



Pregnancy Guidelines – Women's Care Group

Diet and Nutrition

Please visit the website www.chosemyplate.gov (pregnancy and breastfeeding) for dietary information.

Hydration is important. Sixty (60) to eighty (80) ounces of water per day is recommended.

Moderation in caffeine: 1-2 servings per day, avoid energy drinks

Stevia is okay to use. Limit artificial sweeteners.

Avoid raw, undercooked meats, or sushi due to risk of Toxoplasmosis and Listeria. May eat deli meat if heated to steaming. Avoid unpasteurized products and raw sprouts.

Fish: Due to high mercury content, avoid: King Mackerel, Marlin, Orange Roughy, Shark, Swordfish, Tilefish, and Ahi or Bigeye Tuna. Limit canned *albacore* tuna to 3 or less servings per month. Limit *light* tuna to 6 or less servings per month. It is recommended to eat other fish 1 to 2 times a week.

Calorie intake varies for each individual, but in general, a 2200 calorie per day diet is adequate.

Weight Gain: Based on body mass index (BMI) for singleton pregnancies

BMI < 18.5 (underweight) – weight gain 28-40 lbs

BMI 18.5 to 24.9 (normal) – weight gain 25-35 lbs

BMI 25 to 29.9 (overweight) – weight gain 15-25 lbs

BMI > 30 (obese) – weight gain 11-20 lbs

Activity

Moderate exercise is encouraged for 30 minutes a day.

If not already involved in an exercise program, please discuss with physician or nurse practitioner before beginning.

Avoid any activity which could result in a blow to the abdomen (kick boxing, skiing, etc.)

No hot tubs or saunas.

Be a mom to other children, lift them as needed unless told to stop.

Sexual activity is OK unless you have been instructed to stop, have bleeding or pain, or your water is broken.

Wear gloves when gardening and wash hands when finished.

Avoid cleaning cat litter or use gloves and wash hands immediately due to risk of Toxoplasmosis.

Avoid mosquitos. DEET is fine. Wear long pants and sleeves especially near dusk

Hazards

No X-rays unless abdomen is shielded by lead.

No alcohol of any kind, amount, or time during pregnancy. This includes beer, hard cider, wine, or liquor.

No smoking. This includes cigarettes, cigars, marijuana, and vaping. Ask for help with smoking cessation. 1-800-QUIT-NOW

Travel

It is fine to drive, fly, etc. unless told differently.

After 30-32 weeks, we prefer you stay within a 2-3 hour radius. After 34 weeks, stay within 1-2 hours.

NO travel to any country where ZIKA is endemic. Consult CDC.gov for recommendations.

Childbirth Classes

We encourage all first- time parents to attend classes through UT Medical Center, call 305-9300.

Infant CPR and breastfeeding classes strongly recommended.

Seat Belts

This is a TN state law; the lap portion of the belt should be low across your hips.

Cord Blood Banking

Storage of your infant's cord blood is available through various companies. ACOG (American College of Obstetricians and Gynecologists) states, "The routine storage of umbilical cord blood as 'biologic insurance' against future disease is not recommended."

Genetic Testing: *Optional*

Cystic Fibrosis Carrier Testing: This is done only once per a patient's lifetime and checks to see if mother carries one of the genes for cystic fibrosis. Every baby in Tennessee is now screened after birth.

AFP – Alpha Fetoprotein – a blood test from mother that checks for an increase in the AFP which can be present if fetus is affected by an open spine defect such as spina bifida. Drawn between 16-18 weeks.

First Trimester Screening / Nuchal Translucency: A screening test done between 12 and 14 weeks which obtains mother's blood and ultrasound of baby to help in determining the individual risk for trisomy 21 (Down Syndrome) and trisomy 13 and 18 (fatal chromosome defects). This is not a definitive test.

Non-invasive Prenatal Testing (NIPT): A screening test beginning at 11 weeks using one tube of mother's blood (NO ultrasound) to help in determining the risk for trisomy 21 (Down Syndrome) and trisomy 13 and 18 (fatal) as well as others in consultation with provider. This test is generally not covered by insurance. This is not a definitive test.

Chorionic Villous Sampling (CVS) and Amniocentesis: These are invasive diagnostic tests which carry a small risk of miscarriage and are usually reserved for high risk patients.

Office, Phone, and Website: Our 24 hour phone number is 865-546-1642. We have two office locations: 1930 Alcoa Highway Bldg A, Suite 240, 37920 and 9220 Dutchtown Rd. Suite 102, 37923. The website is www.wc-grp.com.