

Do's and Don'ts

Food Restrictions

No raw meat.

No raw eggs.

No unpasteurized dairy products.

Limit caffeine to two beverages a day.

Cold cuts are fine if stored properly.

Hot dogs are fine if cooked.

Mexican cheese is fine.

Most fish is fine but avoid swordfish, king mackerel, shark, and tilefish and limit other fish to 2 servings (12 ounces) per week.

Activity/Exercise/Intercourse

Continue most normal activities such as housework, errands, work.

Exercise is healthy; we recommend low impact exercise three times a week.

If you were conditioned to a regimen prior to pregnancy, you may continue your exercise routine.

You may lift up to 30 pounds.

You may work full time until delivery unless otherwise instructed.

Intercourse does not cause preterm labor or miscarriage, but it may cause spotting or light bleeding; call if you experience heavy vaginal bleeding.

Painting with latex paint and using insect repellants or other aerosols are safe if performed in well ventilated areas.

Sweeteners

All artificial sweeteners are safe in pregnancy.

Dental care

Continue routine dental care.

Avoid X-rays if possible.

Local anesthetics for procedures are safe.

Travel

No limits until the third trimester (around 28 weeks).

Do not schedule long distance travel after 32 weeks.

After 34 weeks it is best to be within a two hour distance of the hospital.

Be sure to stretch your legs every two hours while traveling and drink plenty of water.

Water activities

Avoid submerging in water >105 degrees.

Swimming (pool, lake, ocean) is fine.

Riding in a boat is fine but avoid more dangerous water activities such as skiing, jetskiing, and seado's.

Beauty

You may color or chemically treat your hair at any time in pregnancy.

Tanning (outdoors or in a tanning bed) is safe as long as you do not get overheated.

Maniucures/pedicures are safe.