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Common Questions & Concerns

Can I take medications? You should discuss all your medications with the midwife at the first visit. Many are safe to use but some can be harmful to you or the baby during pregnancy. A list of safe meds will be given to you for use if you have a cold, headache or upset stomach. You should *completely avoid* the use of marijuana, narcotics, sleeping pills or any other recreational drugs.

Should I stop smoking? YES!!! You know that smoking is bad for you. It is even worse for your unborn baby. It can cause low birth weight, miscarriage, and preterm delivery. If you need help to quit please talk to your midwife. We will do whatever we can to support you.

Is it okay to drink alcohol? Do not drink any alcoholic beverages (including beer or wine). It is a known fact that alcohol can cause damage to your unborn child.

Can I take baths? It is okay to take tub baths or showers. Chance of infection from a tub bath is minimal. The water should not be excessively hot. And your balance may be altered as you get further along so be careful getting in and out of the tub. Make sure the tub has a non-slip surface on the bottom.

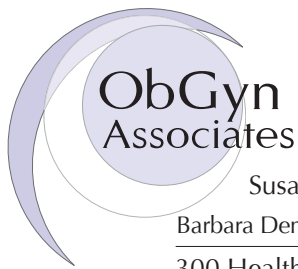
What can I do for constipation? Pregnancy can cause constipation or gassiness. This is because the muscles of the digestive tract are relaxed and sluggish. You can take stool softeners if needed. Some prenatal vitamins even have stool softeners in them. Do not take a laxative or enema without consulting your midwife first. Increase the amount of fiber in your diet by eating more whole grains, fresh fruits and vegetables. You can also use fiber supplements like benefiber or Fibercon. Drink plenty of water.

What helps prevent stretch marks? Really nothing. You are genetically predisposed to get stretch marks or not. Using a lotion such as cocoa butter can help lessen the severity and discomfort of them.

Is it okay to have caffeine? Having a little caffeine is not harmful. One or two cups of coffee or small sodas each day is fine. Make sure you drink plenty of other hydrating fluids each day such as water every day. Heavy use of caffeine can result in low birth weight babies, increased risk of miscarriage, and caffeine withdrawal syndrome in the newborn.

When should I stop working? If your pregnancy is uncomplicated you can continue to work throughout your pregnancy. It is recommended that you avoid severe physical strain and should not lift more than 20 pounds.

Don't I need to rest more? You should rest for 5-10 minute periods throughout the day. When you lay down to rest be sure to lay on your side and not flat on your back.



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Is it safe to color my hair? Yes it is. Your hair may react differently to the color or your skin may be more sensitive to the products, but there is no evidence that they are harmful.

Can I paint the nursery? Avoid oil based paints and paint thinners. If you use latex paints make sure the room is well ventilated. Avoid climbing ladders as a pregnant woman's center of gravity and balance changes.

Can I have sex? Enjoy sexual intercourse as usual as long as it is not uncomfortable. There are a few situations in pregnancy that mean you should not have sex but if this applies to you, your midwife will discuss it with you in detail.

Can I go to the dentist? Good dental health is very important during pregnancy. You should keep your regularly scheduled cleaning appointments. You should also brush and floss daily. If you have a cavity or need other dental treatment this should NOT wait until after you deliver. Local anesthetics and antibiotics are safe to use when needed. Our office can give you a letter for your dentist if needed.

Can I travel? The best time to travel is in the second trimester. Avoid sitting for many hours without getting up and moving around. Empty your bladder frequently. Carry your medical records with you just in case. Avoid travel if your pregnancy is high risk or talk with your midwife about your plans. Airlines might require a letter from us for you to fly after 34 weeks. Check with them. Cruise ships often require a letter as well.