

We want you and your baby to be healthy . . .

WHAT TO STOP

Smoking, Alcohol and Drugs can increase risk of miscarriage, bleeding, smaller babies, premature babies, development delays and other serious complications.

What to Avoid:

Fish – see separate handout

Ibuprofen, Aspirin – Tylenol is safe

Cat litter & soil – may contain toxoplasmosis, a harmful parasite. Your cat is safe but the poop may not be. Do **NOT** change cat litter while pregnant and wear gloves when gardening.

Wash fruits/veggies well before consuming.

Hot tubs/saunas – if you are sweating, it's too hot for baby.

WHAT TO LIMIT

Caffeine- It's best to limit to 2 servings or less each day. Up to 200mg/day is considered safe.

Artificial sweeteners – Not enough is known about their effects. Occasional use is considered safe.

Peanuts- If you have a family history of peanut or other nut allergies, discuss with your provider whether you should limit your intake.

FOODS THAT MAY CONTAIN BACTERIA OR PARASITES

For example: E. coli, listeria, salmonella, and toxoplasmosis may be found in the following list of foods. All of these may cause serious food poisoning or illness in pregnant women and children under 5.

Unpasteurized juice

Raw meat, fish and/or shellfish- Sashimi, ceviche, raw oysters, and carpaccio

Soft cheeses- Brie, feta, blue, goat, camembert, gorgonzola, and Mexican soft cheeses

Some deli meats- Salami, liverwurst, and hot dogs may be contaminated. Hot dogs should be well cooked.

USEFUL WEBSITES

Please visit our website
OBGYNCWC.COM
for additional resources and information

Cordblood.com

Babynamcenter.com

lparenting.com

Fitpregnancy.com

Listen to your body – Trust your instincts