



El Camino Women's Medical Group

Obstetrics, Gynecology, Infertility & Minimally Invasive Surgery

Guidelines for Early Pregnancy

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

There are more detailed notes relating to these topics on our website under “Resources”.

1. Our Practice

- Our group of OBGYNs does all of our own deliveries at El Camino Hospital—Mountain View
- We share being on call for our patients, so you will always be cared for by one of us
- For urgent needs after the office is closed, call the office number (650-396-8110) and press 0 to reach the on-call physician
 - Please note that any calls after business hours that are non-urgent or can wait until the office is open will result in a \$50 charge

2. Prenatal vitamins

- Take a prenatal vitamin daily, making sure it has a minimum of 18mg of iron and includes DHA
- Consider: Nature's Made or Women's One a Day. (Vegan options available).

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 feel better
- How to manage the nausea:
 - Eat something small every hour, as an empty stomach worsens nausea
 - Keep light carbs (i.e., Saltine Crackers) and carbonated drinks available
 - Vit B6 (100mg/day) taken daily and Doxylamine Succinate 25mg (Unisom) taken at bedtime.
 - Option 1: Vitamin B6-50mg in the morning. Vitamin B6 50mg- in the evening.
 - Option 2: Vitamin B6 50mg in the morning. Vitamin B6 50mg +doxylamine succinate 25mg- in the evening.
 - Prescription medications are available if you have severe nausea and vomiting

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 1-3 servings a week (4 oz each serving), depending on the type of fish
 - Please see the ACOG chart on fish consumption for more details
- Fresh fruits and vegetables should be thoroughly washed, and uncooked sprouts should be completely avoided.
- Avoid all deli meat (unless it's been thoroughly cooked)
- Avoid unpasteurized dairy (commonly found in soft cheeses)



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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
- For women starting pregnancy underweight or overweight, you will receive additional guidance on recommended weight gain
- Avoid empty calories: sweets, juices, fast foods, and potatoes

8. Exercise recommendations

- Exercise is highly recommended in pregnancy, even in 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
- 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)
- You should not travel to high altitudes (above 8,000 feet) outside of an airplane
- Consider local and destination COVID19 prevalence before finalizing travel plans and review best practices for safe 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)
 - Acetaminophen (Tylenol) 1000mg – every 8 hours as needed.
- 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