

GENERAL ISSUES DURING PREGNANCY

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WORK

If you are healthy and your pregnancy is unremarkable, you will probably be able to work during your entire pregnancy as long as your job poses no extra risk to you or your baby. Your job shouldn't allow you to be exposed to chemicals, gas, dust, fumes or radiation which could be dangerous to the developing fetus. You should also avoid lifting heavy objects, work at heights or use high speed machines. If you stand at work most of the day, then you should arrange for short periods of rest. You should try to sit down or lie down for a several minutes three to four times a day. Most women are able to work into their last weeks of pregnancy. Some may need to make some changes. Please let Dr. Garcia know if you think your job situation might be a problem.

EXERCISE

Exercise can help strengthen your muscles which can help you in labor and lessen the discomforts of pregnancy. The type of exercise you can do during your pregnancy depends on your health and on how active you were before you became pregnant. This is not a good time to take up a new sport. The exercises I recommend during pregnancy are:

- Swimming
- Walking
- Stationary bicycle

You need to avoid exercising to exhaustion or becoming overheated.

Limit outdoor exercises during the summer.

Drink lots of water.

Wear good supporting shoes and bra.

TRAVEL

Most women can travel safely until about 32 weeks gestation.

Here are some suggestions when traveling:

- Always use a seat belt
- Walk around every hour when traveling
- Drink plenty of fluid

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- Wear comfortable clothing and shoes
- You may want to have a prenatal visit prior to traveling
- If you have experienced any complications during this pregnancy, it may not be a good idea to travel at all.

GENERAL ISSUES

- Rest during pregnancy is essential. You need to sleep at least 8-10 hours per day and do not feel guilty about taking a nap in the middle of the day.
- Proper dental care is very important. Frequent brushing, flossing and visiting a dentist will help minimize dental problems during pregnancy.
- Do not use tampons or douche during pregnancy.
- Very hot water/Jacuzzi and saunas should be avoided during pregnancy.
- Do not drink alcohol during pregnancy. Drinking alcohol during pregnancy can cause birth defects, learning disabilities, behavioral problems and mental retardation.
- You should avoid consuming a lot of caffeine.
- There is no evidence to suggest that NutraSweet or Splenda is a risk to your baby but please avoid excessive use during pregnancy. Please avoid Sweet N' Low.
- Do not smoke during pregnancy. Women who smoke during pregnancy give birth to babies whose birth weights are lower than average and have a greater chance of miscarriage or stillbirth.
- For a healthy woman with a normal pregnancy, sex is safe into the last weeks of pregnancy. If you have experienced certain complications, Dr. Garcia may recommend that you abstain from sex.
- Dr. Garcia highly recommends the flu vaccine during pregnancy for healthy pregnant women.