

Lifestyle Modifications in Pregnancy

During pregnancy, we recommend the following lifestyle changes to benefit the health of you and your baby.

Food-Related Modifications

- In general, there is no standard recommended weight gain. Weight gain is based on your ideal body weight and starting weight.
- We strongly encourage you to visit the [pregnancy page](#) on the FDA's website. The FDA website has the most current information on food safety, including fish safety and any food-borne infection outbreaks.
- No smoking.
- No recreational drugs (marijuana, cocaine, LSD, heroin, meth, etc.).
- No alcohol, beer, or wine.
- Limit caffeine to one cup (8 oz) of coffee per day or up to two (12 oz) sodas.

Activity

- No hot tubs over 98.6° and no saunas.
- Continue to exercise at your current level or begin walking. Exercise will help with your labor and delivery and will help you return to your pre-pregnancy weight faster.
- Refrain from activities where you could fall and cause abdominal trauma.
- Strenuous exercise and heavy lifting are generally safe in pregnancy. Your provider will discuss any restrictions you may have.
- Yoga and similar exercises are encouraged.
- Sleeping on your side is preferred after 20 weeks (either side).
- Begin Kegel exercises to strengthen your pelvic floor.
- Maintaining sexual relations is OK unless otherwise noted by your provider.
- You do not need to monitor your heart rate.

Lifestyle

- Travel is permitted without restriction before 36 weeks. If you are traveling by airplane, please walk around every 1-2 hours. Take a copy of your prenatal records with you when traveling.
- Painting is OK with adequate ventilation.
- Remember toxoplasmosis precautions: No litter box changes, no gardening without gloves, no cleaning open sandboxes, and no eating raw meat. See the [FDA website](#) for more details.
- Hair coloring and highlights are fine during pregnancy.
- Manicures and pedicures are safe.

Miscellaneous

- Heating pads can be used after 12 weeks for 15-minute intervals, but refrain from using them directly on the abdomen.
- Flu and COVID-19 vaccines are recommended regardless of your due date.
- No douching.
- Prepare yourself and your partner for labor and delivery. Classes and tours are available at GBMC through the Parent Education Office (443-849-2229).
- Fetal kick counts (after 28 weeks): If you are concerned that the baby is moving less than usual, monitor fetal kick counts. After eating a meal, sit down and count how often you feel the baby move in one hour. The baby should kick or move at least 10 times. If the baby moves fewer than 10 times in the first hour, count for another hour. If there is still decreased movement, please call the office or on-call physician.

Common Remedies for Morning Sickness

- Avoid triggers for nausea and vomiting such as stuffy rooms, odors (perfume, smoke, etc.), humidity, noise, quickly changing positions, and brushing teeth after eating.
- Eat small, frequent, low-fat, high-carbohydrate meals. Eat before or as soon as you feel hungry.
- Drink fluids that are cold, clear, carbonated, or sour (especially ginger ale and lemonade).
- Use aromatic therapy, especially lemon, mint, or orange.
- Consider acupuncture wristbands, acupuncture, and hypnosis.
- Call us if home remedies are not helping. Pharmacological treatments may be necessary for patients with extreme nausea and vomiting.

When to Call Us After Business Hours

- If you think you are in labor. You are having contractions every five minutes consistently for 1-2 hours or leaking fluid.
- Severe dehydration.
- Heavy bleeding.
- Fever above 101°. (If not OB related, please go to your PCP or urgent care.)
- Painful urination.
- Decreased fetal movement or no fetal movement after 28 weeks.
- Sudden swelling, especially if accompanied by a headache or visual changes.
- Dizziness or fainting.

Please feel free to call our office (410-823-1120) any time during business hours for urgent and non-urgent matters.