



## **PREGNANCY DO's and DO NOT's**

- ♥ **NO Aspirin, NO Jacuzzi's, NO Ibuprofen, NO Sushi**
- ♥ **Do exercise during pregnancy just be careful NOT to do anything where you could fall or hit your abdomen! We like your target heart rate below 140.**
- ♥ **Sexual intercourse is OK unless we tell you otherwise!**
- ♥ **Travel is OK until 35 weeks!**
- ♥ **DO NOT change cat litter!**
- ♥ **Always wear your seat belt with the lap belt!**
- ♥ **NO RAW FISH, however fish is great during pregnancy as long as it is COOKED.**
- ♥ **Do stay away from fish high in mercury (ex: Shark, Mackerel, albacore tuna)**
- ♥ **Lunch meats need to be warmed before eating.**
- ♥ **NO unpasteurized cheese**
- ♥ **NO alcohol or drugs Caffeine in small amounts is ok**
- ♥ **Hair dye is OK after 1<sup>st</sup> trimester.**
- ♥ **DO take your prenatal vitamins and omega 3 fatty acids.**
- ♥ **Over the counter prenatal's are OK as long as there is 800mcg of folic acid and 300mg of omega 3 fatty acids in them.**
- ♥ **You can buy over the counter Omega 3 fatty acids called Expecta.**
- ♥ **Recommended reading: "Your Pregnancy and Birth" America College of Obstetrics and Gynecology**
- ♥ **Ok to get Flu shot anytime during pregnancy, Whooping Cough vaccine is recommended anytime after 2<sup>nd</sup> trimester or postpartum.**