



Healthy Pregnancy Quick-Reference Guide

BASED ON AMERICAN COLLEGE OF OBSTETRICS AND GYNECOLOGY RECOMMENDATIONS



Diet & Prenatal Vitamins

Either through diet or prenatal vitamin supplementation the following must be consumed daily:

- Folic acid 400 to 800 mcg (until the end of the first trimester)
- Iron 30 mg
- Vitamin D 600 international units
- Calcium 1000 mg
- Prenatal vitamins can be used to ensure adequate consumption of the above vitamins and minerals
- There is no ideal prenatal vitamin
- These can also be consumed through a well-balanced diet



Alcohol

- The exact threshold of safe versus unsafe alcohol intake is unknown
- Based on this information, alcohol should be avoided in pregnancy



Caffeine

- Pregnant women can have caffeine but should limit intake to less than 300 mg/day
- Overall exact amounts of caffeine per beverage very based on the specific beverage



Weight Gain

- Overall maintain a healthy well-balanced diet
- You may increase caloric intake by 350 to 450 cal/day assuming normal BMI
- Women with a higher BMI do not need to increase caloric intake. They should continue a well-balanced diet



Artificial Sweeteners

- Artificial sweeteners can be used in pregnancy, including typical consumption of saccharin



Smoking

- Avoid smoking during pregnancy
- Nicotine replacement as appropriate during pregnancy



Fish Consumption

- Overall fish consumption is safe in pregnancy
- Undercooked fish should be avoided
- Sushi prepared by a reputable clean establishment is unlikely to pose a risk to pregnancy



Foods to Avoid

- Raw undercooked meat
- Unpasteurized dairy products
- Unheated deli meats (risk in recent years uncertain)
- Wash all vegetables
- Avoid recalled products



Marijuana

- Marijuana use at this time is not associated with adverse pregnancy outcomes
- Data regarding long-term neurodevelopment outcomes are lacking
- Marijuana use is currently not recommended in pregnancy



Exercise & Bedrest

- Pregnant women should be encouraged to exercise regularly
- There is no known benefit to activity restriction or bed rest



Seatbelts

- Pregnant women should wear a lap and shoulder seatbelt
- Do NOT disable airbags



Dental Health

- Dental procedures can safely be performed during pregnancy



Hot Tubs & Swimming

- Hot tubs probably should be avoided during the first trimester
- Swimming pool use can continue



Insect Repellants

- Insect repellants such as DEET should be used in areas with high insect-borne disease



Hair Dyes

- Hair dye is presumed to be safe, studies are limited



Travel

- Airline travel is safe
- Be aware of endemic infections exposures
- Be aware of the possibility of pregnancy complications on your travels



Sexual Intercourse

No restriction on intercourse unless you have one of the following:

- Placenta Previa
- Ruptured membranes
- Or your doctor otherwise specifies



Sleeping Position

It is unknown if women should sleep on their sides and at what gestational age this should occur