



PREGNANCY 101: The Basics

New OB teaching

- Eat 5-6 small meals a day to help with nausea, heartburn, and low blood sugar
- Drink 80 oz of water a day
- Toxoplasmosis: Cats and cows are carriers for toxoplasmosis, you can become infected through their poop (cleaning litter boxes or eating foods cross contaminated by flies or unwashed hands).
- For over the counter medications you can take in pregnancy, please refer to your purple med sheet. For medications not on the sheet, please call the office.
- Please wear seatbelt across the top of hips (below baby bump) and not abdomen as we don't want it to lock-up there in the event of an accident.
- Avoid hot tubs and saunas
- Sex is safe during pregnancy unless your provider tells you differently.

Nutrition:

- Thoroughly rinse fruits and vegetables before eating.
- Don't eat hot dogs, deli meats, or packaged lunch meat unless they are hot (heat in microwave till steaming)
- Do not eat raw or undercooked foods.
- No unpasteurized juices or milk.
- No unpasteurized soft cheeses (look for label "made with pasteurized milk").
- No raw sprouts
- Increase iron to 30 mg. per day
- If you eat fish, please refer to separate handout and how often or download the app from Purdue University at: <https://www.purdue.edu/hhs/nutr/fish4health/>
- For great information on healthy diet in pregnancy- go to <https://www.choosemyplate.gov/moms-pregnancy-breastfeeding>

Exercise:

- Exercise is considered safe and is recommended during pregnancy. **In the absence of any contraindications**, exercise during pregnancy has been shown to be extremely beneficial, not only for the mother, but for the fetus as well. You may continue the exercise you were doing before pregnancy with some exceptions.
- If your job requires you to lift more than 25 pounds on a regular basis, please let your provider know.
- No sports that have the risk of falling such as snow sports, horseback riding, bicycling, motorcycle riding or jet-skiing are advised.
- Walking, swimming and yoga are great options for exercise.

PLEASE CALL THE OFFICE IF YOU HAVE:

- Period like cramps that don't go away after resting and drinking water.
- Bright red bleeding.
- Fever over 101° or over 100° with a cough.
- If you have a blow to the abdomen or a fall.

Contacting the clinic for medical concerns 24/7:

If you experience a serious medical emergency please call 911 or go directly to the nearest ED.

To contact a provider after hours for urgent medical needs: We have a physician on call for urgent medical needs 24 hours a day every day. To contact a provider after hours, call our clinic number at **541.389.3300** and follow the prompts for after-hours emergency/urgent need. Stay on the line until you reach the clinic service who will page the on-call doctor. Do not leave a message as voice mail messages left will not be checked or addressed until after 8:00 am the next business day.