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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 12 PM to 1:30 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 36 weeks pregnant; sometimes we have you come every 2 weeks beginning at 28 weeks. In a high risk pregnant, you may be seen even more frequently. Typically, all patients will be seen weekly after 36 weeks pregnant.
- 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 exercises) 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 call our office to schedule a quick appointment with one of our PAs so we can test your urine and get you the correct treatment, if needed.
- Some preterm contractions are normal, especially if they are rare/irregular. It is common to have some irregular contractions if you are dehydrated or have had a busy day. If you are experiencing 5 or more preterm contractions per hour, drink 1 liter of water and lay down for a couple hours. Contractions should slow down. If they do not, please call the office or on call provider.
- It is safe for you to have your hair colored or permed. It is also safe to get your nails done during pregnancy. It is always a good idea to make sure you are somewhere with adequate ventilation during any salon appointment.
- 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.
- 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 during pregnancy. When something is not FDA approved, it means the ingredients are not tested/regulated by a source outside of the company producing the supplement. This means there is no way to know if you are truly taking what is advertised on the bottle. For this reason herbal supplements are not recommended during pregnancy. You can talk with your doctor if you have supplements you do like to take, though we will likely tell you at that point this is a personal decision as they are not FDA approved.
- You should avoid all alcoholic beverages during pregnancy. You should also not smoke or vape and should avoid being by others while they are smoking or vaping.

- 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 serious infection usually caused by eating food contaminated with the bacterium *Listeria monocytogenes*. Deli meat can cause this infection if it is not fresh/stored correctly, or from a deli that is not kept clean. Deli meat is okay to eat as long as it is prepackaged and has been properly stored, or if it is from a trusted deli that you know has proper cleaning/storage techniques. 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.
- Please come well hydrated to your first OB appointment. We will be collecting both a urine and blood sample.

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.