

FOUR CORNERS OB-GYN PREGNANCY INFORMATION

We at Four Corners OB-GYN are dedicated to providing the highest quality OB care in an environment of compassion and mutual respect. We are committed to professional excellence. We encourage and expect our patient's participation and responsibility in their care, and we promote this through patient education. We encourage questions, you may want to write them down before your appointment and bring them with you.

Since our providers rotate call we cannot guarantee that the doctor of your choosing will be on call the day you deliver your baby. Therefore, you may want to schedule your appointments so that you can meet each one of them. You MAY choose your preferred provider for your OB visits and, when possible, you will be scheduled with that provider. We encourage your family's interest and participation during this time. Please ask our office staff about any restrictions regarding family members who wish to accompany you to your visits.

Our office hours are 8-5, Monday through Friday, except for major holidays.

TELEPHONE CALLS

Our main office number is (970) 382-8800. When you call this number you will hear a message giving you general information about our clinic. You may dial 0 at anytime to bypass the message. Our front desk and nursing staff screen most telephone calls. Special problems are handled by consultation with the providers. Non-emergency telephone calls received after 4:30 pm will be returned on the next business day. If you are requesting a prescription refill please allow at least 48 hours for processing, as the prescribing provider may not be available to authorize your medication refill. A faxed request for refill from your pharmacy is the preferred method.

EMERGENCY PHONE NUMBERS

The on call nurse will be available to address your concerns during our regular business hours. After 5:00 pm and on the weekends, please call our main office number, (970) 382-8800, and listen carefully to the message. It will give you the name and cell phone number of the doctor on call.

The phone number for Labor and Delivery at Mercy Medical Center is (970) 764-3100. Someone is there 24 hours a day, 7 days a week to answer your questions.

OUR PROVIDERS

We have seven Board Certified Obstetrician/Gynecologist Physicians (Doctors), three Nurse Practitioners and one Physician Assistant in our practice (Mid-levels). You will see a combination of our Physicians, Nurse Practitioners and Physician Assistant for routine appointments. One of our seven Physicians will deliver your baby. If you have a flexible schedule then it should be possible for our practice to schedule you at least once with each physician.

Our physicians are:

- Dr. Elizabeth Baca
- Dr. Betty Lasich
- Dr. Mareca Pallister
- Dr. Megan Palmer
- Dr. Kimberly Priebe
- Dr. M. Brie Todd
- Dr. Christopher Roach

Our Nurse Practitioners are:

- ❑ Aimee Birgenheier, CNP-BC
- ❑ Donna Howard, CNP
- ❑ Mary Meuser, CNP

Our Physician Assistant is:

- ❑ Nancy Rhien, PA-C

PHYSICAL CHANGES

The first sign of pregnancy is typically the lack of menses. Some women will have light bleeding in early pregnancy and therefore do not realize they are pregnant. You may need to urinate more frequently. You may notice you are very tired. You may feel nauseated and even vomit (see section on nausea relief). You may crave certain foods or may lose your appetite. You might experience heartburn or indigestion. You can have constipation and may gain or lose a few pounds.

As the uterus stretches with the new pregnancy you may notice some mild cramping or pulling pains in your lower belly and hips. You may also experience some emotional changes and moodiness. You may feel lightheaded especially when standing up too quickly or if taking a hot shower or bath.

Your breasts may become larger and tender to the touch. Your nipples may harden or become more prominent. The nipples and areola (the skin around your nipple) darkens. Blood flow to the breasts increases, and a bluish web of veins can be visible just under the skin. Small glands on the areola (called Montgomery's tubercles) become raised and bumpy. At the end of the first trimester, your breasts may start leaking fluid.

Skin changes can occur such as acne. You may notice brownish marks on your face. Sun exposure can cause more prominent changes in your skin. You might sunburn easily so use sunscreen liberally.

During pregnancy your hormone levels increase and you are making extra blood. These changes can cause you to have a stuffy nose, dryer nasal membranes and occasionally a bloody nose. Increase humidity, use saline nasal spray and/or increase fluids. For these same reasons you could experience headaches. Hunger, stress and caffeine withdrawal can also cause headaches. Call us if you are experiencing severe or frequent headaches.

