



Partners for Women's Health, PA  
*Meeting the changing health needs of women*

## OB FAQs

### **Diet:**

- \*Eat small frequent meals (every 2-3 hours). Avoid allowing the stomach to become completely empty (which can worsen nausea and vomiting as well as worsening feeling dizzy or light headed).
- \*Avoid fried, fatty, or spicy foods (as these can worsen nausea/vomiting).
- \*Avoid unpasteurized foods.
- \*Make sure meats and eggs are well cooked.
- \*Remain well hydrated. Drink at least eight, 8 oz glasses of water a day. If you cannot tolerate water, try water with lemon or lime slices. Sports drinks or juices can be high in sugar, therefore it is best to avoid them or water them down.

**Immunizations:** Please click on the following link to view information on immunizations before, during, and after pregnancy:

[http://www.cdc.gov/vaccines/pubs/downloads/f\\_preg\\_chart.pdf](http://www.cdc.gov/vaccines/pubs/downloads/f_preg_chart.pdf)

**Supplements/Herbs:** Supplements that are considered safe for use in pregnancy include: prenatal vitamin, calcium, folic acid, fish oil, DHA. It is best to avoid other supplements (including herbal supplements) unless advised otherwise by your healthcare provider.

Herbs that are acceptable for use during pregnancy include ginger and peppermint (these may also help with nausea). Remember, just because it is “natural” does not mean it is safe for use while pregnant. If you have questions regarding supplements/herbs, please ask your healthcare provider.

*It is important to review all medications and supplements with your healthcare provider.*

**Travel:** Provided you are healthy and not experiencing any complications, travel is generally acceptable during pregnancy up until the third trimester (26 weeks). It is generally recommended that you remain close to your home (and your planned delivery hospital) during the third trimester. However, if the need for travel arises after 26 weeks gestation, you may discuss this with your provider to determine if travel is safe for you. We encourage you to discuss all travel plans during pregnancy with your healthcare provider.

**X-Rays:** X-Rays should be avoided during pregnancy unless medically indicated. Please discuss with your provider.

*This information is intended as a resource only. If you have any questions or concerns, please contact your healthcare provider.*