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**Congratulations!** We hope your pregnancy will be a happy and healthy time for you. The following guidelines are intended to help ensure the best outcome for you and your baby.

### **Diet**

It is normal and expected for a woman to gain 25-30 pounds during pregnancy, and more when she is carrying twins. It is important that this be done with a variety of good quality foods, including lots of fresh fruits and vegetables, dairy products, cereals and grains, as well as protein. It is important to try to get at least 1000 mg of calcium daily. Try to avoid foods that use preservatives, artificial coloring, and MSG. Many good resources are available for more detailed diet advice. We will be happy to assist you if we notice an inadequate or marked weight gain during pregnancy. We welcome your questions. We recommend taking your prescribed prenatal vitamin daily as well as a fish oil supplement.

### **Exercise**

Getting exercise during pregnancy is important; it should, however, be low impact (i.e., produce minimal jarring of the joints) and with low risk of injury (i.e., not water skiing, contact sports, scuba diving, etc.). You can discuss with Dr. Crockett any current and anticipated exercise plans.

### **Things to Avoid While Pregnant**

- Douching
- Smoking
- Alcohol
- Caffeine
- X-rays without obstetrician's approval
- Changing kitty litter
- Eating raw meat or fish
- Hot tubs, spas, steam rooms and tanning salons
- Hair dyes and permanents
- Altitude over 7500' (pressurized planes are okay)
- All medications (even over the counter) unless approved by your obstetrician
- Painting (with other than latex-based paints)

### **Heartburn**

Heartburn is more common toward the end of pregnancy and is usually helped by the following:

- Sleep on two pillows and avoid eating close to bedtime if heartburn occurs at night
- If necessary, take two Tums or an antacid such as Riopan
- Some women have found eating 5 or 6 raw almonds to be helpful

## **Insomnia**

One of the most annoying prenatal discomforts is insomnia. Some women describe waking up many times during the night or simply being unable to fall asleep. Sometimes taking a warm bath and/or drinking a glass of warm milk at bedtime is helpful. Watching a “light” television show may occasionally be enough to help you drift off. You may also want to find a gentle relaxation tape to play at times when you are having trouble sleeping; this might also come in handy for early labor.

## **Dental Care**

During pregnancy, there is often swelling and occasional bleeding of the gums, making dental hygiene particularly important. It is a good idea to see your dentist or dental hygienist at least once during the pregnancy for a dental cleaning. It is alright to have dental work during pregnancy if necessary. Novocain without epinephrine is okay for use during pregnancy. Dental x-rays should be avoided if possible.

## **Call if you experience any of the following:**

- Vaginal bleeding
- Severe or continuous headaches
- Severe abdominal pain
- Persistent dizziness
- Blurred vision or any unusual visual changes
- Persistent vomiting
- Fever over 101 degrees
- Pain or burning with urination
- Constant leaking of fluid from the vagina
- If you break your bag of water
- Sudden marked swelling of fingers and/or face
- Marked decrease in fetal movement

**Someone is on call at all times to handle emergency phone calls at (925) 676-1107.**

Feel free to bring your partner with you to any or all prenatal visits. We encourage taking prenatal and childbirth classes, as they can answer many questions and provide good anticipatory guidance.

**We look forward to caring for you during your pregnancy.**