



Frequently Asked Questions

- **Who should I call if I have questions or problems?**

Call the main office number, day or night. There is always a doctor available to answer questions or manage emergency situations. Please have the pertinent information available to pass along to the doctor (your name, phone number that you can be reached at, pregnancy status, pharmacy's phone number, etc.)

- **Medications:**

If you have any questions regarding the safety of any medications during pregnancy or while breastfeeding please call For Her Health. Remember, no medications should be taken unless necessary.

- **Travel:**

Always wear your seatbelt snugly over your hips, below your belly. If you travel more than 1 hour, stop at least every 2 hours to empty your bladder and walk around to improve your circulation and decrease your risk for swelling and blood clots. Most airlines allow you to fly up to 32-36 weeks; however, should you have problems with the pregnancy after 23 weeks of pregnancy, you or the baby potentially may be hospitalized for a prolonged period of time at your travel destination. Overall, we recommend remaining closer to home after 23 weeks of pregnancy.

- **Exercise:**

Most physical sports and activities can be enjoyed throughout pregnancy if done in moderation. Please avoid contact activities or those that can cause

serious bodily harm. Walking, stationary biking, elliptical, swimming, pregnancy yoga and water aerobics are good examples of safe activities. If starting a new exercise program, limit your maximum heart rate to 140 beats per minute. Hydrate yourself well before, during and after exercise.

- **Diet:**

NutraSweet and caffeine are safe when used in moderation (1-2 servings/day). Certain large fish like swordfish or shark contain large amounts of mercury and should be avoided. Avoid raw fish and undercooked meats. Limit the amount of canned tuna or other seafoods to 2 servings/week. Normal weight gain is 25-35 pounds during pregnancy (if you have normal weight prepregnancy).

- **Hair Products:**

It is believed that permanents and hair dye are safe during pregnancy.

- **Dentist:**

It is encouraged to go to the dentist while you are pregnant. We recommend regular cleanings. You can have local anesthesia (without epinephrine) if you are not allergic to it. X-rays are permissible, if necessary, while the abdomen is shielded with a lead apron.

- **Infections:**

Chicken pox, measles, fifth's disease and cytomegalovirus are diseases of childhood and most adults are immune; however, if you have been exposed and don't know if you are susceptible to the disease, please call the office for an appointment.

- **Hot tubs/Sauna/ Steam rooms:**

Avoid hot tubs, saunas or baths greater than 90 degrees. Bringing the maternal body temperature too high can be harmful to the fetus.

- **Chemicals:**

Avoid pesticides, chemicals and cleaning solvents. It is not advised to paint during pregnancy, but if you must, do so in a well-ventilated area for short periods of time.

- **Lifting and Climbing:**

During pregnancy, it is easier to become injured because of lack of balance and loosening of the joints. Because of this, it is advised not to climb ladders or high step stools. We also advise not to lift more than 15 pounds at a time to help avoid back and hip pain and strain.

- **What is preterm labor?**

This is labor before 37 weeks of pregnancy. It includes regular contractions where your abdomen tightens up, the uterus seems to be balling up or pushing down into the vagina. More than four contractions in one hour means that you should rest and drink a lot of fluids. If you have more than six contractions in the next hour, you need to call For Her Health immediately.

- **What is labor?**

Usually it occurs after 37 weeks of pregnancy, and it is regular painful contractions that cause your cervix to change its dilation and effacement. Usually they occur every five minutes or sooner. Braxton-Hicks contractions are “practice” contractions that do not change your cervix; however, it is difficult to assess if contractions are labor or “fake” until your cervix is checked multiple times to see if it changes. You also may have a bloody discharge as your cervix changes.

- **How much should the baby move?**

Most moms feel the baby move consistently after 18-20 weeks of pregnancy. After 24 weeks, we ask you to watch for 6 fetal movements in an hour (especially after meals), three times a day. If the baby is not moving well, lie on your left side, drink fluids and watch for movements; if still less than 10 movements in 2 hours, please call For Her Health immediately.

- **What if I am bleeding vaginally?**

If this is immediately after a pelvic exam, don't worry. Rest immediately and call For Her Health. If you are bleeding more than 1 maxipad per hour or passing large (quarter sized or more) clots, go to your nearest Emergency Department.

- **What if my discharge changes or I leak fluid?**

If you are more than 23 weeks pregnant, please call For Her Health immediately. This can be a sign of preterm labor or your water breaking. Be aware, unfortunately, urinary incontinence is common in pregnancy and can be mistaken for vaginal leakage.

- **Can I have sex?**

As long as your pregnancy is uncomplicated, sex is up to you as a couple. Many partners are concerned about "hurting the baby." It is not possible to injure the baby in anyway during gentle lovemaking...so enjoy! As you near your due date, you may be encouraged to have sex, because there are hormones in semen that make your cervix more ready for labor.