

Early Pregnancy and Frequently Asked Questions:

Should I change my diet?

While eating a well-balanced diet can provide most of the needed nutrients for both you and your baby, it does not provide enough iron or folic acid. Therefore we recommend a supplement of folic acid or prenatal vitamins during your pregnancy and even when starting fertility treatments. Avoid excessive caffeine and alcohol.

Can I exercise?

Normal pregnant women are able to maintain activities to which they are accustomed, including swimming, running, aerobics and dancing. If you experience bleeding, refrain from physical exercise until instructed. If you have not previously exercised regularly, daily walks are encouraged.

What about sexual activity?

Intercourse is probably best avoided until after the viability ultrasound

Can I travel?

The best time to travel is usually mid-pregnancy (14-28 weeks). Travel in an airplane is almost always safe during pregnancy.

Is it OK to dye my hair?

Not much is known about safety of hair dyes in pregnancy. Talk to your OB/GYN physician about any hair color treatments you are planning. He or she may suggest a toxin-free dye or postpone any chemical processes until after the first trimester.

How can I manage morning sickness?

Nausea and vomiting are very common in early pregnancy, typically starting around 5 weeks of pregnancy and decreasing by 16-18 weeks. It is important to maintain healthy nutrition and hydration during this time. Here are a few suggestions to address morning sickness:

- *Eat small frequent meals of bland, dry, higher protein than carbohydrate, low fat foods about every 2 hours
- *Drink fluids between meals
- * Fluids are better tolerated if cold, clear and carbonated and taken in small amounts between meals
- *Avoid fatty, spicy foods and those difficult to digest
- *Limit red meat consumption
- *Avoid smells that bother you, stuffy hot rooms
- *Acupressure wristbands (used for motion sickness) may be helpful
- *Vitamin B6 10mg to 25 mg twice a day
- * Doxylamine (Unisom) 25 mg at bedtime and 12.5 mg am and afternoon

If you have persistent vomiting for more than a day, please call your OB/Gyn office

What medications are safe to take in pregnancy?

Before taking any medication consult your obstetrician. Tylenol is safe.

If you experience a head cold, benadryl (sparingly) and plain robitussin are OK to take.

When should I call my Ob/GYN physician?

You can call them any time with a positive pregnancy test and you will be released to their care confirming an ongoing intrauterine pregnancy, usually around 7 weeks of the pregnancy. If you do not have a physician, we ask that you identify one prior to your ultrasound visit at the fertility center.