Increased vaginal discharge is very common in pregnancy. These changes are especially noted in early pregnancy but can continue throughout the whole pregnancy. You could be more susceptible to vaginal infections such as yeast infections and bacterial vaginosis. A vaginal discharge that causes irritation, itching, or odor should be reported right away. Do not use any over the counter remedies or douches without consulting us first.

At about 12 weeks, the top of the uterus grows up and out of the pelvis. You can start to feel it just above your pubic bone. Friends and family may notice you are a little thicker in the middle but usually no one can tell that you are pregnant. At 12 weeks the fetal heartbeat can easily be heard by a special device called a Doppler. This is a form of ultrasound that converts sound waves into signals that you can hear.

If this is not your first pregnancy remember every pregnancy is different. Some physical changes you experienced previously may not be present, and new physical changes could occur.

If any of these changes are bothering or worrying you don't hesitate to let us know at your next visit. If you need it taken care of sooner call the office and speak with a nurse. Consultation with a provider may be necessary.

WARNING SIGNS

Although many physical changes occur in early pregnancy, you should call the office or go to the emergency room if you experience any of these symptoms:

- ❖ Heavy cramping or severe abdominal pain
- ❖ Spotting that lasts more than 1 day

- ❖ Bleeding that's as heavy as a menstrual period or soaks a pad each hour (tampons should not be used in pregnancy)
- ❖ Blood clots, bright red blood, or flesh-like tissue from your vagina
- ❖ Heavy, or foul-smelling vaginal discharge
- ❖ Faintness or dizziness
- ❖ Painful urination
- ❖ Vomiting so severe that you can't keep any food or liquid down

(ACOG Guidelines to Planning Your Pregnancy and Birth, Third Edition, 2000)



EXERCISE DURING PREGNANCY

We are very lucky to live in an area with such a variety of recreational opportunities. We encourage you to maintain your level of exercise within certain guidelines. If the exercise or activity you participate in is not included in this information please check with one of us for guidelines. Certain conditions during pregnancy may require different restrictions such as multiple gestation (twins, triplets), a history of high-risk pregnancy, previous miscarriages or premature labor to name a few.

Exercise is vital when you are pregnant. It will help you look and feel better, reduces constipation, leg cramps, bloating, and swelling. It lifts your spirits, help you relax and sleep better. It improves your posture, promotes strength, stamina and helps your body prepare for the work of labor and delivery. Exercise will also give you a head start on getting back into shape after pregnancy. The level of exercise during pregnancy is highly individual. Now is not the time to start training or activities you have not experienced before. If you did not exercise much before pregnancy, start slowly with a low impact program such as walking, cycling or swimming. As your level of fitness increases you can move to higher levels little by little. Changes during pregnancy that can affect your program are:

- ❖ **Joints:** Some pregnancy hormones can cause ligaments that support joints to stretch. This can make you more prone to injury.
- ❖ **Balance:** The weight you are gaining and the fact that it is in the middle part of your body changes your center of gravity. It can make you unstable and increases the risk of falls.
- ❖ **Heart rate:** Extra weight and blood supply makes your body and heart work harder. Intense exercise increases oxygen and blood flow to muscles and away from the uterus. If you can't talk normally during exercise, you are working too hard.

Guidelines for Safe Exercising during Pregnancy:

- ❖ Drink lots of fluids before exercise, all year round.
- ❖ Warm up slowly, for at least 5 minutes.
- ❖ Stretch, but not to your limit. Remember your ligaments are looser now.
- ❖ Avoid exercises with jerky, bouncing or high impact motions.
- ❖ Use a stable floor. Avoid loose rugs that could move.
- ❖ Exercise regularly: 3 times a week at least, daily is ideal.
- ❖ Avoid competitive exercises or activities that could cause injury.
- ❖ Do not exercise during hot, humid weather or if you have a fever.
- ❖ Your body temperature should not exceed 100 degrees F.
- ❖ After 20 weeks do not exercise on your back.
- ❖ Avoid exercises where you hold your breath.
- ❖ Avoid strenuous exercise at high altitude, which is generally considered to be above 11,000 feet. Although we are acclimated to high altitude if you are going to an area of even higher altitude take 1-2 days to acclimatize.
- ❖ Take a break if you need one! Never exercise to the point of exhaustion.
- ❖ Reduce your workout levels in late pregnancy.
- ❖ Listen to your body. If it hurts don't do it.

