

P: (760) 385-8008

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3998 Vista Way, Suite C.
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New OB Counseling: Diet, Exercise, and Medications

- Twenty-five to thirty-five pounds is ideal weight gain. You may need to gain more or less depending on your prepregnancy weight.
- Continue your current exercise regimen if you are healthy and your pregnancy is normal. You may need to make a few changes. General rule is keeping heart rate no greater than 130 to 140 BPM.
- If uncomfortable, discontinue abdominal exercise at four months. After four months, if light headed or dizzy when lying on back, switch to side lying positions. This position keeps the weight of the baby off important blood vessels in the abdomen.
- Low impact exercise is ideal (swimming, walking, bike riding).
- Do not lift over 25 pounds.
- Please keep in mind that your center of gravity will change as your pregnancy progresses, in other words, watch your balance.

Diet

- Fluid requirements increase in pregnancy: 8-10 glasses of water/fluid/day. A way to gauge this is keeping your urine clear to light yellow visually.
- No rare meats, or sushi, eat only cooked seafood. Limit intake of tuna, swordfish, mackerel, tile fish, or shark to one serving/week. All meat should be cooked well-done.
- Limit intake of caffeine to none or 1 8-ounce soft drink with caffeine/day.
- No alcohol
- No soft cheeses that are unpasteurized or homemade such as feta or Brie cheese.
- No soft cooked or raw eggs.

Medications (*see Commonly Used Medications in Pregnancy*)

- All Tylenol (acetaminophen) products are safe. (Tylenol sinus, Tylenol Cold & Flu) Maximum dose: 3,000 mg/day/24 hour period.
- Do not take aspirin, ibuprofen, Advil, Aleve, Motrin, Excedrin, unless directed by Physician.
- Do not take Pepto Bismol, Kaopectate & Alka Seltzer.
- Use the attached medication sheet for reference.

Household Cleaners

- You may continue to use your household cleaners. Make sure there is good ventilation. Follow the manufacturer's directions.
- If possible, avoid paint fumes – good ventilation is important. Avoid paint stripper.



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Travel

- Travel is OK up to 36 weeks for normal pregnancies. If you have complications, check with a provider beyond 32 weeks. Make frequent stops. Drink lots of water, and stop and stretch every 1-2 hours.
- Travel policies vary by airline, check with the airline prior to purchasing tickets.

Other Notes to Remember

- Decide whether or not you will store cord blood. Learn more and register if interested at www.cordblood.com.
- A variety of maternity classes are available at Tri-City Medical Center. View and register for classes online by visiting www.tricitymed.org. Click on: classes and events, then Childbirth & Pregnancy.
- Register for a maternity orientation of Tri-City Medical Center by visiting www.tricitymed.org. click on classes and events, then Childbirth & Pregnancy. Please note, the Labor & Delivery area is under construction so tour access to the floor is sporadic.
- All deliveries are at Tri-City Medical Center, 4002 Vista Way, Oceanside, CA 92056.
- Avoid kitty litter/feces.
- Medical Questions: Call our office 760-385-8008. After hours, the same number will take you to our answering service and we will call you back with your emergent problems / questions.
- FMLA/Disability paperwork takes 7 – 10 business days to be completed. Please be sure to complete your portion of the paperwork.