

**Q:** What are safe medications I can take for my common ailments such as a cold or nausea?

**A:** Many medications are safe to take while pregnant or breastfeeding. We will provide a complete list for you at the time of your nurse visit. Please call for clarification if not on the list.

**Q:** Can I dye my hair or get a perm while pregnant?

**A:** Yes. Just make sure you are in a well ventilated area throughout the visit. A perm sometimes does not take well during pregnancy.

**Q:** Why did I have spotting after my pap smear, intercourse, or pelvic exam?

**A:** When your cervix gets irritated, it can ooze a bit or dislodge a bit of old blood. This can be normal. You should call if you have sudden, unexplained cramping and bleeding.

**Q:** When can we tell what the sex of our baby is?

**A:** Generally, at your 20 week US, we can see what the sex of your baby is. Sometimes, baby is in the wrong positions and we will try again at a later date.

**Q:** Why is my baby moving less today?

**A:** Babies sleep and have quite time. Sometimes, if you drink a cold, sugary drink or try taking a brisk walk, baby will wake up. If not, you should call us immediately.

**Q:** When should I start feeling my baby move?

**A:** Everyone is different. Every pregnancy is different. You can expect to feel your baby move sometime around 20 weeks. The initial feeling may be similar to gas bubbles.

**Q:** When should I call my doctors office or go to the hospital?

**A:** You should always seek medical care immediately when you experience any of the following:

1. A sudden and severe headache
2. Severe nausea, vomiting,
3. Pain of burning upon urination
4. Blurred vision
5. A fever over 100 degrees
6. A gush of any fluid, clean or bloody
7. Regular, painful contractions
8. Severe abdominal or back pain
9. Not feeling your baby move with a change in activity, eating, or drinking.

**Q:** I am constipated. What can I do to relieve my current constipation and prevent it in the future?

**A:** You need to increase both your fluid and fiber intake. Regular walks and activity along with prune juice will help a lot!

**Q:** I am almost out of my medications! Who should I call and when?

**A:** Call your pharmacy when you notice you are down to 7 days of pills. They will fax our office and we will provide them with a response within a few days.

**Q:** Can I go tanning while pregnant?

**A:** Tanning and sun exposure is not good for your skin, it can result in increased wrinkles when you age and put you at higher risk of skin cancer. However, it has no effect on your pregnancy, and will not hurt your baby.

**Q:** Is it safe to get in a hot tub while pregnant?

**A:** It is better to avoid hot tubes during pregnancy. A body temperature above 101 degrees can raise concerns in pregnancy. Hot tubs are factory programmed to maintain water temperatures of approximately 104 degrees. ACOG recommends that core body temperature in pregnant women should never rise above 102.2 degrees, due to possible risk to the baby, especially, during the first trimester. A hot bath which is not uncomfortable or scolding is a much safer way to relax.

**Q:** Can I continue jogging and lifting weights while I am pregnant?

**A:** If you are jogging on a regular scheduled prior to becoming pregnant, you can continue as long as you remain aware and sensitive to your body. There are marathon runners who have continued to compete well into their pregnancies. But every woman is different. Sometimes biking, swimming, or walking can be good substitutes. Check out the American College of OB/Gynecology for exercise guidelines during pregnancy.

**Q:** Can I go to the dentist?

**A:** Absolutely, yes! X-Rays, root canals, almost all procedures ok. No “laughing gas”! Call with questions about any meds prescribed.