- ❖ Anything that raises your body temperature to or above 101-102 degrees can be hazardous to your developing fetus. In hot weather schedule workouts for the early morning or late evening. Aerobic workouts should be limited to 30-45 minutes since core body temperatures begin to rise after that point.
- ❖ Generally during pregnancy we recommend eating an extra 300 calories a day and drinking 8 glasses of water per day. If you are active you will need more.

Yoga This is one of the best exercise programs to help prepare for childbirth. Use only yoga exercises recommended for pregnant women. Avoid holding your breath.

Walking This is an excellent exercise at any time but especially if you were not active prior to pregnancy. Walking briskly 30 minutes for at least 3 times a week is a good start.

Swimming Water supports your weight so you can avoid injury and muscle strain. It is great for your body because it works different muscle groups. Diving is not recommended.

Cycling Provides a great aerobic workout but a growing uterus can affect your balance. To make sure you are protected from falls be careful and avoid rough terrain when mountain biking. Again, avoid heavy bouncing.

Jogging If you were a runner prior to pregnancy then go ahead and run. Avoid getting too hot and stop if you are tired or feeling pain. Drink plenty of fluids. Cut back on your routine in later pregnancy or decrease your workout to walking.

Tennis Tennis is likely safe but be aware of your changing balance affecting rapid movements. Avoid getting overheated and drink plenty of fluids.

Softball/Volleyball If you are used to competitive leagues consider playing in a lower recreational league. Play positions that would avoid injury such as the outfield. Avoid sliding into base. Try to avoid plays that would put you in a position of potential injury such as diving for the ball. Contact sports should be avoided.

Body building, weight lifting, strength training Your muscles will become stronger with strength training. The workouts also help prevent some of the aches and pains of pregnancy. Do training under the watchful eye of an expert. Use slow, controlled movements and do short sets (10 or fewer reps). Don't hold your breath, bear down or do abdominal crunches. Leg muscles should be used so as to avoid strain on the lower abdomen.

Golf and bowling With either sport you may have to adjust for change in balance.

Snow skiing/boarding This is not a sport to start when you are pregnant. It may be OK if you are already skilled and use caution. Snow skiing would be best avoided during pregnancy because some hazards are beyond your control, like other skiers. Should you choose to participate in either of these sports keep these precautions in mind: Stay on safe slopes (i.e. green runs) and avoid crowded slopes. Your changing center of gravity can cause balance problems. Cross-country skiing is safer than downhill and gives your heart a better workout. Remember the altitude considerations mentioned previously.

Inline skating Only if you are already skilled and very careful.

Kayaking May be done in early pregnancy (you won't fit later) by skilled kayakers only and in safe, slow waters. Probably best to avoid altogether.

Water skiing and surfing Sit these out while you are pregnant. The risks associated with hard falls or water "enemas" is too great.

Scuba diving Avoid while pregnant. Definitely shown to be harmful to the growing fetus.

Horseback riding Now is not the time to get on a horse if you are not an experienced rider. This activity is probably best avoided during pregnancy. Experienced riders should avoid heavy trotting, galloping or any situation that would put you in the position to fall off.

WARNING SIGNS

Stop exercising and call our office if you get any of the following symptoms:

- ❖ Pain
- ❖ Vaginal bleeding
- ❖ Dizziness or feeling faint
- ❖ Increased shortness of breath
- ❖ Rapid heartbeat

- ❖ Difficulty walking
- ❖ Uterine contractions
- ❖ Chest pain

WOMEN WHO SHOULD NOT EXERCISE DURING PREGNANCY:

- Women with heart disease
- Women with restrictive lung disease
- Women with preeclampsia or high blood pressure
- Women with a history of placental problems with the current pregnancy such as placenta previa at 26 weeks or later or anyone with third trimester bleeding.

WORKING DURING YOUR PREGNANCY

Generally you can work right up until the end of your pregnancy if you feel up to it, you and your baby are healthy and your job presents no special hazards. Strenuous jobs, such as those that involve heavy lifting, climbing, carrying or standing for extended periods of time, may not be safe during pregnancy. If your job is highly physical discuss safety issues with us. We may suggest you cut back on hours, give up certain tasks, transfer to another position or stop working until the baby is born.

