

Pregnancy Dos, Don'ts, and Easy Swaps

While preparing for the birth of your child is a joyous occasion, being pregnant does come with more than a handful of inconveniences, including having to give up certain foods and activities.

Your daily lifestyle will also start to change in small ways, many of which you may not have expected.

You've probably already heard the pregnancy dos and don'ts, like not drinking alcohol, cutting back on caffeine, avoiding high intensity workouts. What can you anticipate might be different in your daily life now that you're pregnant?

This handy list will walk you through what to expect, and how to enjoy the things you love while having a safe pregnancy.



Food + Beverages

ALCOHOL Have a moment of silence for the glass of wine with dinner, then swap it out for a glass of sparkling water or a freshly squeezed mocktail. Cheers!

TRIPLE-SHOT LATTE WILL ALSO HAVE TO WAIT Caffeine can travel through the placenta and increase your baby's heart rate. You can safely consume a cup or two of coffee each day, but please forego excessive coffee consumption while pregnant.

SUSHI If sushi is your favorite food, and you're bummed to go without it for nine months, here's some great news: sushi is safe to consume as long as the fish has been cooked. Swap out raw rolls for cooked and enjoy.

BLOODY STEAK WILL NOW HAVE TO BE WELL DONE Raw and undercooked meat and eggs carry the risk of foodborne illness, such as listeriosis and toxoplasmosis. Food poisoning is also a possibility.

These conditions can cause serious, life-threatening illnesses that could lead to severe birth defects and even miscarriage. Make sure all eggs and meat that you eat while pregnant are well-cooked.

TRY TO AVOID DELI MEAT — including hot dogs, sausages, smoked salmon, and other cured meats — can cause foodborne

illness, such as listeriosis and toxoplasmosis. It's also important to eat pasteurized (not raw) milk and cheese. Always wash produce to help eliminate harmful bacteria.



Beauty

SKIN CARE Pregnant women have to be careful about what they put on their skin, as products containing potent acne-fighting ingredients— like prescription retinoids, over-the-counter retinols, hydroquinone, benzoyl peroxide, and salicylic acid, to name a few — are not safe during pregnancy. Try to find safer and more natural alternatives or temporarily stop using certain products.

HAIR COLORING We recommend holding off on hair color until week 13 of your pregnancy, just to be safe. The first trimester is a time of rapid growth and development for your baby. To rest easier at night, wait until this critical period is over before reaching for the hair dye.

Take extra care if you have skin conditions, like eczema or psoriasis and ask your doctor before coloring your hair. These conditions can cause tiny breaks in the skin and may decrease some of your skin's protection. If you do color your hair, try to do it in a well-ventilated area.



Maternity-wear

FITTED JEANS As your baby belly grows, you'll need pants that grow with you. Sweatpants, maternity jeans, or anything with a stretchy waistband will do. You could even loop a rubber band through the buttonhole or use a belly band (there are many brands available) to keep wearing your favorite jeans well into your pregnancy.

LOUNGEWEAR Stow away your usual undergarments for a little while and swap them out for maternity panties that are specially designed to offer optimum comfort to pregnant women. These panties are made with a pregnant body in mind and allow for better movement and stretching while providing you the support you need during your pregnancy.

ENGAGEMENT, WEDDING, AND OTHER RINGS You might be one of the lucky ones who can wear your rings all through pregnancy, but many pregnant women experience so much swelling in their hands, that they must stop wearing their regular-size rings. Luckily, there's an easy fix: you can swap them out for silicone bands or inexpensive imitations in a larger size.

BRACELETS If you're battling intense prenatal nausea, you'll be glad to know that many pregnant women find relief by using motion sickness bands. There is a variety of brands available. Just swap out your regular bracelets for the band, and you'll start feeling better.



Medications

Possibly one of the most annoying moments of a pregnancy is coming down with a cold and finding out you can't take Advil (Ibuprofen), NyQuil, or any of your other go-to medicines. But there's still relief to be found! Swap out the Advil for Tylenol (acetaminophen) instead, or another of these safer medications:

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| ALLERGY Diphenhydramine (Benadryl) Loratadine (Claritin) Steroid nasal spray (Rhinocort) | COLD & FLU Acetaminophen (Tylenol) Saline nasal drops or spray Warm salt/water gargle | YEAST INFECTION Clotrimazole Miconazole Tioconazole |
| CONSTIPATION Colace/Metamucil Senakot Dulcolax Fibercon | FIRST AID OINTMENT Bacitracin/Neosporin J&J First-Aid Cream Hydrocortisone | COUGH Cough drops Robitussin (plain and DM) Phenergan if prescribed |
| RASHES Benadryl cream Caladryl lotion or cream 1% Hydrocortisone cream or ointment Oatmeal bath (Aveeno) | HEADACHE Tylenol (regular and extra strength) Acetaminophen Cold compress | HEARTBURN Maalox Mylanta Pepcid Prilosec Rolaids Tums (limit 4/day) |
| NAUSEA Vitamin B6, Dramamine, Emetrol, Ginger Root, Sea Bands | | |



Other Lifestyle Changes to Consider...

