



Question	Answer
<b>Medical/Condition Related</b>	
<i>Should I exercise during pregnancy?</i>	Exercise in moderation is safe in an uncomplicated pregnancy unless your physician advises otherwise. If you usually do not participate in an exercise program it is not recommended that you start at this time.
<i>I currently smoke. Can I continue?</i>	Smoking can increase the risk of placenta previa, premature or low birth weight. Smoking and exposure to second hand smoke is strongly discouraged.
<i>Can I have intercourse throughout my pregnancy?</i>	Unless otherwise advised by your physician, you can continue to have intercourse throughout your pregnancy.
<i>I haven't felt my baby move for a while. What should I do?</i>	Depending on your gestational age you should do fetal kick counts. If you are 24 weeks or more, have something with concentrated sugar, lie on your left side for one hour and count fetal movements. (Minimum of 6 movements per hour.)
<i>I think my water broke. How do I know?</i>	You will have the sensation of wetting your pants if you have a leak or you will feel a big gush. Please call our office if you have this experience.
<i>I have to have dental work. Can I have novocaine/lidocaine?</i>	Yes, but epinephrine cannot be used.
<i>What about x-rays?</i>	If deemed absolutely necessary by your dentist, but you must be double shielded.
<i>Will my OB doctor treat me for an earache?</i>	For medical conditions such as an earache or conditions that are unrelated to your pregnancy, you should contact your primary care physician.
<i>Can I have a mole (or skin lesion, tag) removed?</i>	Yes, if absolutely necessary. Local anesthesia (without epinephrine) will not be harmful to you or your baby.

<b>Question</b>	<b>Answer</b>
<i>My child has Hand-Foot-Mouth Disease (Fifths Disease). How can I prevent it?</i>	Use proper hand washing technique. Do not eat or drink from your child's utensils, etc. Please notify your physician's office with any exposure.
<b>Food Related</b>	
<i>Can I drink products containing caffeine?</i>	Some studies have indicated that caffeine can slightly increase the risk of miscarriage in the first trimester. Decaffeinated beverages are recommended.
<i>Can I have an alcoholic beverage?</i>	It is strongly recommended that all alcoholic beverages be avoided.
<i>Can I eat tuna or do I have to worry about mercury poisoning?</i>	You may eat tuna but only in moderation - once or twice a week. Do not eat shark, mackerel or swordfish.
<i>Can I eat processed meats or do I have to worry about Listeria?</i>	Avoid processed and packaged meats such as bologna and pressed meats. Only eat fresh turkey, roast beef (well done), or ham. (No Deli Meats)
<b>Lifestyle Related</b>	
<i>What about cleaning and painting?</i>	You can certainly clean, but be sure the room is well ventilated. If you are going to paint, it is recommended that you use a latex paint in a well-ventilated area.
<i>What is Toxoplasmosis and how do I avoid it? (Important information if you own a cat or like gardening.)</i>	<p>Toxoplasmosis is an infection caused by a parasite. Pregnant women and individuals who have compromised immune systems should be cautious because an infection could cause serious health problems.</p> <p>An infection occurs by accidentally swallowing cat feces from an infected cat that is shedding the organism in its feces. This might happen if you accidentally touch your hands to your mouth after cleaning a litter box, gardening, or touching anything that has come into contact with cat feces. An infection can also occur by eating or handling contaminated raw or partly cooked meat, or by contaminating food with knives, utensils, cutting boards, etc., that have contact with raw meat.</p> <p>Steps to reduce your chances of becoming infected:</p> <ul style="list-style-type: none"> <li>- Do not empty or change a litter box for the duration of your pregnancy.</li> <li>- Wear gloves when you garden or handle soil.</li> <li>- Thoroughly wash any items that might have touched raw meat.</li> </ul>
<i>Can I have my hair processed, permed or colored?</i>	Several studies have found no ill effects, but as a precaution we are advising you to avoid hair color during the first trimester.
<i>Can I use a tanning bed?</i>	Our practice does not recommend the use of a tanning bed or self-tanning products during your pregnancy.
<i>I have a trip planned; can I travel during my pregnancy?</i>	Travel in an airplane is almost always safe during pregnancy until one month before your due date. Check with your airline for their restrictions especially for international flights. If traveling by car you should wear your seat belt and keep your seat as far back from the dashboard as you can. Stop for a stretch every hour.