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.
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.