



Maitri Health Care for Women

Obstetrics, Gynecology and Midwifery

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Wellness in Pregnancy

- Medications in Pregnancy
- Good nutrition in pregnancy
- Building blocks for a healthy pregnancy
- Weight gain in pregnancy
- Listeriosis
- Mercury in fish
- Herbs in pregnancy
- Remedies for morning sickness
- Toxoplasmosis
- Travel in pregnancy

Medications in Pregnancy

*The use of herbal medicine during pregnancy should be discussed with a provider prior to use.

Call the office if you have a fever over 100.5

Over the Counter Medications: We recommend you refrain from use of medications in the first trimester (the first 12 weeks), unless absolutely necessary. If needed, the following medications are considered safe in pregnancy:

For heartburn or GI upsets:

- For acid indigestion (Tums, Roloids, Mylanta, Maalox)
- For gas pain (Gas X; Mylicon; Phazyme)
- Pepcid or Zantac

For cough:

- Robitussin DM
- Cough drops
- Vicks Vaporub
- Honey

For sinus congestion:

- Humidifiers
- Chlortrimeton
- Netti Pots
- Warm fluids
- Warm, moist compresses to cheeks and forehead

For pain and low grade fevers:

- Tylenol (regular or extra strength, no more than 4000 mg per day)

For allergy relief:

- Chlortrimeton allergy tabs
- Claritin
- Teldrin

For constipation:

- Be sure to drink at least 8 glasses of water a day
- Take a gentle walk every day
- Fiber (Metamucil, Citrucel)—be sure to also drink lots of water with these or they won't work!
- Stool softener (Colace, Docusate Sodium)
- Laxatives (Peri-Colace, Dulcolax)

Hemorrhoid relief:

- Tucks
- Preparation H with hydrocortisone
- Witch Hazel
- Cold compresses

Insect bites:

- Plain calamine lotion
- Non-medicated skin creams

Nutritious and balanced diet for you and your unborn baby

The food you eat every day while you are pregnant builds up the bones, muscles, and brain of your baby. *Unless you are suffering from morning sickness or are ill, it is not healthy for you and your unborn baby to go even 24 hours without nutritious food!*

The *American College of Obstetrics and Gynecologists (ACOG)* recommends that pregnant women should consume the following foods each day:

9 servings from the bread, cereal, rice, and pasta group:

Whole grain breads and rolls

Cereals or pancakes: Wheatena, 100% bran flakes, granola, shredded wheat, wheat germ, oatmeal, buckwheat or whole wheat pancakes

Corn bread, corn tortillas, corn/bran/whole wheat muffins, waffles, brown rice

A whole potato- any style (preferably not fried)

4 servings from the vegetable group:

1 cup of fresh, green, leafy vegetables: mustard, beet, collard, dandelion, or turnip greens, spinach, dark green lettuce, cabbage, broccoli, kale, Swiss chard, green pepper, squash, etc.

½ cup of cooked or chopped raw vegetables OR ¾ cup of vegetable juice

3 servings from the fruit group:

1 piece of fruit or 1 large glass of juice: Apple, orange, banana, grapefruit, lemon, lime, papaya, tomato, etc.

½ cup of berries OR ½ to ¾ cup of fruit juice

3-4 servings from the meat group:

Lean beef, veal, lamb, pork, poultry, fish: 2 to 3 ounces of cooked lean meat, poultry, or fish (this portion is about the size of your palm, or a deck of cards)

Dry beans, eggs, and nuts: ½ cup of cooked dry beans; one egg, 2 tablespoons of peanut butter, or 1/3 cup of nuts.

1 serving of fish per week (Do not eat Lake Champlain fish, and only eat from the accepted fish group- see below) you can check online at www.cfsan.fda.gov OR www.epa.gov/ost/fish

Water:

Drink a minimum of 64 ounces of water per day. A general guideline is to drink half of your body weight in fluid ounces of water each day. You can tell if you are drinking enough by noting the color of your urine. If your urine is clear, or very light yellow, you are doing well. If your urine

is darker than light yellow, try drinking more water.

Alternative protein combinations include:

Rice with beans, cheese, sesame, milk.

Cornmeal with beans, cheese, tofu, milk.

Beans with rice, bulgar, cornmeal, wheat noodles, sesame seeds, milk.

Peanuts with sunflower seeds, milk.

Whole wheat bread or noodles with: beans, cheese, peanut butter, milk, or tofu.

