

COMMON QUESTIONS DURING PREGNANCY

The doctors, midwives, and nurses at May-Grant Obstetrics and Gynecology will provide you with a great deal of information during the next several months. This information will help you to enjoy a healthy pregnancy. Many women do, however, encounter questions or concerns before the baby is born. Listed below are some common questions asked by women in early pregnancy. Please take a few minutes to read the information below and keep it available for future reference. This information and more may also be found on our website: www.maygrant.com

Are there any medications that are safe to take during pregnancy?

- Tylenol (acetaminophen) for muscle aches or headaches
- Antacids (Maalox, Mylanta, Tums, DiGel, Rolaids) for heartburn or nausea
- Metamucil, Colace, or Citrusel for relief of constipation

AVOID Advil (Ibuprofen) and Aspirin and Aleve (Naproxen)

PLEASE CALL THE OFFICE BEFORE TAKING ANY OTHER MEDICATION

May I still have coffee in the morning?

Caffeine and Nutrasweet are okay in moderation. One or two cups of coffee or one of two diet drinks per day is okay.

Are there any specific things I should report to my doctor or nurse?

You should feel free to call the office anytime something concerns you. Important things to report include:

- Persistent or severe vomiting
- Cramps and/or bleeding
- Signs of infection such as chills, fever, burning with urination
- Blurred or double vision
- Headaches which are unusual, severe, or continuous
- Epigastric pain (severe upper stomachache)
- Leakage of fluid from the vagina
- Decrease in baby's activity

May I change my activity level while I am pregnant?

Generally, you may continue your usual activities. Limit lifting to no more than 25 pounds. If you are unsure, please ask the nurse or provider. Avoid saunas, hot tubs, and jacuzzis.

May I continue to exercise?

Mild or moderate exercise is fine during pregnancy. Walking is especially beneficial.

If you exercise regularly, please follow these guidelines:

- AVOID sports with a high potential for contact such as soccer, ice hockey, or basketball
- AVOID activities requiring jumping, jarring, or rapid changes in direction
- AVOID activities requiring balance and coordination such as skiing, surfing, racquetball, or horseback riding
- Do NOT exercise while lying on your back after the fourth month
- DO NOT scuba dive while pregnant
- DO drink several glasses of water during and after exercise

Please consult your provider if you have any more specific questions about activity and exercise.

Will it hurt the baby to have sexual relations while I am pregnant?

It is okay to have sexual intercourse during pregnancy. There are certain times, however, when you should refrain from intercourse and consult your nurse or doctor. These include:

- If you are spotting or bleeding
- If you have leakage of fluid from the vagina
- If your nurse or doctor has told you that you are at a high risk for preterm labor, or if you are taking medication to prevent preterm labor.

The nurses, midwives, and doctors at May-Grant Obstetrics and Gynecology want you to enjoy your pregnancy, as it is a unique and special time in each woman's life. We believe that your concerns are important, and we encourage you to ask questions. Please do not hesitate to call the office at 717-397-8177.