



## Frequently Asked Questions

### **What should I stop and avoid during pregnancy?**

Once you are pregnant it is best to completely stop smoking, alcohol, and recreational drugs. These increase the risk of miscarriage, birth defect, and other serious conditions. Do NOT change cat litter while pregnant. Cat excrement may contain toxoplasmosis, a harmful parasite. You should avoid hot dogs, luncheon meats, and cold cuts. They may contain bacteria or parasites that can cause serious food poisoning.

### **Why am I tired all the time?**

Early pregnancy creates general fatigue by the usage of 300 calories of energy per day in the development of the fetus. Be assured after a period of time you will usually begin to feel better.

### **What type of diet should I be following while I am pregnant?**

An average pregnancy diet includes 2000-2200 calories a day. The emphasis is on food groups and increasing certain areas of each. Average daily allowances should include: 6 servings of Proteins (meat, eggs, fish, and poultry), 4 to 5 servings of milk products (milk, cheese, yogurt, etc.), 4 to 6 servings of grains (bread, rice, cereal, and pasta), 6 to 8 glasses of water daily. These are basic guidelines to get you started.

### **How much weight should I gain?**

We usually anticipate an average of 25 to 35 lbs. during pregnancy. Individual situations may be different.

### **May I continue working during pregnancy?**

We encourage women to work if they desire and the pregnancy progresses well. As you get further along, we will be reevaluating your work and its effect on the pregnancy or visa-versa.

### **I seem to be urinating more frequently, is this normal?**

Initially, as the uterus enlarges, more pressure is placed on the bladder thus causing a need to urinate more frequently. As you progress in the pregnancy, the uterus will rise away from the bladder and some of the early symptoms will subside.

### **What should I do if I see any bleeding or have any cramping?**

A small number of abdominal twinges are normal as the uterus enlarges and the fetus grows. Anything equivalent to menstrual cramping occurring on a regular basis should be evaluated by our office. Period-like bleeding is never considered normal and should be reported immediately. Spotting or a few small brown-red drops may occur after intercourse and would be considered normal. If spotting occurs without having had intercourse or is combined with cramping, it should be reported to us.

### **What should I do if I am exposed to a communicable disease (i.e., chickenpox, measles, mumps, etc)?**

Mumps is not of concern during pregnancy. Measles are usually a childhood disease. If transmitted to an adult, measles are mild and cause no problems to the fetus. However, Rubella (the 3-day German measles) is very harmful, especially if contracted during the 1<sup>st</sup> trimester. Your initial lab work will determine your immune level. If there is no immunity, we will review guidelines for your pregnancy and make sure a vaccine is given after delivery. Fortunately, Rubella is not commonly seen in the general population because of childhood immunizations. If you have previously had chickenpox, you have developed an immunity to the disease and if exposed will not need to worry. If you have never had chickenpox and are exposed to them, contact our office. We will discuss your individual risk factors. Remember, a true exposure is contact with someone who actually has the infection at the time of contact with you. Contact with a parent or family member that has an ill child is **not** exposure.

These are only a few of the most common question asked by our patients. If you have others, please address them at your office visit, or call us prior to your visit and we will assist you.

The state of Arizona is providing **free prenatal vitamins**. Register at [www.powermea2z.org](http://www.powermea2z.org).