For each serving of meat, you can substitute these quantities of cheese:

Brick (4 ounces)

Cheddar (3 ounces)

Cottage Cheese (6 ounces)

Longhorn (3 ounces)

Muenster (4 ounces)

Monterey Jack (4 ounces)

Swiss (3 ounce)

Building Blocks for a Healthy Pregnancy

It is essential to eat a well-balanced diet that includes a wide variety of foods each day to ensure an adequate intake of all nutrients. Eating for TWO, baby and you, focuses on 5 nutrients; Calcium, Iron, Protein, Folic acid, and Vitamin C. These nutrients are among those that have the greatest need for increase during pregnancy, and for which insufficient intake is the most prevalent. Remember, it takes an additional 80,000 calories to produce a full term infant, averaging about 300 extra calories daily throughout your pregnancy. The active woman may need additional calories. These additional calories contribute to the weight gain necessary for optimal development of your baby. Choose these extra calories wisely by making good food choices for you and your baby. Try to limit your intake of highly processed, salty, and sugary foods. Be sure your diet includes:

CALCIUM	IRON	PROTEIN	FOLIC ACID	VITAMIN C
Calcium is needed to build baby's bones and teeth and to keep yours strong too. You and baby need 3-4 servings of calcium rich foods/beverages daily.	The need for iron is high in order to form new red blood cells for both you and baby. Although you may be taking an iron supplement, be sure to also eat iron rich foods daily. Vitamin C helps your body absorb iron.	Protein provides the building blocks for the baby's growth and supporting tissues; including the placenta and uterus. Choose a protein-rich food at each meal and each snack.	Your need for folic acid doubles during pregnancy in order to produce new cells. Choose foods containing folic acid each day.	You need Vitamin C to help form the baby's connective tissue, skin, and tendons. This vitamin helps form the "cementing agent" that holds new cells together. Choose at least 2 Vitamin C rich foods each day.

NUTRIENT	EXCELLENT SOURCE	GOOD SOURCE	
CALCIUM	Low fat yogurt (plain) 1 cup Citrus Hill plus calcium orange juice- 8 oz Low fat milk 2%- 8 oz Salmon with bones (canned)- ½ cup Hard cheese (cheddar)- 1 oz	American cheese- 1 oz Collard greens cooked- ½ cup Custard baked- ½ cup Baked beans in molasses- ½ cup Kale cooked- ½ cup Cottage cheese low far 2%- ½ cup Tofu (soybean curd)- 2 oz	
NUTRIENT	EXCELLENT SOURCE	GOOD SOURCE	
PROTEIN	Poultry roasted- 3½ oz Fish (flounder/sole) baked- 3½ oz Lean meat cooked- 3 oz Cottage cheese low fat 2%- ½ cup Low fat yogurt, plain- 1 cup Baked beans in molasses – ½ cup Peanut butter- 2 TBS Low fat milk 2%- 8 oz	Hard cheese (cheddar)- 1 oz Sunflower seeds- 1 oz 1 large egg cooked Lima beans cooked- ½ cup Tofu- 2 oz	
NUTRIENT	EXCELLENT SOURCE	GOOD SOURCE	FAIR SOURCE
IRON	Lean meat, cooked- 3½ oz Baked beans in molasses- ½ cup Lima beans, cooked- ½ cup Sunflower seeds- 1 oz Spinach cooked- ½ cup Fish (flounder/sole) baked- 3½ oz Turkey roasted- 3½ oz	Peas cooked- ½ cup Tofu- 2 oz Chicken roasted- 3½ oz 1 large egg cooked Enriched rice cooked- ½ cup Whole wheat bread- 1 slice Dried prunes- 4 medium Dried apricots- 4 halves Shredded wheat- 1 biscuit Peanut butter- 2 TBS Fortified cereals (labeled 100% USRDA for iron)- 1 oz Black beans cooked- 1 cup Garbanzo beans cooked- 1 cup Pinto beans cooked- 1 cup Oysters or clams- 3 oz	Canned chili con carne- 1 cup Liverwurst- 2 oz Navy beans- 1 cup Soybeans cooked- 1 cup Split pea soup- 1 cup Sardines- 3 oz

