

BAY AREA OBSTETRICS & GYNECOLOGY, P.A.

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**Pregnancy Do's & Don'ts**

- Continue to do your usual activities except: **NO:**  
Motorcycle riding      Horseback riding      Water skiing  
Snow skiing      Saunas      Hot whirlpools/Jacuzzi
- Exercise  
You may continue to exercise; however, if you are taking aerobics, please do low impact exercises only. Keep your heart rate below 140.
- Diet  
High protein, good carbohydrate diet. Include a good selection of vegetables and fresh fruit. Drink 6-8 glasses of water daily.
- Carbohydrate Selections  
You should consume a good selection of carbohydrates daily. At least two slices of bread/starch per meal. For example:
  1. 2 slices of bread or toast, or
  2.  $\frac{3}{4}$  cup dry cereal (no sugar coating) and 1 slice of toast,
  3. 1 sandwich, hamburger or hot dog,
  4.  $\frac{1}{2}$  cup rice, peas, beans, corn, etc. and 1 slice of bread or roll or 1 cup rice, peas, beans, corn, etc. and no additional bread.Also, limit fruit selections to no more than 3 per day. For example:
  1. 1 small banana =2 fruit,
  2. Fruit juices count as fruit as well.
- Milk Selections  
3 to 4 eight ounce glasses of 1/2 %, 1%, or skim milk per day. You may also use cottage cheese, yogurt or cheeses.  
If you are not a milk drinker, you may use calcium supplements such as Calcet, Oscal, Caltrate or store brand equivalent.
- Salt

Avoid the saltshaker and foods high in salt to prevent fluid retention. Some examples are: Lunch meats, ham, bacon, pizza, Mexican food and Chinese food.

- Artificial Sweeteners

Should be used by diabetics or individuals trying to limit their intake of sugar. Both Nutrasweet and Sweet N Low can be used as desired.

- Caffeine

It is recommended that pregnant women limit caffeine consumption.

1. No more than 1-2 cups of coffee, tea, or cokes (any dark cola drink).
2. Limit consumption of chocolate.

- Travel

1. Travel by most common forms of transportation including flying. Flying is allowed until your ninth month, pending Dr.'s recommendations.
2. The last 3 months you should not go any farther than 2 hours away (by car not plane) from the hospital.

- Problems

Notify the nurses as soon as possible if you experience any of the following:

1. Bleeding
2. Unusual cramping
3. Sudden loss of clear fluid from the vagina either in large amounts or intermittent small amounts
4. Unusual vaginal discharge
5. Contractions that do not go away with rest or change in position

- Medications

Do not take any medications other than Prenatal vitamins, iron and calcium supplements unless necessary. We cannot give you 100% guarantees about medication but can tell you what seems safest based on our practice:

1. Acetaminophen (Tylenol, Datril, Panadol, etc). NO ADVIL, NUPRIN OR ALEVE.
2. Sudafed, Benadryl, Claritan, Zyrtec, Dimetapp, Drixoral, Tylenol Combination (Actifed-after 1<sup>st</sup> trimester)- nasal congestion and allergies. (after first trimester).
3. Robitussin cough syrups: Vicks cough drops, Halls cough drops and chloroseptic.

4. Low Sodium Antacids (Pepcid AC, Riopan, Maalox, Mylanta) for heartburn and indigestion.
5. Anti-diarrheal: Imodium, Kaopectate
6. Anti-nausea measures: Ginger ale, Gingersnaps, Peppermints, Lemon Drop Candy. Anti-nausea medications: Unisom Tablets (no gel), Emetrol, Dramamine.
7. Stool softeners: Surfak, Colace, Citrucel, Fibersure, Milk of Magnesia, and Metamucil.
8. Hemorrhoids- Preparation H, Anusol.

Finally, please call the office any time you have questions, problems, or desire additional information. One of the nurses will be happy to speak with you. If they are busy and cannot take your call, a message will be taken and your call will be returned as quickly as possible. We want your pregnancy to be as happy, healthy and problem free as possible and encourage you to communicate to us anything that we can do to help you achieve this. If you have a problem about which wish to speak to your doctor, please tell the receptionist.

Please note the following information regarding medical disabilities:

- For a normal vaginal delivery, a six week medical disability is advised.
- For a Cesarean Section delivery, a six week medical disability is also advised.

If there are medical problems that have been discussed and documented to justify an extension of the six week disability, then a medical disability letter will be written giving the medical reason for the extension.

If a patient has a medical problem prior to her delivery and the doctor requires her to be off work for any length of time, please make sure to obtain a letter that explains the medical necessity for your work absence. This should be done as soon as possible and prior to your absence from work if at all possible.

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