



PREGNANCY DO'S AND DON'T

The following list is intended as a guideline for most normal, healthy pregnancies. Some women with high-risk pregnancies are advised to avoid certain activities as an added precaution. Your health care provider will tell you if you have a high-risk pregnancy.

Never...

- ✓ Drink alcohol
- ✓ Take drugs not specified by your provider.

Try to avoid...

- ✓ Artificial sweeteners (like Splenda and Nutrasweet)
- ✓ Caffeine (more than one caffeinated beverage per day)
- ✓ Food poisoning from food borne toxins commonly found in:
 - Un-pasteurized dairy products
 - Raw fish, especially oysters and clams
 - Undercooked meat, poultry, seafood and hot dogs
 - Refrigerated pates, meat spreads or smoked seafood. Canned or cooked versions are safe
 - Un-pasteurized juices
 - Raw vegetable sprouts, including alfalfa, clover and radish
 - Soft-scrambled eggs and all foods made with raw or lightly-cooked eggs
- ✓ Herbal supplements and medicinal teas
- ✓ Risky sexual behavior. To avoid sexually transmitted infections, have sex with only one person who doesn't have any other sexual partners and/or use a condom when having sex. Discuss HIV testing for you and your partner with your health care provider.

It's okay to (unless otherwise advised by your health care provider)...

- ✓ Have intercourse. Sex during pregnancy is safe for you and the baby. The baby is protected by the amniotic fluid in the womb and by your abdomen
- ✓ Go to the dentist. Getting your teeth cleaned every 6 months is important and may help prevent premature labor
- ✓ Fly on an airplane
- ✓ Eat up to 12 ounces of fish per week, avoiding large fish like shark, swordfish, Tilefish, and King Mackerel all together.