

Early Pregnancy Information

Below please find some recommendations and guidelines regarding your early pregnancy:

Bleeding

Spotting or bleeding is very common in early pregnancy. Should this occur, there is an excellent chance that the pregnancy will continue normally. You should take it easy but bed rest is not required. Non-strenuous work is permissible. If you are spotting, please call us during regular office hours. Be reassured that spotting can be particularly common after any vaginal exam, vaginal ultrasound or intercourse. If you are bleeding more than a period and have severe lower abdominal pain, please call us immediately. You should abstain from intercourse until the bleeding has stopped.

Prenatal Vitamins

You should be taking prenatal vitamins throughout your pregnancy and postpartum period. If you experience significant nausea, you can try taking a children's multi-vitamin, however, it is acceptable to temporarily discontinue vitamin use. You may also try taking your prenatal vitamin at night to reduce associated nausea.

Nausea

Nausea is common in early pregnancy. If possible, we prefer conservative measures such as frequent small meals (six a day) and the use of bland foods. Avoid dehydration by drinking plenty of fluids. If you are unable to tolerate liquids, please call the office.

Medications

In general, try to avoid medications. Unless contraindicated prior to pregnancy, the use of Tylenol and Sudafed are acceptable if you have a cold. For any other drug use, over-the-counter or otherwise, please contact the office. Please also see the Over the Counter Medications List on our General Information page.

Exercise

The recommendation is to maintain a heart rate of no greater than 130 beats per minute. Use moderation and don't exercise to the point of fatigue. Check with your doctor if you are presently involved in an exercise program. Most exercises are fine to continue in pregnancy. You should not begin a new exercise program or diet in pregnancy.

Intercourse

Intercourse is acceptable anytime during pregnancy, unless otherwise indicated by your doctor. You do not have to discontinue intercourse at any time in this pregnancy, unless you are bleeding

or your water has broken. You may need to try different positions as your abdomen increases in size.

Constipation

Constipation is a common problem in pregnancy. Drink plenty of fluids and eat meals high in fiber, such as fruits, whole grains and vegetables. As previously stated, please contact your doctor prior to any drug use. Please also see the Over the Counter Medications List on our General Information page.