



| frequently asked questions |

Following are general guidelines.

Always ask your healthcare provider if you have questions or concerns.

BACK PAIN >

- Caused by added weight from your growing stomach.

To help prevent and ease back pain:

- Do not wear high heels; wear shoes that support your feet.
- Do not bend at your waist.
- Use a pillow behind your back when sitting.
- Sleep on your side with pillows for support.
- Exercise and stretch.
- Use ice or warm heat on painful areas of your body.

Call your doctor for:

- Severe pain.
- Pain that lasts more than two weeks.
- Pain with a fever, burning when you urinate or vaginal bleeding.

BATHING >

- Baths and showers are fine.
- Discuss the use of saunas, steam rooms or hot tubs with your doctor.

BREAST PAIN AND LEAKAGE >

- Breast pain and tenderness are normal.
- May leak colostrum (pre-milk); this is normal.
- Use breast pads in your bra to protect your clothing.

CAFFEINE >

- Limit yourself to one cup of coffee a day (200 mg of caffeine).

DENTAL WORK >

- Cleanings, filings and orthodontic work are safe.
- Use protective shielding if x-rays are needed.

EXERCISE >

- Talk with your doctor before starting an exercise routine.
- Exercise for 30 minutes at least three times a week.
- Start with light exercise such as walking.
- No biking, skiing or contact sports due to risk of falls.
- Talk with your doctor about running or aerobics.

FAINTNESS AND FATIGUE (feeling tired)>

- Both are normal in pregnancy.
- Get plenty of rest and sleep.

HAIR COLOR AND HIGHLIGHTS >

- Studies on use of these products during pregnancy are not conclusive.
- Discuss with your doctor.

HAIR REMOVAL >

- Over-the-counter hair removal products are usually safe.
- Talk with your doctor about prescription hair removal products.

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HERBAL PRODUCTS >

- Use of most herbal supplements, remedies, and teas during pregnancy has not been studied.
- Talk with your doctor first.

MEDICATIONS >

- Refer to the “Medications during pregnancy” insert provided in this packet.

NAIL POLISH AND ARTIFICIAL NAILS >

- Safe to use in a well-ventilated area.

SEX >

- Safe to continue unless your doctor tells you otherwise.

SKIN PRODUCTS >

- Most over-the-counter acne products are safe, but talk with your doctor.
- Do not use retinols, including Retin-A® tablets and cream.

SLEEP >

- Read or listen to music if you have trouble falling to sleep.
- Lie on your side and use pillows for support if you can't get comfortable.
- Talk with your doctor if you have difficulty sleeping.

TB SKIN TEST (PPD) OR TINE TEST >

- Both are safe during pregnancy.

TEETH WHITENERS >

- Do not use; safety for use during pregnancy has not been studied.

TRAVEL >

- Talk with your doctor before traveling.

WHEN TO CALL YOUR DOCTOR >

See “When to call your doctor” insert elsewhere in this packet.

