



# FERTILITY FACT SHEET

San Ramon / Orinda / San Jose

## Early Pregnancy Care

### What to expect

- In early pregnancy 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.
- Light spotting and vaginal bleeding are common in early pregnancy. If you experience period-like bleeding or heavier, please call the office.
- Nausea is common during pregnancy, particularly during the first trimester. Keep in mind that not every woman experiences nausea and that each pregnancy is different. Nausea, or lack thereof, does not indicate the status of a pregnancy. Nausea can be periodic or constant. If you have nausea, try eating frequent small meals throughout the day. You can buy "Sea Bands" which are worn on the wrists or try "Preggie Pops" for nausea. Vitamin B supplements and decaffeinated ginger or mint tea may help settle nausea. If you need a prescription for something stronger, please contact your physician.
- Breast tenderness and swelling, fatigue, heartburn/indigestion, constipation, changes in appetite, and the need to urinate more frequently (without burning) are common in the first trimester.

### Lifestyle Modifications

- You must avoid alcohol, tobacco, and drugs. Exposure to organic solvents should be avoided. Minimize caffeine intake.
- Any medications (including over-the-counter medications) should be prescribed by a physician who knows you are pregnant. If you have any questions, call us. If needed, it is safe to take Tylenol, Extra Strength Tylenol, Claritin, Benadryl (oral or topical), Afrin nasal spray, Sudafed, Antacids/Tums, Metamucil, and Colace. You may use throat lozenges or cough syrup without codeine. Take over the counter medications only when absolutely needed and limit their use.
- We advise you to not have intercourse until after an ultrasound has been done and confirms a normal intrauterine pregnancy. Do not have intercourse if you are experiencing bleeding. Avoid any vaginal medications unless prescribed by an RSC physician.
- Once you have been advised by an RSC Physician you may resume routine low impact exercise. Walking, swimming, and stretching are good forms of exercise in early pregnancy. Avoid high impact activities and ones you are not conditioned for.
- You should avoid hot tub or sauna use. Also, you should avoid home whirlpool tubs or baths where the water temperature exceeds 98 degrees Fahrenheit.

- You should avoid cat feces and the emptying of cat litter boxes.
- Air travel is usually not restricted until late in pregnancy or if indicated by MD. Airport security scanners are safe although you may request a wand scan if you are concerned. When taking a long trip, make sure you get up and walk around every 30-60 minutes to circulate blood flow and stretch.
- Flu shots are safe and recommended during pregnancy. Make sure you get the inactivated, thimerosal free version. Tell your provider you are pregnant prior to administration of any vaccine. Do not take any live vaccines during pregnancy. TB skin tests are safe during pregnancy.

## Diet during pregnancy

- Most pregnant women need to consume an extra 300 calories per day during pregnancy. Eat a well-balanced diet. Often small, frequent meals are better tolerated than three larger meals.
- Vegans and Vegetarians should be careful to consume adequate protein.
- Avoid raw meat or raw fish. Both the FDA and EPA advise pregnant woman to limit their fish consumption to no more than 8 to 12 ounces (uncooked weight) of smaller fish weekly. Avoid Shark, Marlin, Bluefish, Swordfish, King Mackerel and Tilefish. Choose Albacore over other species of Tuna. You may eat sushi if the fish is cooked.
- Avoid unpasteurized milks, cheeses, and juices. Soft cheese is ok if it is made with pasteurized milk. Typical cheeses to avoid include Brie, Camembert, Roquefort and Gorgonzola.
- Avoid deli meats, particularly meats that have not been cured such as salami and hot dogs. Do not eat refrigerated meat spreads or pate. Make sure meats are not undercooked and only eat meat from reliable sources.
- Early pregnancy may cause you to become constipated. Make sure you include adequate sources of fiber in your diet and increase your fluid intake. Stool softeners (Colace) may be used if increasing fluids and fiber (Metamucil) are not effective. Do not use Laxatives.
- Drink at least 8 glasses of water per day.
- If you are not currently taking a prenatal vitamin, start as soon as you know you are pregnant. Daily vitamin intake should include folic acid 800mcg, vitamin B6 1.9mg, vitamin B12 2.6mcg, vitamin C 85mg, vitamin D 400 IU and iron 27mg. You should have 1000mg of calcium daily in vitamins and calcium rich foods.

A good source of information is the book, What to Expect When You're Expecting.

Please contact your nurse or physician if you have any additional questions or concerns. We wish you success as you start this journey.

RSC Staff