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A FEW PREGNANCY REMINDERS

- Cache Valley Women's Center at the Lodge is open **Monday—Thursday, 8:30 AM to 5 PM** and **Friday 8:30 AM to 4 PM**. We are at lunch from 11:30 AM to 1:00 PM. You can reach an RN on the phone during business hours to answer questions and address concerns. If you have a medical emergency and need to reach the provider on call or on holiday, please call (435) 716-1000.
- The routine appointment schedule for a normal pregnancy is every 4 weeks until you are 28—30 weeks pregnant; then you'll come every 2 weeks until the last month when you will be seen weekly until your baby arrives.
- Regular exercise throughout pregnancy will help you maintain a healthy weight gain, reduce pregnancy-related discomfort, prepare your body for labor, and help you reach your pre-pregnancy weight following your baby's birth. If you have been exercising regularly prior to becoming pregnant, you can generally continue with your exercise program making sure that you are exercising at a moderate intensity. Slow down if you feel dizzy, light-headed, or short of breath. Be sure to drink plenty of water while exercising. You are encouraged to exercise for a least 30 minutes most days of the week. If you are in good health, walking, swimming, and other low-impact exercises are usually good activities to begin if you have not already been exercising regularly.
- You are encouraged to do pelvic floor exercises (Kegel's) throughout your pregnancy. This will help strengthen the pelvic floor muscles and will help minimize urine leakage in later pregnancy, promote easier childbirth, and improve pelvic muscle tone following birth.
- **AVOID** hot tubs and tanning beds during pregnancy. An increase in your body's core temperature can be dangerous for your baby. If you have a temperature of 100.4 degrees or higher, please call our office or the provider on call.

- Light bleeding/spotting and mild cramping is fairly common during pregnancy. You may also have light spotting up to 24 hours after sexual intercourse or a vaginal exam. You can continue to have intercourse throughout your pregnancy unless your provider instructs you otherwise. Call our nurse or the provider on call if you experience cramping that is continuous or increases over time, or if you experience persistent, increasing or heavy bleeding.
- Urinary tract infections (UTIs, bladder infections) can lead to complications such as pre-term labor. If you have symptoms such as pain, burning or stinging when you urinate, cloudy, foul-smelling urine, or uterine contractions, please come into our office for a quick urine test to check for infection and be treated if indicated.
- Call our office or the provider on call if you experience uterine contractions before 37 weeks of pregnancy that occur more frequently than 6 to 8 times per hour and last for two hours.
- It is safe for you to have your hair colored or permed.
- Be sure to wear the lap portion of your seatbelt low on your hips, under your tummy, not across the front of it. Travel is usually safe up to 35 weeks for an uncomplicated pregnancy. Be sure to let your doctor know at your appointment of any upcoming travel plans. If traveling by plane or boat, check with your airline or cruise line to see if they have any special pregnancy regulations.
- Child birth education classes are encouraged and recommended, particularly for first-time moms. Classes are offered at Logan Regional Hospital.
- Continue to take your prenatal vitamin daily. Your vitamin should have at least 800 mcg of folic acid (folate). It is also beneficial to take 200 mg of DHA (fish oil) and an additional 1,000 I.U. of Vitamin D3 daily.
- Herbal supplements are not FDA approved for use during pregnancy. Please talk to your provider before taking any herbal supplements or using other alternative therapies.
- You are encouraged to eat 8 to 12 ounces of fish per week. The beneficial fatty acids they contain help reduce the incidence of some complications during pregnancy. You should choose fish that have a higher concentration of omega 3 fatty acids and a low level of mercury. Some of your best choices are: salmon, anchovies, herring, shad, Atlantic and Pacific mackerel, pollock, and freshwater trout. Although lower in omega 3 fatty acids, these fish also have lower mercury levels and may be eaten during pregnancy: light canned tuna, coda, catfish, tilapia, and shrimp. Wild caught fish are typically lower in mercury than farm-raised fish. Avoid shark, swordfish, king mackerel or tilefish from the Gulf of Mexico due to unacceptably high concentrations of mercury. Avoid eating any fish from water sources that have mercury advisories.

- Limit caffeine intake to less than 200 mg per day. This is the equivalent of 1 to 2 cups of brewed coffee and approximately 48 oz. of caffeinated soda.
- Listeriosis is a disease caused by food-borne bacteria that, if contracted during pregnancy, can cause complications. To prevent Listeriosis, avoid unpasteurized juice, milk, cheese and raw or undercooked meats. You should also thoroughly wash all fruits and vegetables prior to consumption.

A reputable source of information regarding pregnancy can be found on the websites: www.acog.org and www.marchofdimes.org. You may also contact the Utah Pregnancy Riskline at 1-800-822-2229.