NO, YOU DON'T NEED TO GIVE UP SEX Sex during pregnancy is completely fine, as long as you don't have a complicating factor, such as placenta previa or if your pregnancy is a high-risk one. During the first trimester, though, it's not uncommon for morning sickness and exhaustion to kill the mood.

By the **second trimester**, hormonal changes can start working in your favor, often with a boost in energy and libido. Sex is safe with your partner right up until your water breaks. As your belly grows, you'll need to use positions that work with your bump and support your weight. This is the time to keep encounters in the missionary position short.

HOT TUB OR SAUNA WILL HAVE TO WAIT Though relaxing, the high-heat environment of hot tubs, Jacuzzis, and saunas may be too dangerous for expecting mothers.

In fact, research suggests that using one of these during your first trimester may double your risk of miscarriage. Soaking in hot water can raise body temperature and this causes problems with the baby including increasing the risk of birth defects. Switch to showers for the time being.

DON'T CLEAN THE CAT'S LITTER BOX Feline waste is filled with millions of bacteria and parasites. One in particular, Toxoplasma gondii, is particularly dangerous to expecting mothers. If nobody else can take over this unpleasant task, consider buying a self-cleaning litter box and wearing a mask and gloves when changing liners, etc.



Keeping fit

Exercise can benefit your health during pregnancy in a myriad of ways and we recommend that you incorporate some form of exercise into your daily routine after consulting with your Viva Eve provider.

The most important rule to follow is: listen to your body. If it doesn't feel right, modify the movement or eliminate it. Women who have exercised vigorously before becoming pregnant should be willing to modify the intensity of their activities, particularly during the 3rd trimester of pregnancy.

STOP EXERCISE IMMEDIATELY IF YOU EXPERIENCE:

Vaginal bleeding/Dizziness or feeling faint/Increased shortness of breath/Chest pain/Headache/Muscle weakness/Calf pain or swelling/Uterine contractions/Abdominal or pelvic pain/Decreased fetal movement/Fluid leaking from the vagina.



Resting Comfortably

Pregnancy takes a toll on your body. But as much as you need sleep during pregnancy, it doesn't always come easily. Some tips to get better rest:

- Sleep on your left side with your knees slightly bent, which promotes healthy circulation.
- Avoid sleeping on your back, which can put the weight of your uterus on your spine and back muscles. But don't worry if you wake up on your back.
- Prevent heartburn by eating small, frequent meals and avoid eating three hours before bedtime.
- Use pillows. Carefully placed pillows can help you get comfortable. Try placing a pillow between your bent knees or under your belly.
- Consider using a humidifier to ease nasal congestion, which can increase during pregnancy and raising the head of your bed by using risers to help you breathe easier at night.



A typical schedule for prenatal visits and tests

To ensure the health of you and your baby, you'll need to schedule regular visits to Viva Eve healthcare provider during your pregnancy. Use this guideline for making your appointments and understanding common procedures for each visit:

| WEEKS | POSSIBLE TESTS |
|-------|---|
| 6-8 | Blood type, rubella titer, blood counts, hepatitis screen, ultrasound. |
| 10-12 | Doppler detection of fetal heart, CVS, if planned. |
| 11-14 | First trimester screen/Nuchal translucency (11-12 weeks is best) cell-free fetal DNA test is appropriate. |
| 15-18 | Second trimester serum screen (sometimes called quad screen); amniocentesis (if planned). |
| 18-22 | Ultrasound to evaluate fetal anatomy. |
| 24-28 | Glucose screen to check for gestational diabetes. |
| 28-36 | Every-other-week visits to check blood pressure, weight, urine protein, and fetal growth. |
| 36-40 | Weekly visits to check all the above and to assess fetal position. We might also do internal exams to check the cervix; or do a vaginal/rectal culture for group B streptococcus. |
| 40-? | Twice-weekly visits to assure fetal well-being. |

We know that you are bombarded with advice.

Among social media, web searches, direct marketing, family, and friends, it can be difficult to navigate the myriad of conflicting recommendations regarding what you should and should not do while pregnant.

That is why we recommend that you turn to your prenatal care providers for direction or if you have any questions.