Harmful substance exposure in the workplace is fairly rare. Pesticides, chemicals, cleaning solvents and heavy metals such as lead can cause problems in pregnancy. Women that work in such fields as farming, factories, dry cleaning, printing or crafts such as painting or pottery glazing may be exposed to harmful substances. Health care workers are also at risk to viruses such as hepatitis B, rubella or chickenpox that can cause miscarriage or birth defects if a woman is infected during pregnancy. Radiation exposure, medical gases or toxic drugs are also a risk for health care workers.

Workplace safety hazards and tips can be found on the Web site www.osha.gov and www.cdc.gov/niosh. Keep in mind that just because a toxic agent is listed does not mean you are exposed to harmful levels of it. Check with your human resources director or supervisor on potential hazards in your workplace. Feel free to discuss your situation with us if you feel you might be at risk in your workplace.

It is your responsibility to check with your employer regarding policies for maternity and/or disability leave if you need to quit work due to pregnancy complications. We will be happy to provide medical information to your employer with your consent.

TRAVEL DURING PREGNANCY

Travel during pregnancy is usually safe. If you are going to be away from home for more than a week, or you are near your due date, it is a good idea to have a copy of your current OB records with you. If possible it might be a good idea to get the name of a doctor in the area you will be visiting.

The best time to travel is mid-pregnancy (14-28 weeks). By this time most women are past the morning sickness stage and your energy has returned. During the later part of pregnancy it's harder to move around or sit for a long time.

Consider your mode of travel. The fastest way is often the best. While en route walk around every 1-2 hours and stretch your legs. This will lessen your risk of blood clots and make you more comfortable.

Get plenty of sleep, rest often, eat regular meals and take small snacks with you. Remember to drink plenty of fluids. Don't over-do it. Remember to slow your pace and don't try to cram everything into one day.

If traveling by air, book an aisle seat so it is easier for you to get up and walk around. Layer clothing and wear loose fitting clothes. Rest after a long flight and drink plenty of fluids. Don't worry about the metal detector, it will not harm you. It is best to avoid private planes that are not pressurized. Most airlines will not allow women after 36 weeks to fly unless it is for an emergency.

Avoid travel to countries that require immunizations. Take precautions with unsafe food or water. Drink only bottled water, canned juices, and pasteurized milk products. Avoid fresh fruits and vegetables unless they have been cooked or peeled and don't put ice in your drinks.

PLAYING IT SAFE

Sex: Pregnancy affects every aspect of life including sex. Your physical changes may make you want or enjoy sex less often than before. You may worry that sex will harm your baby. The fetus is very safe in the uterus. The amniotic sac and thick mucus plugging your cervix shields the baby from any outside germs. Unless we have told you not to, you can safely continue to have sex right up until labor begins. If sexual intercourse is off limits there are other ways to express your sexuality and love.

Harmful agents: Almost everything that goes into your body is shared with your unborn baby. Some substances that were once thought to be harmful to your baby are now thought to be safe. Hair dye is now considered safe. There is minimal absorption of chemicals through the hair follicles and scalp. Perms are probably safe as well, but haven't been studied in pregnant women. Generally speaking in the first trimester you should avoid all chemical exposures that are unnecessary. Dying or perming your hair might not turn out as expected due to the hormones of pregnancy. Artificial nails should only be applied in a well-ventilated room.

Caffeine: Caffeine is a stimulant and a diuretic (increases urine production). There's no proof that small amounts of caffeine cause problems in pregnancy (for examples, 1-2 cups of coffee). Remember that caffeine can be found in coffee, colas, some other soft drinks, teas and chocolate. It is unclear whether artificial sweeteners cause problems in pregnancy. To be safe they should be avoided. If you are eating right and not overindulging in packaged sweets or diet sodas your exposure should be minimal.

Cats: Cats can carry a parasite called toxoplasmosis in their stool. You should avoid handling the cat's stools or emptying litter boxes. You can continue to handle and pet your cat. There is no need to get rid of your pet. This parasite can also be found in undercooked meat and unwashed vegetables.



Medications: Some medications are safe to take during pregnancy. However, all medications cross the placenta and enter the baby's bloodstream. Please ask us before ingesting any medication, either over the counter remedies, herbals or supplements for safety guidelines. Let any health care provider you see know you are pregnant before taking any prescription medicines.

