



Guidelines for Early Pregnancy

Congratulations on your new pregnancy! We hope you have a wonderful experience during your pregnancy and delivery, and more importantly, that you and your baby leave the hospital in good health.

This is important information for you to read and continue to use throughout your pregnancy. There are more detailed notes relating to these topics on our website under "Resources".

1. Our Practice

- As a group of five OBGYNs, we do all of our own deliveries at El Camino Hospital—MV
- We share call for our patients so you will always be cared for by one of us
- If you have an urgent need after hours, call our office and the message will tell you how to reach the doctor on call—one of us is always on call

2. Prenatal vitamins

- Take a prenatal vitamin daily, make sure it has DHA
- Consider: Nature's Made or Women's One a Day prenatal vitamins
- VitaMed makes a vegan, gluten-free vitamin with DHA

3. Risk of miscarriage

- All pregnancies have a 25% risk of miscarriage. Once a heartbeat has been seen on ultrasound, that drops to 5%. By 10 weeks, the risk is less than 1%.
- Spotting is normal in early pregnancy, as are mild cramps
- If you have heavy bleeding or severe pain, please call our office

4. Nausea and fatigue in pregnancy

- These symptoms are brought on by a hormone called HCG. This hormone peaks around 12-13 weeks, when nausea and exhaustion are the worst.
- By 15 weeks, most women are feeling better
- Ways to manage the nausea include:
 - Eat something small every hour, an empty stomach worsens nausea
 - Eat something before you sit up in bed in the morning
 - Keep light carbs (i.e. Saltine Crackers) and carbonated drinks available
 - Vit B6 (100mg/day) taken daily decreases nausea in pregnancy
 - Prescription medications are available, if you feel your nausea and vomiting are severe, let us know

5. Dietary restrictions

- Avoid exposure to toxins: Alcohol, tobacco, marijuana and illegal drugs
- Fish is a healthy source of protein in pregnancy, but you should limit your intake to one to three servings a week (4 oz each serving), depending on the type of fish
 - Please see ACOG chart on fish consumption for more details
- Avoid all deli meat (unless it's been thoroughly cooked)
- Avoid unpasteurized dairy (commonly found in soft cheeses)



El Camino Women's Medical Group

Obstetrics, Gynecology, Infertility & Minimally Invasive Surgery

6. Caffeine guidelines

- 200 mg of caffeine is allowed per day, avoid amounts above this level
- 12 oz of coffee *tends* to have 200 mg of caffeine
- 12 oz of tea varies from 25-75 mg of caffeine
- 12 oz of Coca Cola has 35 mg of caffeine

7. Weight gain goals

- When starting pregnancy at a normal weight, we recommend 25-35 lb of weight gain (over the ENTIRE 40 weeks). You should only gain 5-10 pounds in the first 20 weeks
- Avoid empty calories: sweets, juices, fast foods, and potatoes

8. Exercise recommendations

- Exercise is highly recommended in pregnancy, even the first trimester
- Women who are physically active in pregnancy benefit from:
 - Less pain from the pregnancy itself and in labor
 - Lower risk of gestational diabetes
 - Higher chance of going into spontaneous labor and having a vaginal delivery
- Contact sports or activities with a lot of jarring/impact should be avoided
 - No martial arts, water or snow skiing, or learning new sports with risk of falling
- We highly recommend prenatal exercise classes to all women. The Mountain View YMCA offers prenatal exercise classes on the weekends.
- Hot tubs and saunas should be avoided in the first trimester, pools are safe in pregnancy (and swimming is great exercise!)

9. Travel guidelines

- Travel is safe in pregnancy until 36 weeks (one month before your due date)
- Consider local and destination COVID19 prevalence before finalizing travel plans and review best practices for safe travel
- You should not travel to high altitudes (above 8,000 feet) outside of an airplane
- Please check with the CDC map on the Zika virus before booking any international travel
- Notify us before a long trip so we can go over modifications in pregnancy
- If you are planning a trip, please read the ACOG handout on "Travel During Pregnancy" available on our website.

10. Other notes

- Medications:
 - We have a handout of safe medications in pregnancy for various, common complaints that come up in your prenatal bag and on our website
 - You are NOT ALLOWED to take ibuprofen or naproxen during pregnancy
- Fevers:
 - If you are developing a fever (100.4 or higher), it is important for your fetus that you keep your temperature down by taking acetaminophen (Tylenol)
- Oral hygiene:
 - Oral hygiene is an important part of a healthy pregnancy, please continue regular visits to your dentist and do not delay treatment of dental issues