

# Pregnancy Care Tips

Taking care of yourself and your baby during pregnancy is very important. Here are some of our suggestions for expectant moms.

- **Dental care:** Visit your dentist as needed for oral hygiene and maintenance of healthy teeth. Poor dental hygiene has been linked to preterm labor.
- **Diet:** Eat a well-balanced diet with lots of protein, fruit and vegetables. Drink plenty of water – filtered or bottled is best.
- **Exercises:** Take walks or continue with any physical activity in which you have been engaged. Talk to your physician about what is feasible for your pregnancy.
- **Sex:** There are no restrictions during pregnancy unless in the case of vaginal bleeding, ruptured membrane or if you have been evaluated for preterm labor.
- **Shower or bathe daily:** Hygiene is very important.
- **Vitamins:** Take daily.
- **Weight gain:** Average weight gain during pregnancy is 25 to 30 lbs.

## Things to Avoid During Pregnancy:

- Exposure to toxic chemicals
- Alcohol
- Tobacco
- Advil, Motrin, aspirin, ibuprofen
- Prescription drugs unless discussed with your OB/GYN first
- Marijuana, cocaine or any street drug
- Getting new pets
- Cleaning a cat litter box
- Excessive intake of caffeine containing products such as chocolate, cola, coffee or tea (more than 2-3 times daily)
- High-impact exercise programs or excessive weight-resistance training
- Hot tubs or saunas
- Tanning beds
- New tattoos
- Air travel past 36 weeks of pregnancy
- Paint fumes; use latex paint in a well-ventilated area if necessary.

***Check with your physician before taking any medication while pregnant.***

If you have not yet selected an OB/GYN or wish to make an appointment with a health care provider, [find a doctor here](#).