NUTRIENT	EXCELLENT SOURCE	GOOD SOURCE
FOLIC ACID	Asparagus cooked- ½ cup Brussel sprouts cooked- ½ cup Fortified cereal- 1 oz Citrus Hill plus calcium orange juice- 8 oz Romaine lettuce- 1 cup Wheat germ- 2 TBS 1 medium orange	Beets cooked- ½ cup Sweet potato baked- 1 medium 1 large egg cooked Whole wheat bread- 1 slice
NUTRIENT	EXCELLENT SOURCE	GOOD SOURCE
VITAMIN C	Grapefruit juice- 8 oz Citrus Hill plus calcium orange juice- 8 oz 1 medium orange Cantaloupe- 1 cup Broccoli cooked- ½ cup	Strawberries- ½ cup Grapefruit ½ medium 1 medium tomato Cauliflower cooked- ½ cup 1 medium baked potato

Iron is added to some foods, so read the label. If a food contains 100% of the USRDA for iron, it is considered an excellent source. If it contains 45% it is a good source, and 25% is a fair source. Food cooked in cast iron pots or pans will contain more iron.

These Vitamin C foods help increase iron absorption when eaten together: (example: drink a glass of orange juice with your prenatal vitamin containing iron)

- Oranges or juice
- Grapefruit or juice
- Strawberries
- Cantaloupe
- Broccoli
- Green or red peppers
- Tomatoes or juice
- Leafy green vegetables
- Cabbage (raw)
- Potato (baked)

Nutrition:

If you would like you to personalize your pregnancy diet you can go online to <http://www.choosemyplate.gov/pregnancy-breastfeeding/pregnancy-nutritional-needs.html>.

For free pregnancy nutritional information, recipes, shopping lists, and exercise information online, go to <http://babyfit.sparkpeople.com/>, click on the pregnancy tab, then click on Pregnancy nutrition, scroll down and click on Pregnancy Nutrition101.

We can refer you to another practitioner in our office building who specializes in nutrition during pregnancy. You should check with your insurance to determine if this is a covered benefit.

Weight Gain

How much weight should you gain during pregnancy? No single amount is appropriate for every pregnant woman.

Proper weight gain depends on many variables:

- Your pre-pregnancy weight and stature
- Your Body Mass Index (BMI)- (see chart below to calculate)
- The quality of your diet before and during pregnancy
- Ethnic background
- Number of previous pregnancies

Until the early 1970s, most North American obstetricians placed great emphasis on limiting weight gain to between 14-17 lbs., believing this range would result in easier labors and less postpartum obesity. It was assumed that the fetus always managed to extract the necessary nutrients from the mother. **Research now shows that weight gain of 20-25 lbs. results in more full-term pregnancies and healthier babies.**

If the quality of your diet is typically healthy, and your BMI falls within the healthy and normal range, you will probably gain between 25 and 35 lbs. Recommended weight gain is done on an individual basis and your provider will discuss this with you at your first visit. Excessively large weight gains may increase the risk of delivery complications and increase the difficulty of returning to pre-pregnancy weight.

The point to keep in mind is your weight gain is less important than the quality of your diet. If you eat consistently well, in appropriate quantities, and if you maintain an active lifestyle that includes moderate exercise, you can trust that the amount of weight you gain is right for you.

Weight gain in a normal pregnancy:

About 12 pounds will be in the maternal stores of fat, protein, and other nutrients.

About 4 pounds will be an increase in fluid volume.

About 2 pounds is in breast enlargement.

About 2 pounds is for the uterus.

About 2 pounds is amniotic fluid.

The average baby is about 7-7 ½ pounds.

If you add all of that together, you gain about 25 pounds in a normal pregnancy. This means that you can expect to gain approximately:

25% of your weight between weeks 12 and 20.

Another 50% between weeks 20 and 30.

Remaining 25% between weeks 30 and 36

AVERAGE WEIGHT GAIN DISTRIBUTION DURING PREGNANCY:

Baby	7.5 lbs.
Placenta	1 lb.
Uterus	2 lbs.
Amniotic fluid	2lbs.
Breasts	1lb.
Blood Volume	2.5lbs
Fat	5lbs.
Tissue fluid	6lbs.
TOTAL	27 lbs

**BMI
CALCULATOR**

WEIGHT lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	
kg	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7	
HEIGHT in/cm	Underweight					Healthy					Overweight					Obese					Extremely obese				
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40		
5'2" - 157.4	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39			
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38		
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37	
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35	
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34	
5'7" - 170.1	15	16	17	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33		
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32	
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31	
5'10" - 177.8	14	15	15	16	17	18	18	19	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30		
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30	
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29	
6'1" - 185.4	13	13	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28		
6'2" - 187.9	12	13	14	14	15	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27		
6'3" - 190.5	12	13	13	14	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26		
6'4" - 193.0	12	12	13	14	14	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26		

HOW MUCH WEIGHT DO I NEED TO GAIN DURING MY PREGNANCY?

