMENDED**. Whether tobacco, marijuana, alcohol or drugs, all substances cross the placenta and enter the baby's bloodstream. They are associated with growth abnormalities and pre-term delivery. If you would like assistance, please let your provider know. Marijuana, even medical marijuana, is not recommended in pregnancy.



SEAT BELT USE DURING PREGNANCY

It is important to continue to wear your seat belt during pregnancy. The safest type is the lap and shoulder belt combination. The lap belt should be placed below your belly, touching your thigh, and low and snug on your hip bones. Never wear the belt above or across your belly. The shoulder belt should start at your hip, go around the side of your belly, then cross your chest between your breasts.



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