



New OB Counseling: Diet, Exercise, and Medications

- Twenty five to thirty five pounds is ideal weight gain. You may need to gain more or less depending on your weight now.
- Continue your current exercise regimen, being careful not to let your heart rate go over 140 beats/minute.
- If uncomfortable, discontinue abdominal exercise at four months. After four months, if light headed or dizzy when lying on back, switch to side lying positions. This position keeps the weight of the baby off important blood vessels in the abdomen.
- Low impact exercise is ideal (swimming, walking, bike riding).
- Do not lift over 25 pounds.

Diet

- Fluid requirements increase in pregnancy: 8-10 glasses of water/fluid/day.
- No rare meats, or sushi, eat only cooked seafood. Limit intake of tuna, swordfish, mackerel, tile fish, or shark to one serving/week. All meat should be cooked well-done.
- Limit intake of caffeine to none or 1 8-ounce soft drink with caffeine/day.
- No alcohol
- No feta or Brie cheese (soft cheese that is unpasteurized or homemade.)
- No soft cooked or raw eggs.

Medications

- All Tylenol (acetaminophen) products are safe. (Tylenol sinus, Tylenol Cold & Flu) Maximum dose: 4,000 mg/day/24 hour period.
- Avoid aspirin, ibuprofen, advil, aleve, motrin, Excedrin, unless directed by Physician.
- Do not take Pepto Bismol, Kaopectate & Alka Seltzer.
- Use the attached medication sheet for reference.

Household Cleaners

- You may continue to use your household cleaners. Make sure you have good ventilation. Use according to directions.
- If possible, avoid paint fumes – good ventilation is important. Avoid paint stripper.

Travel

- Travel is OK up to 32 weeks. Make frequent stops. Drink lots of water, and stop and stretch every 1-2 hours.

Other Notes to Remember

- Decide whether or not you will store cord blood. Learn more and register if interested at www.cordblood.com.
- Childbirth/Sibling classes are available with the hospitals. Call ResourceLink at 877-728-5414. Call for tours of the Labor & Delivery/Nursery area as well as class schedules.
- All deliveries are at Chandler Regional Hospital (Southeast corner of Frye Rd/Dobson Rd) and Mercy Gilbert Medical Center (Val Vista Dr and San Tan Freeway).
- Avoid kitty litter/feces.
- Medical Questions: Call our office 480-782-0993 Triage line. After hours, the same number will take you to our answering service and we will call you back with your emergent problems / questions.
- FMLA/Disability paperwork takes 7 – 14 business days to be completed. Please be sure to complete your portion of the paperwork.