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Important Safety Tips During Pregnancy

What to stop/ avoid:

- Smoking/ alcohol/ drugs- these can increase risk of miscarriage, bleeding, smaller babies, premature delivery, developmental delays, and other serious complications.
- Cat litter- Cat feces can contain a harmful parasite called toxoplasmosis. Your cat is safe, but it is best to avoid handling their feces.
- Soil- soil can also contain toxoplasmosis. Wear gloves while gardening and wash your produce well before consuming.
- Ibuprofen & Aspirin- Only use these medications under your provider's guidance. Tylenol is considered safe for aches and pains.

Foods that may contain bacteria or parasites:

- Some foods have a higher risk of containing E. Coli, salmonella, toxoplasmosis- these can cause food poisoning in pregnant women and children under 5.
- Unpasteurized juice
- Raw meat & Fish- sashimi, ceviche, raw oysters
- Unpasteurized soft cheeses- brie, feta, blue, goat, gorgonzola, and queso fresco
- Deli Meats- use caution when consuming deli meats. Be sure to check expiration dates and avoid meats that have been sitting out for long amounts of time.

Things to consume in moderation

- Caffeine- You may have up 200mg of caffeine a day. That is about 2 cups of coffee.
- Fish- 2-3 serving a week is safe for fish consumption. See separate handout for fish with lower mercury levels.