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General Guidelines

Exercise

Exercise in pregnancy is healthy for you and your baby. Unless your provider advises against it, we recommend staying active.

- Increase your hydration to replenish any fluids lost during activities.
- After your 5th month of pregnancy, it is best to avoid exercises lying flat on your back. This can decrease blood flow to your baby, and make it more difficult for you to breathe.
- Avoid any exercise that puts you at risk for falls or injury. As your belly grows you may notice your center of energy changes.
- Hot tubs/ saunas- these can increase your internal temperature, this can be harmful to you and baby.
- Walking, swimming, cycling, low impact aerobics, hiking, and yoga are all great ways to exercise in pregnancy.

Nausea

Some women experience mild queasiness in early pregnancy, others may have severe nausea all day long. The rapid increase in pregnancy hormones contribute to this common discomfort. It is commonly known as "morning sickness" however, it may occur at any time of the day. Usually, it improves by the second trimester. Tips for nausea:

- Eat dry bland foods- crackers, toast, bagels
- Keep snack at your bedside
- Avoid large meals, try small frequent snacks throughout the day
- Drink small sips of water throughout the day
- Ginger chews, ginger ale, and ginger cookies may help
- Try popsicles, fruit, and flavored water
- Sea bands
- Peppermint oil aromatherapy
- Acupuncture
- See safe medications list for OTC meds
- If you are unable to tolerate food and liquids for >24 hours, please notify your provider

Sex

Sex is safe during pregnancy and does not harm your baby. You may have more, less, or mixed feelings about sex. Open communication with your partner is important.

As pregnancy progresses, be creative with your positions

Do not have sex if you have pain, blood, or leaking of fluid from your vagina. Do not have sex if your provider advises against it.

Travel

Traveling by car, bus, or airplane is safe for healthy pregnant women. Tips for travel:

- Wear your seat belt
- Drink plenty of fluids and pack nutritious snacks
- Sit in an aisle seat
- Get up every 2 hours, walk around, stretch, and empty your bladder
- We do not recommend travel after 34 weeks