Height (Feet and inches)	Underweight (Pounds)	Normal Weight (Pounds)	Overweight (Pounds)	Obese (Pounds)
	BMI <19.8	BMI 19.8-26.0	BMI 26.1-29.0	BMI > 29.0
4'8"	Less than 88	88-116	117-129	130 or higher
4'9"	Less than 92	92-121	122-134	135 or higher
4'10"	Less than 95	95-124	125-138	139 or higher
4'11"	Less than 98	98-128	129-143	144 or higher
5'0"	Less than 101	101-133	134-148	149 or higher
5'1"	Less than 105	105-137	138-153	154 or higher
5'2"	Less than 108	108-142	143-158	159 or higher
5'3"	Less than 112	112-146	147-163	164 or higher
5'4"	Less than 115	115-151	152-169	170 or higher
5'5"	Less than 119	119-156	157-174	175 or higher
5'6"	Less than 123	123-161	162-179	180 or higher
5'7"	Less than 126	126-166	167-185	186 or higher
5'8"	Less than 130	130-171	172-190	191 or higher
5'9"	Less than 134	134-176	177-196	197 or higher
5'10"	Less than 138	138-181	182-202	203 or higher
5'11"	Less than 142	142-186	187-208	209 or higher
6'0"	Less than 146	146-191	192-213	214 or higher
6'1"	Less than 150	150-197	198-219	220 or higher
6'2"	Less than 154	154-202	203-225	226 or higher
6'3"	Less than 159	159-208	209-232	233 or higher
6'4"	Less than 163	163-213	214-238	239 or higher
Recommended weight gain	For the health of your baby, it is best to gain 28-40 pounds	For the health of your baby, it is best to gain 25-35 pounds	For the health of your baby, it is best to gain 15-25 pounds	For the health of your baby, it is best to gain 15 pounds.
For twins =	35-45 pounds		Triplets =	Aim for 50 pounds

Adapted from "A Healthy Baby is Worth the Weight" sponsored by the Colorado Department of Health

Your chances of having a healthy weight baby (greater than 5 pounds 8 ounces) is better when you gain enough weight.

Listeriosis

PROTECT YOUR BABY AND YOURSELF FROM LISTERIOSIS

Pregnant women are at higher risk for becoming ill from *Listeria*, a harmful bacterium found in contaminated foods. Although very rare, Listeria can lead to a disease called Listeriosis.

Listeriosis can cause miscarriage, premature delivery, serious sickness, or stillbirth. If you are pregnant, you need to know what foods are safe to eat.

Prevention is the key:

1. **CLEAN:** Wash hands often with soap and warm water. Use clean dishes, spoons, knives, and forks. Wash countertops with hot soapy water and clean up spills right away.
2. **SEPARATE:** Keep raw meat, fish, and poultry away from other foods that will not be cooked.
3. **COOK:** Cook food to a safe minimum internal temperature. Check with a food thermometer. Cook ground beef to 160 degrees Fahrenheit, pork to 160 Degrees Fahrenheit, and poultry to 165 degrees Fahrenheit.
4. **CHILL:** Refrigerate or freeze within 2 hours- refrigerate or freeze within 1 hour in hot weather (above 90 degrees Fahrenheit). Don't leave meat, fish, poultry, or cooked food sitting out.

What can I do to keep my food safe?

Listeria can grow in the refrigerator. The refrigerator should be 40 degrees Fahrenheit or lower, and the freezer 0 degrees Fahrenheit or lower. Use a refrigerator thermometer to check your refrigerator's inside temperature.

- Clean up all spills in your refrigerator right away- especially juices from hot dog packages or raw meat, or poultry.
- Clean the inside walls and shelves of your refrigerator with hot water and liquid soap, then rinse.
- Use precooked or ready-to-eat food as soon as you can. Don't store it in the refrigerator too long.
- Wash your hands after you touch hot dogs, raw meat, chicken, turkey, or seafood, or their juices.

Foods to Avoid:

Do not eat hot dogs, lunch meats, bologna, or other deli meats **unless** they are reheated until steaming hot.

