

# How to handle



## FIRST TRIMESTER (6-12 WEEKS)

Mark A. Gapinski, MD  
630-462-4963

### in the road...

#### What medications are safe for me to take?

*Please note that although these medications are safe, we advise avoiding medication if possible.*

- Allergies – Benadryl, Claritin, Zyrtec
- Fever/Headache – Tylenol (Acetaminophen)
- Congestion - Sudafed
- Cough - Robitussin DM, Halls Cough Drops
- Constipation – Metamucil, Citrucil, Fibercon, Colace, Milk of Magnesia, Senekot
- Heartburn – Maalox, Mylanta, Pepcid AC, Tagamet, Tums, Zantac
- Hemorrhoids – Preparation H, Anusol, Tucks, Witch Hazel
- Rashes – Hydrocortisone cream, Caladryl, Benadryl, Aveeno

#### COMMON CONCERNS

##### I feel very tired... is this normal?

This is completely normal! To fight the feelings of fatigue, rest as much as possible. Also, be sure to get enough iron and protein, and include some physical activity in your daily routine. If the fatigue seems outrageous, please bring it up at your next appointment.

##### I'm experiencing morning sickness... is this normal?

Nausea and vomiting can be one of the first signs of pregnancy and usually begins around week 6 and lasts through week 12. The nausea is often a result of the increased hormones in your body, and is not harmful to you or your baby. If you experience excessive

vomiting and can't keep any food or liquids down, you need to contact your doctor.

##### I am experiencing some breast tenderness. Is this normal?

During pregnancy, your body is increasing the production of hormones, which can make your breasts unusually sensitive or feel fuller and heavier. Wearing a more supportive bra or sports bra may be helpful.

#### HEALTH & NUTRITION

##### What foods can I eat during pregnancy?

Be sure to eat a well-balanced diet that contains plenty of the following food groups: protein (such as meats and beans); calcium; vegetables, grains, and legumes, which contain high amounts of iron and folic acid; and fruits, which contain high amounts of vitamin C. Up to one cup of coffee (or any caffeine equivalent) per day is considered safe during pregnancy, although some women choose to avoid caffeine altogether.

##### Are there foods that I should avoid?

Yes. Unpasteurized soft cheeses and any raw seafood should NOT be eaten during pregnancy.

Certain cooked fish, such as swordfish, king mackerel, shark, and tilefish, should also not be consumed. Fish of all types should be limited to two servings per week. Deli and lunch meats should not be consumed unless they have been cooked past steaming. Any fruits and vegetables should be washed before consuming. Alcohol should NEVER be consumed during pregnancy.

##### Can I exercise while I'm pregnant?

Exercise is great for you and your developing baby, and can help relieve some common discomforts of pregnancy, such as constipation, leg cramps, and ankle swelling. Always talk to your doctor to discuss what's safe before beginning any exercise routine. Some activities that are safe during pregnancy include running, swimming, and the elliptical trainer. Some activities that should be avoided during pregnancy include high impact aerobics and contact sports.

##### Are vaccines safe during pregnancy?

The flu shot, as well as other vaccines, is safe and recommended during pregnancy. Please check with your doctor to find out which vaccines are available.

##### Can I clean my cat's litter box while I'm pregnant?

No, it is not safe to clean your cat's litter box while you're pregnant. Let someone else do the dirty work for nine months!

##### Is intercourse safe during pregnancy?

Unless your doctor advises you otherwise, sex during pregnancy is safe for both you and your baby.

#### PAMPER YOURSELF!

##### Can I still get my hair colored and nails/toes done? What about waxing?

These are all considered to be safe during pregnancy. Waxing is also safe, but may be more painful.

##### Can I get a massage while I'm pregnant?

Massages are considered safe, but always be sure to check with your doctor first. Also, make sure the masseuse knows that you are pregnant before the massage.