MEDICATIONS THAT ARE SAFE IN PREGNANCY: (RX = requires a prescription)

COLDS	CONSTIPATION	MINOR PAIN AND HEADACHES	DIARRHEA	ALLERGIES	INDIGESTION AND HEARTBURN	INSOMNIA
Sudafed (2 nd trimester)	Metamucil	Tylenol	Pepto Bismol	Benadryl	Mylanta	Unisom
Robitussin	Effersyllum		Kaopectate	Zyrtec (RX)	Riopan	Tylenol PM
ChlorTrimeton	Milk of Magnesia		Imodium	Claritin	Gaviscon	Ambien (RX)
Tylenol					Tums (Sodium Free)	
					Roloids (Sodium Free)	
					Pepcid/Zantac	

ALL MEDICATIONS SHOULD BE USED IN MODERATION!

AVOID ANY MEDICATIONS WITH ASPIRIN OR IBUPROFEN SUCH AS ALKA SELTZER.

Herbal Medicines in Pregnancy: A common misconception is that all herbal medicines are safe because they are natural. However the safety of many herbals in pregnancy is unknown and some can be dangerous. A group called the Motherisk Program is conducting research on the use of herbals in

pregnancy and information is available on their website at www.motherisk.org. Please do not take any herbal preparations without discussing their safety with one of the providers at our office.

Asthma: Most asthma medication is safe to use in pregnancy. Pregnant women should not stop taking their asthma medication or stop using their inhalers. Talk to us about using these medications as many women with asthma will continue to have attacks while pregnant. Regular medical care is vital, so you should continue to see the provider who manages your asthma on a regular basis during your pregnancy.

Dental Care: Keep your regular dental checkups. Let your dentist know that you are pregnant before any x-rays are taken or any medications/anesthetics are given. Gingivitis, an inflammation with bleeding of the gums, can be a risk factor for premature labor. Cavities are more common in pregnancy.

Seatbelts in Pregnancy: Wearing seatbelts in pregnancy is very important for the safety of you and your baby. The best combination is a lap plus shoulder belt. The lap belt should be worn low around the hips and kept as tight as comfortable. The shoulder belt should be positioned above the high point of the abdomen but low enough to avoid having it across your neck.

If you are in an accident other than a mild fender bender, you should be checked at our office as soon as possible. If any vaginal bleeding, contractions or severe pain occurs go to the emergency room if it is after hours.

Hot Tubs and Saunas: Pregnant women should avoid being overheated during their pregnancy. Just as with exercise it is not a good idea to become overheated in a hot tub, a very hot bath, or a sauna. Your core body temperature should not rise above 100.0 degrees. You can check the water temperature by dipping a thermometer into the water. If you become overheated you will feel uncomfortable, have heavy sweating, feel dizzy or even stop sweating. You can continue to soak in a hot tub, bath or sauna if you use common sense. Keep your bath and hot tub water around 100 degrees or less. Stay in the hot tub or sauna for 5-10 minutes or less or just dangle your legs in the hot tub or hot springs.

If you soaked in a hot tub before you knew you were pregnant, most likely your baby will be fine. Most women get out of the hot tub before reaching a harmful temperature level because they feel too hot.

A warm bath can be a very relaxing treat in pregnancy. Just keep the water temperature reasonable and enjoy!



RELIEF OF NAUSEA (MORNING SICKNESS)

