



FERTILITY FACT SHEET

San Ramon / Orinda / San Jose

Do's and Don'ts During a Cycle and in Early Pregnancy

	DO	DON'T
Vaginal Bleeding	<ul style="list-style-type: none"> • Light spotting or bleeding is very common in early pregnancy. If you experience bleeding like a period or heavier, please call the office. • If your blood type is negative, you may need a shot of Rhogam. • If you pass any tissue-like material, please save in a clean container, place in the refrigerator and call the office. 	<ul style="list-style-type: none"> • Do not use Tampons. • Pads are OK.
Cramping or Pain	<ul style="list-style-type: none"> • It is common to feel menstrual-like cramps, pulling sensations or mild pelvic pressure. If you experience persistent cramps, sharp constant pain or increasing one-sided pain; please call the office. • If you experience faintness, weakness or shoulder-blade pain, call the office immediately. • Tylenol and heating pads are OK to use. 	<ul style="list-style-type: none"> • Avoid Non-Steroidal Anti Inflammatory products such as Motrin, Advil, Aleve, (ibuprofen, naproxen, etc)
Headache or Other Pain	<ul style="list-style-type: none"> • Tylenol (Regular or Extra Strength) 	<ul style="list-style-type: none"> • Avoid Non-Steroidal Anti Inflammatory products such as Motrin, Advil, Aleve, (ibuprofen, naproxen, etc) • Avoid herbal medicines unless approved by your MD.
Colds	<ul style="list-style-type: none"> • Increase oral fluids. Plain (non-codeine) cough syrup, cough drops and Tylenol for fever/aches • Claritin or Benadryl is OK to use. 	
Allergies	<ul style="list-style-type: none"> • Afrin nasal spray or topical Benadryl. 	<ul style="list-style-type: none"> • Limit antihistamines or allergy treatments unless severe symptoms present. • Call MD, before taking.

Nausea/Vomiting, Heartburn	<ul style="list-style-type: none"> • Tums and small frequent meals. • Crackers, ginger ale, gingersnaps, ginger, lemon drops and peppermint. • Sit upright for 30 minutes after meals. If vomiting is daily please call the office. 	<ul style="list-style-type: none"> • Avoid intense odors such as bacon frying or coffee. • Avoid spicy/greasy foods.
Constipation	<ul style="list-style-type: none"> • Increase fluids, fruits and fiber. • Colace and Metamucil if needed. 	<ul style="list-style-type: none"> • Avoid Laxatives unless advised to use by your physician.
Diarrhea	<ul style="list-style-type: none"> • Kaopectate 	
Diet	<ul style="list-style-type: none"> • Follow pregnancy guidelines. Eat small, frequent meals. Drink 8 glasses water/day. • Continue prenatal vitamins or Folate supplement. • Vegans and Vegetarians should be careful to consume adequate protein. 	<ul style="list-style-type: none"> • Avoid alcohol or social drugs. Limit caffeine 1-2 cups coffee, tea or sodas/day. • Avoid tobacco. • Avoid raw meats & unpasteurized soft cheeses. • Avoid fish with potentially high mercury levels
Exercise	<ul style="list-style-type: none"> • Reduce to low impact from Stimulation/Cycle day 6 of treatment until OB ultrasound or 8 weeks pregnant. (Minimal activity 2 days after transfer then low impact OK) • Okay to go for leisure walk on flat ground. Okay to swim leisurely in pool. 	<ul style="list-style-type: none"> • Avoid heavy lifting > 15lbs. • Avoid high impact activities. • Avoid swimming in salt water.
Intercourse and Other Activities	<ul style="list-style-type: none"> • Abstain from intercourse from after your embryo transfer until OB ultrasound when pregnant. 	<ul style="list-style-type: none"> • Avoid hot tubs. • Avoid intercourse if vaginal bleeding occurs after OB ultrasound.
Travel	<ul style="list-style-type: none"> • Air travel is usually not restricted until late in pregnancy or indicated by MD. • If you are taking injectable medication make sure you have a doctors note for security check-in. 	<ul style="list-style-type: none"> • Avoid dehydration by drinking plenty of water.
Flu Shots	<ul style="list-style-type: none"> • Flu shots are recommended if you will be pregnant during the "Flu Season". 	
Cat Feces		<ul style="list-style-type: none"> • Avoid handling cat feces such as changing litter box.
Emotional Health	<ul style="list-style-type: none"> • Contact the nursing staff if you have any questions or concerns. • We have a list of therapists that can be seen for 1 on 1 or couple counseling. • There are also infertility support groups and on-line support groups that we can refer you to as well. 	<ul style="list-style-type: none"> • Do not take Anti-Depression medications unless approved by your MD.