Do not eat refrigerated pate, meat spreads from a meat counter, or smoked seafood found in the refrigerated section of the store. Foods that don't need refrigeration, like canned tuna and salmon, are okay to eat. Refrigerate after opening.

Do not drink raw (unpasteurized) milk and do not eat foods that have unpasteurized milk in them.

Do not eat premade salads made in store- such as ham salad, chicken salad, egg salad, and tuna or seafood salad.

Do not eat soft cheeses such as feta, queso blanco, queso fresco, Brie, Camembert, blue-veined cheeses, and Panela **unless** it is labeled as made with pasteurized milk. Make sure the label says, "MADE WITH PASTEURIZED MILK".

For more information about food safety:

U.S Dept. of Agriculture

Food safety and inspection service- www.fsis.usda.gov

USDA Meat and Poultry Hotline- 1-888-MPHotline (toll-free) or 1-888-674-6854, TTY: 1-800-256-7072

Mercury in Fish and Shellfish

Fish and shellfish are an important part of a healthy diet. Fish and shellfish contain high quality protein and other essential nutrients, are low in saturated fat, and contain omega-3 fatty acids. A well-balanced diet that includes a variety of fish and shellfish can contribute to heart health and children's proper growth and development. Women and children in particular should include fish or shellfish in their diets due to the many nutritional benefits.

Nearly all fish and shellfish contain traces of mercury. For most people, the risk from mercury by eating fish and shellfish is not a health concern. Yet, some fish and shellfish contain higher levels of mercury that may harm an unborn baby or your child's developing nervous system. The risks from mercury in fish and shellfish depend on the type of fish and amount consumed. Therefore, the Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) are advising women who may become pregnant, pregnant women, nursing mothers, and young children to avoid some types of fish, and only eat fish and shellfish that are lower in mercury.

By following these recommendations for selecting and eating fish or shellfish, women and children will receive the benefits and be confident that they have reduced their exposure to the harmful effects of mercury.

DO NOT EAT:

- Shark, Swordfish, King Mackerel, Tuna steaks or Tilefish - **All contain high levels of Mercury!**

YOU CAN EAT:

- Up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in Mercury.
- Five of the most common are: Shrimp, Canned light tuna, Salmon, Pollock, and Catfish.

- Another commonly eaten fish, albacore (white) tuna has more mercury than canned light tuna. You may eat up to 6 oz. (1 average meal) of albacore tuna per week.

CHECK ADVISORIES:

- Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas
- If no advice is available, eat up to 6 oz. per week of fish you catch from local waters, but don't consume any other fish during that week.
- Follow these same recommendations when feeding fish and shellfish to your young child, but serve smaller portions.

Visit the Food and Drug Administration's Food Safety website www.cfsan.fda.gov or the Environmental Protection Agency's Fish Advisory website www.epa.gov/ost/fish for a listing of mercury levels in fish.

Herbs

Herbs to be used with caution during pregnancy:

Angelica	Dong Quai	Feverfew
Licorice	Motherwort	

Herbs NOT to be used during pregnancy in medicinal quantities:

Andrographis	Arnica	Barberry
Beth Root	Black Cohash***	Blue Cohash***
Blue Vervain***	Buchu	Calamus
Celedine	Ligusticum Wallichii	Comfrey
Chinese Coptis	Corydalis Yanhusuo	Cotton Root
Devil's Claw	Golden Seal	Jamaican Dogwood
Juniper Berry	Life Root (Senecio)	Lomatium
Ephedra	Mugwort	Oregon Grape
Osha	Parsley oil or seeds	Pennyroyal
Periwinkle	Petasites	Pleaurisy root
Poke	Quassia	Rue
Spikenard***	Tansy	Thuja
Tienchi Ginseng	Uva-Ursi	Chinese Peony
Wild Carrot Seed	Wild Ginger	Wormwood
Yellow Root		

***Under Physician's recommendation, may be used during the last 2 weeks of pregnancy

Laxative to avoid during pregnancy: Cascara Sagrada, Rhubarb or Senna can be irritating to the uterus as well as the colon.