1. Eat frequent small meals or snacks that consist mainly of easily digested energy foods such as carbohydrates (rice, oatmeal, bread, dry cereals, potatoes, bagels, pasta, pretzels for example).
2. Drink liquids between meals instead of with food.
3. Avoid fatty, fried or spicy foods and foods with strong odors. Cold foods have fewer odors than hot foods.
4. Eat a light snack, which includes both carbohydrates and protein (such as lean meat, boiled beans, eggs, broiled or canned fish and poultry without the skin) at night before going to bed.
5. Eat a small snack before arising. (i.e. soda crackers, dry toast, dry popcorn or dry cereal)
6. Avoid cabbage, cauliflower, spinach, onions, apples, cantaloupe, watermelon, honeydew melon, gravies, salted pork, smoked meats and fish, pastries, sweets, coffee and alcoholic beverages.
7. Try including 6-8 glasses of fluid per day in some form such as milk, herbal tea, soups or ginger ale. Frequent sips of liquid rather than large swallows are best.
8. Try to include whole grain breads and cereals since the "B" vitamins help ease nausea.
9. Vitamin B6, 50mg-100mg twice a day may be helpful. Eat a snack before going to bed such as yogurt, bread, milk, a small sandwich or juice.
10. If you are up at night to go the bathroom, have a little snack or glass of milk to keep your stomach from becoming empty overnight.
11. Raspberry herb tea, mellow mint herb tea, ginger tea, ginger ale or ginger capsules work well for many women. Ginger chews may also be helpful.
12. Try Benadryl 25mg one or two at bedtime or one in the morning and one in the afternoon if no response to the above, but be careful, it will make you sleepy.
13. Prescription meds are available if you are unable to hold fluids down.
14. Many women respond to an acupressure bracelet (C-bands), available at drug stores.
15. Morning sickness usually does not last beyond the first 3 months. Take prenatal vitamins with foods at the time of day your stomach feels best. If vitamins continue to make you feel sick, stop them for a few days and then restart. Substitute chewable vitamins with at least 0.4 mg or 400 mcg of folic acid such as Flintstones chewables.
16. Get plenty of fresh air. Take a short walk or sleep with the window open.
17. The BRATT diet might help (bananas, rice, applesauce, tea and toast).
18. Keep a diary of when vomiting occurs and what triggers it, such as odors, foods, places, or activities, so you can learn to avoid these triggers.
19. **Call us if you experience any of the following, at any time, during your pregnancy:**
 - ❖ **You have a small amount of urine or it is dark in color.**
 - ❖ **You can't keep fluids down.**
 - ❖ **You are dizzy or faint on standing up.**
 - ❖ **You have a racing or pounding heart.**
 - ❖ **You vomit blood.**
 - ❖ **You have lost 5-10 pounds.**

DIET AND NUTRITION

A well-balanced diet is very important during pregnancy. Eating right during pregnancy may take extra effort, but it brings major benefits to both you and your baby. If you are already eating a balanced diet, all you have to do is add some extra calories and nutrients.

The following information has some general guidelines you can follow. You might want to keep this in your kitchen to remind you of these important nutritional guidelines.

NUTRITION GUIDELINES DURING PREGNANCY																		
PRINCIPLES	SUGGESTIONS	ACTION PLAN																
<p>1 Select Foods From The Daily Food Guide For Pregnancy</p> 	<p><u>Food Group</u> <u># Servings</u></p> <p>Breads, cereals, rice, pasta 7+ Serving= 1 slice Bread, ½ c. rice</p> <p>Vegetables 3-5 Serving=1 cup raw, ½ cup cooked</p> <p>Fruits 2-4 Serving= 1 medium size</p> <p>Milk, Yogurt, Cheese 3 Serving= 8 oz milk or yogurt, 1 oz cheese</p> <p>Meat, poultry, fish, eggs, beans 3 Nuts or nut butters. Serving= 2 oz meet; ½ c. beans, 2 Tbsp peanut butter</p>	<p>I'm eating the right amount of:</p> <p>I may be eating too much of:</p> <p>I need to eat more of:</p>																
<p>2 Eat at Least Three Meals a Day</p> 	<ul style="list-style-type: none"> ➢ Try not to skip meals. ➢ Be sure to have breakfast. ➢ Rely on foods rather than vitamins for nutrition. ➢ If nauseated, eat more Frequently but smaller amounts. ➢ Eat more fresh foods not processed foods 	<p>Some of my favorite foods that are quick but good for me:</p> <p>Snacks I could keep handy:</p> <p>Reminder: The usual diet is 2000 cal/day; I want to add 300 more cal/day while I am pregnant.</p>																
<p>3 Choose Foods High In Folic Acid & Iron</p> 	<p>Iron and folic acid help build healthy red blood cells.</p> <table border="0"> <tr> <td><u>Iron-rich foods</u></td> <td><u>Folic acid rich foods</u></td> </tr> <tr> <td>beef, poultry</td> <td>oranges, bananas</td> </tr> <tr> <td>fish</td> <td>eggs</td> </tr> <tr> <td>dry beans</td> <td>lentils</td> </tr> <tr> <td>leafy greens</td> <td>leafy greens</td> </tr> <tr> <td>enriched breads</td> <td>whole wheat bread</td> </tr> <tr> <td>dried fruits</td> <td>wheat germ</td> </tr> <tr> <td>raisins</td> <td>tomatoes</td> </tr> </table>	<u>Iron-rich foods</u>	<u>Folic acid rich foods</u>	beef, poultry	oranges, bananas	fish	eggs	dry beans	lentils	leafy greens	leafy greens	enriched breads	whole wheat bread	dried fruits	wheat germ	raisins	tomatoes	<p>Shopping List:</p> <p>Remember to drink 6-8 glasses of water every day!</p>
<u>Iron-rich foods</u>	<u>Folic acid rich foods</u>																	
beef, poultry	oranges, bananas																	
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<p>4 Gain Weight Slowly & Gradually</p> 	<p>Recommended weight gains are based upon your weight for height at the start of your pregnancy</p> <p>A good weight gain pattern is 2-4 lbs. during the first 3 months; then 1 lb. each week thereafter.</p>	<p>Pay attention to your appetite. Avoid "recreational eating".</p> <p>Take time to enjoy planned meals and snacks.</p> <p>A sudden large weight gain should be reported to your provider.</p>																

