

Southpointe OB/GYN
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HEALTHY PREGNANCY GUIDELINES

LIFTING

During your pregnancy it is recommended that you lift no more than 20lbs. Above all, do not do any physical activity which causes discomfort.

HOT TUBS AND SAUNAS

Because hot tubs and saunas raise the body temperature, which is not good for the baby at any stage of pregnancy and has been associated with birth defects in the first trimester, it is recommended that you not use them at all. A hot shower or tub bath is ok as long as the time spent does not exceed 10 minutes.

SWIMMING POOLS

Swimming pools at any stage are fine. Be aware that you will sometimes sunburn more easily when pregnant than when not pregnant. Be sure to wear sun screen and limit your time in the sun to before 10am and after 4pm.

EXERCISE AND GYM WORKOUTS

If you are accustomed to exercise and gym workouts you may continue with moderation. There may be certain restrictions suggested based on your particular circumstances. It is suggested that you limit exercise activities to walking and light aerobics. Your pulse rate should not exceed 140 BPM. If you wish to jog or do light weight-lifting, discuss this with your doctor. Avoid activities that put strain on your joints and lower back. Avoid lying on your back while exercising.

HIGH ENERGY AND CONTACT SPORTS

At no time during pregnancy do we recommend any contact sports or very high energy sports such as skiing, soccer, scuba diving, skating or horseback riding. Do not participate in any activity where you might fall or be hit in the abdominal area.

CAFFEINE CONSUMPTION & ARTIFICIAL SWEETNERS

It is suggested that caffeine be used very sparingly-not more than 8 servings per week. This includes all the caffeine in coffee, tea, and chocolate drinks combined. Decaf versions of the beverages are okay.

FOOD PROHIBITIONS

NO alcohol, raw meat, raw fish, limit fish (including canned tuna, salmon) to 3-4 times weekly. Consult FDA or EPA guidelines for avoiding high risk fish. Never eat unpasteurized dairy products including cheeses.

TRAVEL

Travel is permitted by air, car, train or ship up to 28-32 weeks, generally speaking. Certain conditions may arise during the course of your pregnancy where the doctor may suggest that you curtail travel. No matter what your method of travel, you must get up and walk for at least 5 minutes every 1 to 1 ½ hours. This is to prevent the possibility of blood clots forming in your legs. If you are expecting twins, you will need to talk to your doctor about special restrictions on activities during your pregnancy.

SEX

Sex is generally safe during pregnancy. If you have experienced bleeding or believe your membranes have ruptured (water broken) avoid intercourse and contact your doctor. Some pregnancy conditions will result in your doctor advising against intercourse temporarily.

HAIR PRODUCTS

Hair coloring, perms and relaxers are generally felt to be safe.