Herbs with potential for serious toxicity: Mayapple, Bloodroot, Lobelia, Mistletoe, Pulsatilla, Wormwood, and Pink Root

Herbs NOT to be used while breastfeeding:

Aloe- when used orally	Borage	Comfrey Root
Ephedra	Life Root	Mayapple
Petasites	Poke	Pulsatilla
Rhubarb	Wild Ginger	Sage ^^^
Senna		

^^^Medical Dosage

SOURCE: Herbal Therapeutics by David Winston, Herbalist AHG

(It is safe to drink **ginger tea** to help with some morning sickness)

Morning Sickness

Nausea and vomiting often times occur in the early months of pregnancy. Although it is frequently referred to as “morning sickness”, it can occur at any time of the day or night. Usually it stops after about the third month.

Morning sickness is the result of the influence of increased amounts of estrogen and progesterone that are produced by the ovaries early in pregnancy. Because of the increasing levels of these hormones, the secretory cells in the stomach increase their production of gastric juices. At the same time, the bowel slows down its ability to empty the contents of the stomach. This is what causes a feeling of nausea and in some cases, vomiting.

To help alleviate morning sickness, try the following suggestions until you find the one that works for you:

- Have some yogurt, cottage cheese, juice, or milk before you go to bed. Or try one of these if you have to get up during the night.
- Eat a piece of bread or a few crackers before you get out of bed in the morning, or when you feel nauseated. Keep them close to your bedside.
- Get out of bed slowly. Avoid sudden movements.
- Eat several small meals during the day so your stomach doesn't remain empty for very long.
- Eat high protein foods (eggs, cheese, nuts, and meats) as well as fruits and fruit juices. These foods help prevent low levels of sugar in your blood, which can also cause nausea.
- Drink soups and other liquids between meals instead of with meals.
- Avoid greasy fried foods which are hard to digest.

- Avoid spicy and heavily seasoned foods.
- Ginger drops/candies and sipping ginger tea may help.
- Try sour foods such as lemon drops, lemonade, squeezing lemon into water, eating granny smith apples.
- Sip soda water (carbonated water) when you begin to feel nauseated.
- Get fresh air by taking a walk, sleeping with the windows open, and use an exhaust fan or open a window when you cook.
- Take deep breaths.
- Drink spearmint or peppermint tea.
- Try motion sickness “sea bands”.
- Acupuncture
- When the above suggestions are not helping enough, there is a protocol using Vitamin B6 and Doxylamine (active ingredient in Unisom). Research has shown that the combination of these two medications results in a decrease in nausea and vomiting in pregnancy. If you would like more information on dosages, etc. please call the triage department. There is also a medication called Diclegis, which is a combination of the above two ingredients in an extended release tablet.

****If vomiting persists or it becomes difficult to retain food or liquids, you should call the office and speak with the triage department.****

Toxoplasmosis in Pregnancy

What is it?

- Toxoplasmosis is a parasitic disease caused by exposure to toxoplasma gondii (T. gondii) parasite.
- This parasite is found in cats, other animals, and people.
- Swallowing anything infected with the parasite can cause Toxoplasmosis.

How do you get Toxoplasmosis?

Maternal toxoplasmosis infection is acquired orally. The T. gondii parasite is spread through:

- Contaminated water, soil, and cat litter
- Eating raw or undercooked contaminated meat, poultry, eggs or shellfish
- Eating soil- contaminated fruits and vegetables.

The link with cats:

- Kittens excrete large numbers of microscopic eggs of the T. gondii parasite in their feces
- Eggs become infectious after 2 or 3 days
- Eggs stay in the soil for long periods (months or even years) and are picked up by people handling dirt or vegetables.

- Most infected cats excrete the eggs for only a few weeks before developing an immunity, which then lasts for several years.
- Nearly all cats will have been infected at some stage, but few remain actively infected. It is unlikely that you will catch toxoplasmosis from an adult cat.
- It is possible however, to get the infection from the soil in your garden

Symptoms:

- Adults often show no symptoms, or may just suffer from fatigue, swollen glands, fever, headache, and muscle weakness.
- There are some simple steps you can take to prevent becoming infected.

Precautions:

- Always wash your hands after handling raw meat (or wear gloves).
- Eat only well-cooked meat, poultry, and eggs.
- Avoid cold-smoked or cured meats, such as ham or salami (they can be eaten if served piping hot).
- Keep kitchen work surfaces and utensils clean. Cutting boards, knives, counters, and the sink should be washed after food preparation.
- Wash hands carefully after gardening or touching soil.
- Wash fruit and vegetables before eating.
- Avoid getting a kitten, or having close contact with kittens if you are pregnant.
- If you have cats or kittens, have someone else empty the litter box/pick up feces on a daily basis.
- Cover children's sandpits to keep animals out.
- If traveling to less developed countries, especially in South America, drink only filtered water.