Calcium in Pregnancy

Calcium consumption in pregnancy is very important for fetal tooth and bone growth. If you are unable to consume at least 3-4 servings of calcium daily then replace a serving of calcium with 2 tablets of sodium free Tums.

One serving of calcium equals:

- 1 cup of yogurt
- 1 cup of cottage cheese
- 1 ounce of cheese
- 8 ounces of milk

Fish Consumption During Pregnancy

The U.S. Environmental Protection Agency (EPA) has issued a warning for fresh water and ocean fish caught by family and friends. Since this fish has not been inspected for levels of mercury they are cautioning pregnant women to limit these fish for one meal per week. Our local waters are not as polluted as other areas but for your safety please contact San Juan Basin Health Department, 247-5702, for advice about fish caught in our region.

The FDA has issued a warning that four types of fish should not be eaten in pregnancy and nursing because they could contain enough mercury to damage a fetal brain. Nearly all fish contain trace amount of methylmercury but longer-lived, larger fish that feed on other fish accumulate the highest amounts of methylmercury and pose the largest threat. The fish that should not be eaten according to the FDA are shark, swordfish, king mackerel and tilefish.

Prenatal Vitamins

There are many different brands of prenatal vitamins both over the counter and prescription. The importance of prenatal vitamins over other vitamin mineral supplements is the level of folic acid and iron. Studies have shown that folic acid is very important in the development of the baby's brain, spinal cord and nervous system (also called the neural tube). Ideally, women would be taking at least 0.4 mg or 400 mcg of folic acid prior to becoming pregnant but at least starting after you know you are pregnant is important. Occasionally, such as with twin births or if you have a family history of a baby born with spina bifida (a malformation of the spinal cord), we would ask you to increase your folic acid to 0.8 mg or 800 mcg daily. The above nutritional grid lists foods that are naturally high in folic acid.

Iron is important to help form blood cells that carry oxygen to the fetus. It helps prevent anemia and fatigue. It will help your body resist infection. Iron can cause constipation and nausea in early pregnancy. Try taking your prenatal vitamin at night and on a full stomach especially in early pregnancy. Sometimes chewable prenatal vitamins are easier to take. Ask us about your options.

Expected Weight Gain in Pregnancy

Each woman is highly individual when it comes to gaining weight in pregnancy. Pregnancy is not the time to worry about putting on weight, but it's also not an excuse to eat too much. Most non-pregnant women need between 1800 and 2200 calories a day. Pregnant women only need to increase their intake by about 300 calories a day. How many pounds should you gain? Most women are advised to gain 25-35 pounds. Overweight women can gain less, underweight women more. Don't worry if you gain more than expected, but realize that too much extra weight can lead to problems in later pregnancy such as high blood pressure and gestational diabetes. You will also need to work harder later to get rid of the excess weight!

Condition Before Getting Pregnant	Expected Weight Gain
Underweight	28-40 pounds
Normal weight	25-35 pounds
Overweight	15-25 pounds
Obese	15 pounds
Twin pregnancy	35-45 pounds