

Pregnancy Tips

If I have a job, when should I stop working?

Generally, you can work right up until the end of your pregnancy if you feel up to it. The only types of jobs that might be a problem are those where you work around certain chemicals or x-rays. If you have any questions about the safety of your workplace for your pregnancy ask your doctor.

What about exercise?

Avoid sports where you might get hit in the belly or are at high risk for accidents. Otherwise you can generally continue the same activities as before pregnancy (see the Exercise during Pregnancy article). Do not push yourself to the point of becoming overtired or overheated. You may find that you have less strength and energy than before you became pregnant, but exercise is still good for you and your pregnancy.

Can I continue regular sexual relations?

Yes, in normal pregnancies, as long as it is not causing you to have pain or bleeding. Under certain conditions, your doctor may instruct you to refrain from engaging in sexual relations during your pregnancy. Some women find that sex is more comfortable during pregnancy if they are on top or lying side to side.

Can I travel during pregnancy?

Yes. There are generally no problems with riding in a plane up until the last month of pregnancy or taking auto trips. In case you will be away for more than a week or way from home near your due date, it is a good idea to get the name of a doctor or hospital in the area where you will be. If you are at risk of premature delivery, avoid travel after week twenty-five of the pregnancy.

Are high altitude stays okay?

During a normal pregnancy, short stays (several days) at high altitude are generally not felt to be a significant problem but speak to your doctor if you have any pregnancy complications. High altitude exposes the mother and developing fetus to less oxygen and therefore should be avoided during high risk pregnancy or for extended periods of time.

What about dental care?

Maintaining good dental health is important and you should continue your pre-pregnancy dental care regimen, including regular brushing, flossing, and semi-yearly dental visits. Let your dentist know that you are pregnant before any x-rays are taken or any medicines are given to you; avoid elective dental x-rays and dental treatments, such as whitening or bonding during pregnancy.

How should I take care of colds or small aches and pains?

You can take acetaminophen (Tylenol or Daatril) for mild aches and pains. Do not take any other over-the-counter or prescription medications without speaking with your doctor first. Always notify your doctor of a temperature of over 102 degrees or extended periods of mild fever.

What about clothing?

Wear comfortable clothes that are not tight on your belly. Flat heeled or broad heeled shoes are recommended. Use a bra that gives good support to your breasts.