Hand washing is the single most important measure to reduce transmission of Toxoplasmosis. If you are concerned that you may have toxoplasmosis, discuss this with your provider. Blood tests can be carried out to check whether you have the infection.

Travel During Pregnancy

Best time to travel:

- The best time to travel is the middle of your pregnancy, between weeks 14 and 28.
- The most common pregnancy emergencies occur in the first and third trimester.
- After 28 weeks, it may be harder for you to move around or sit for long periods of time.
- Mid-pregnancy, energy has returned, morning sickness is gone, and you are still mobile.
- It is not recommended to travel outside the area after 35 weeks.

Seat Belts:

- Always wear both the lap and the shoulder belt.
- Buckle the lap belt low on your hip bones, below your belly.
- Place the shoulder belt off to the side of your belly, and across the center of your chest (between your breasts).
- Never place the shoulder belt under your arm.
- Make sure the belt fits snugly.
- The upper part of the belt should cross your shoulders without rubbing against your neck.

Traveling by Car:

- Be sure to wear your seatbelt every time you ride in a motor vehicle.
- If you are involved in a crash (even a minor one), contact your health care provider right away.
- If traveling a great distance, try to limit driving to no more than 5-6 hours each day. Plan to make frequent stops, to move around and stretch your legs.

Traveling by Airplane:

- Air travel is almost always safe for a healthy, pregnant women.
- If you have a medical condition that could be made worse by flying, do not fly.
- Some domestic airlines may require a medical certificate for you to fly later in pregnancy. Check with your airline to see if they have any travel restrictions during pregnancy. International airlines may have an earlier cutoff.
- Avoid gas-producing foods and carbonated drinks before your flight. Gas expands in low air pressure in airplane cabins and can cause discomfort.
- When traveling by air, to make your trip as comfortable as possible:
 1. Book an aisle seat so you can get up and stretch your legs
 2. Wear your seat belt at all times, secure your seat belt below your belly
 3. If you have nausea, check with your health care provider regarding anti-nausea medications

Traveling by Ship:

- Taking a cruise can be fun, but many travelers on cruise ships have the unpleasant symptoms of seasickness, also called motion sickness.
- If you have never taken a cruise, planning your first one while you are pregnant may not be a good idea.
- If seasickness is not a problem for you, traveling by sea during your pregnancy may not upset your stomach.
- Make sure a Doctor or nurse is on board the ship, and that your scheduled stops are in places with modern medical facilities in case there is an emergency.

Traveling outside of the United States:

- Traveling to other countries means you may be exposed to other kinds of germs. People who live in the country are used to the organisms in the food and water, but a traveler is not. These organisms can make a traveler very ill.

- The safest water to drink is tap water that has been boiled for at least a minute. Bottled water is safer than unboiled tap water, but because there are no standards for bottled water, there is no guarantee that it is free of germs that can cause illness.
- Do not use ice made from non-boiled water.
- Do not eat raw or undercooked meat or fish.
- The International Associate for Medical Assistance to Travelers (IAMAT) has a worldwide directory of Doctors. Call (76)754-4883 for a free directory.
- You may want to register with the American Embassy, or consulate at your destination. These agencies are helpful if you need to leave the country because of an emergency.

General Information for the pregnant traveler:

- Have a prenatal checkup before you leave.
- Take a copy of your health record and your insurance card with you.
- Consider travel insurance.
- Wear comfortable clothing and shoes.
- Know where the nearest hospital or clinic is at your destination.
- Drink plenty of fluids, choose water over soft drinks.
- Eat regular meals on a regular basis.
- Constipation is a common travel problem, so make sure you eat lots of fiber.

Research has shown that any mode of travel lasting 4 or more hours doubles the risk of developing a condition called **Deep Vein Thrombosis (DVT)** which is a blood clot that forms in the veins of the legs or other areas of the body. A DVT can lead to a dangerous condition called **Pulmonary Embolism** in which a blood clot travels to the lungs. Pregnant women have an increased risk of developing a DVT.

Reduce your risk of DVT by:

1. Drinking plenty of water
2. Wearing loose fitting clothing
3. Walking every 1-2 hours
4. Calf stretches such as toe flexing and calf rises (rising up on the ball of your feet with the heels off the ground- can be done while sitting or standing)

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