



BATHING

You may take baths as well as showers throughout your pregnancy. A word of caution regarding hot tubs or saunas; they can cause fainting and may be harmful to the fetus. Some studies have found that the risk of miscarriage increases among women who use a hot tub or Jacuzzi more than once a week. Also try to avoid frequent bubble baths or baths with perfumed products which may increase your chance of getting a yeast infection. Do not use douches. Vaginal discharges tend to be heavier during pregnancy. If you have itching, burning or a heavy discharge, please contact our office for an appointment.

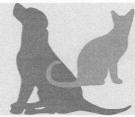
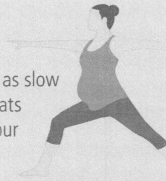
DENTAL CARE

Because teeth and gums need special care at this time, have your teeth cleaned early in your pregnancy and every 6 months. Remember to tell your dentist that you are pregnant. Your gums are softer and spongier than normal, so brush with a soft toothbrush and floss gently at least twice a day. If necessary, teeth may be safely treated and extracted. Local anesthesia can be used, but please ask us before agreeing to general anesthesia or X-rays.



EXERCISE

Regular exercise (30 minutes at least three times a week) is healthier than intermittent activity. Limit strenuous activity to less than 15 minutes. Drink plenty of fluids before and after you exercise. Precede exercise with a five-minute warm-up such as slow walking. Always gently stretch before and after exercising. Avoid heart pounding exercise that drives your pulse past 140 beats per minute. Avoid vigorous exercise in the heat. Avoid jerky, "bouncy" motions. Do not perform any exercise while flat on your back after the fourth month of pregnancy. Avoid extreme flexing of joints (deep knee bends) or exercise employing the Valsalva maneuver (bearing down as with a bowel movement); e.g. weight lifting.



PETS

If you have any cats, please let us know. We will need to check for toxoplasmosis. A disease carried in the cat litter. Please avoid all cat litter duties during your pregnancy. For more information, please ask us at your next prenatal appointment.

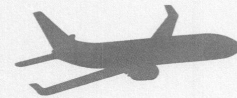
SEXUAL RELATIONS

You can have intercourse throughout your pregnancy unless you experience pain, bleeding or leaking of water from the vagina. As the uterus increases in size, you may find a side-by-side position to be more comfortable. Your sexual desires may vary during the course of your pregnancy and this is normal. If you have a history of repeated miscarriages, or if the current pregnancy is complicated by abnormal bleeding, intercourse should be avoided during the first three months.

To minimize the risk of uterine infection, you should avoid intercourse following delivery until all stitches have healed and you have come back for your post-partum visit. Have your partner use a condom until you have started another form of birth control.

TRAVEL

Travel is not usually harmful and does not normally increase complications of pregnancy. However, due to the unpredictability of preterm labor, we do not recommend any airplane travel during the third trimester.



WORK

Most women can continue their jobs throughout their pregnancy. In fact, keeping active may help you stay healthier and help pass the time more quickly. If you have a question about your particular job, we can talk it over at your prenatal visit. If you are at risk for preterm labor or other high-risk factors, we will talk with you about any necessary changes to your work schedule.

Common Questions & Concerns



PREMIER
WOMEN'S
HEALTH

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ALCOHOL

The quantity of alcohol required to cause abnormalities in your baby is unknown. However, daily drinking of alcohol, binge drinking (drinking a lot, but only once in awhile), and social drinking have all been shown to have harmful effects on the fetus. Because we do not know how much alcohol is safe, we recommend that you do not drink alcohol during your pregnancy. Feel free to discuss this topic with your health care team.



DRUGS

When you become pregnant, be certain to tell your OB physician or nurse practitioner if you are taking any medication or drugs. Some drugs and medicines can be harmful to the baby's development. For this reason, from the earliest stages of your pregnancy, take only drugs or medicines prescribed or approved by us. These include antibiotics, antihistamines and stimulants, pills for weight reduction, tranquilizers or sleeping pills. Don't take any drugs from a health food store or take "homegrown remedies" until you talk with us. Even if your grandmother or neighbor did great taking the drug, it may not be good for you and your baby.

It is essential that you avoid drugs such as marijuana, cocaine, heroin, speed (amphetamines), barbiturates, LSD or other hallucinogens. Talk with us if you need help to stop a drug habit.



SMOKING

Tobacco use is a serious health hazard for you and your unborn child. Smoking during pregnancy passes nicotine and cancer-causing drugs to the fetus. It also impairs the nourishment your baby receives while in the uterus, preventing optimal fetal growth, increasing the chance of premature separation of the placenta from the uterine wall, and raising the risk that your baby will be born prematurely or will die. Smoking while breastfeeding passes chemicals through your milk to the baby and may decrease the amount of milk you are able to produce. If you are a smoker, now is the time to quit for your baby. Talk to us about how to stop a smoking habit.

