



The First Half of Your Pregnancy

A RESOURCE GUIDE



Stony Brook **Medicine**



Table of Contents



Welcome Letter	Page 4
Nutrition in Pregnancy	Page 5-7
Other Intake Considerations / Substance Use Disorder	Page 8
Weight Gain in Pregnancy	Page 9
Tests During Your Pregnancy	Page 10
Every Day Activities of Daily Living	Pages 11-12
Domestic Violence / Mental Health	Page 13
Common Body Changes, Concerns and Ailments During Pregnancy	Page 14-18
Important Information and Phone Numbers	Page 19

Dear Expectant Family,

Congratulations on your pregnancy! Pregnancy is such an exciting time and we are pleased that you have chosen our practice to care for you during your pregnancy and deliver your baby.

Within this booklet you will find general information about pregnancy that will be important for you over the next several months. Please review this information, write down any questions or concerns that you may have and bring them to your next appointment. We are here to help you during this time and are happy to answer any questions that you may have.

Sincerely,

The Department of Obstetrics & Gynecology

Stony Brook Medicine



Nutrition in Pregnancy



General Guidelines:

- Focus on what you should eat and not what you shouldn't eat.
- Good nutrition is important for your baby. Long-term benefits include improved mental and educational performance, strength, immunity and decreased chance of being obese, having diabetes, high blood pressure and heart disease.
- Chew food thoroughly before swallowing. Your digestive tract is less active when you are pregnant.
- You are not eating for two. The average pregnant person should increase calories by approximately 340 calories per day. See page 6 for some suggestions to help guide your dietary choices.

Nutrition in Pregnancy

The following is a “Sample Daily Meal Plan.” It is recommended that you eat this amount from each group daily.

If you are not gaining weight or gaining too slowly, you may need to eat a little more from each food group. If you are gaining weight too fast, you may need to cut back by decreasing the amount of “empty calories” you are eating. Talk to your provider. Get a Daily Meal Plan designed just for you. Go to www.choosemyplate.gov for your plan and more. Click on “Pregnant & Breastfeeding Women”.

Food Group	1 st Trimester	2 nd and 3 rd Trimesters	Examples	Benefits
Water 	6-8 glasses	6-8 glasses	6-8 glasses	Decrease constipation
Vegetables 	2 ½ cups	3 cups	raw or cooked vegetables 100% vegetable juice raw leafy vegetables	Calcium and Iron (leafy greens)
Fruits 	2 cups	2 cups	fresh or dried fruit 100% fruit juice Papaya juice	Vitamins and Minerals Iron is best absorbed when taken with Vitamin C
Grains 	6 ounces	8 ounces	sliced bread ready-to-eat cereal cooked pasta rice cereal	Iron (whole grains)
Dairy 	3 cups	3 cups	milk (skim or low fat preferred) yogurt natural or processed cheese	Calcium and Protein
Protein 	5 ½ ounces	6 ½ ounces	lean meat, poultry or seafood cooked beans nuts or 1 egg nut butter	Iron (red meat, dried beans and eggs)

Additional Nutritional Recommendations:

Artificial Sweeteners

- Artificial sweeteners can be used in pregnancy.
- Rebaudiosidea (Stevia) and Sucralose (Splenda) can be used in pregnancy.
- Aspartame (Equal or Nutrasweet) can be used during pregnancy unless you have the rare condition Phenylketonuria (PKU).
- Avoid saccharine (Sweet and Low).

Fish

- Try to have 2-3 servings per week of fish with a low mercury content. Omega-3 fats in seafood have important health benefits for you and your unborn baby. Salmon, sardines and trout are some choices higher in Omega-3 fats.
- Avoid eating shark, swordfish, tile fish or mackerel often since they have high levels of mercury.
- Do not eat more than 6 oz. of albacore tuna (white tuna) per week.

Meat

- Avoid raw and undercooked or cured meat, including fish.
- Ground meat should be cooked through thoroughly. Wash hands well right after handling raw meat.

Listeria

Listeria is an infection associated with certain foods that can potentially harm your baby.

To avoid this infection:

- Avoid any unpasteurized dairy products. Check food labels.
- Wash vegetables and fruit before eating them.
- **Be aware of news stories reporting outbreaks and signs posted in food stores. Visit the CDC website for more information on the latest outbreaks.**
www.cdc.gov/listeria
- Avoid foods that are being recalled for possible Listeria contamination.

Other Intake Considerations

ALWAYS check with your obstetric provider (doctor or midwife) before taking any medications whether they were prescribed or not.

- Vitamin Recommendations:**
- Prenatal vitamins are recommended during pregnancy. There is no known ideal formula for a prenatal vitamin, but any FDA regulated prenatal vitamin is likely to be helpful.
 - Pregnant women should have the following each day through diet or supplements:
 - Folic acid 400–800 micrograms (until the end of the first trimester). If there is a family history of neural tube defects, such as spina bifida, or a family history of cleft lips or palates, it is recommended to take 4 mg of folic acid daily.
 - Vitamin D 600 international units
 - Calcium 1,000 mg
 - **DON'T take any supplemental Vitamin A or skin preparations with Retin-A.**
- Caffeine:**
- Limit it to less than 2 cups of coffee, tea, soda or other caffeinated beverages per day.
- Smoking, Nicotine and Vaping:**
- People should not smoke cigarettes during pregnancy. If you are not able to quit entirely, reduce use as much as possible. It has been proven that smoking increases risk of miscarriages, preterm labor, placental problems and low birth weight newborns.
 - Nicotine replacement (with patches or gum) is appropriate as part of a smoking cessation strategy. Avoid vaping devices, they may deliver higher amounts of nicotine than patches or gum.
 - For further information about quitting smoking: nysmokefree.com or call 1-866-NY-QUITS (1-866-697-8487).
- Recreational Drug Use:**
- Pregnancy is an opportunity to help you with any substance use disorders, whether it be alcohol, Xanax, heroin or any other substance. Our goal is to help you and your baby. Please speak with your provider. We want to do everything we can to help you make healthy decisions.
- Marijuana:**
- There is little data regarding long-term neurodevelopmental outcomes of marijuana use in pregnancy; therefore, marijuana use is currently not recommended in pregnancy or when breastfeeding.
- CBD:**
- Cannabidiol (CBD) may contain small amounts of THC (the hallucinogenic component of marijuana). There is no data to support the use of CBD in pregnancy.
- Opioids:**
- Whether they are prescribed or not prescribed, PLEASE SPEAK WITH YOUR PROVIDER.**

Substance Use Disorder

Stony Brook Medicine has a Maternal Opioid Management Support (MOMS) Program.

- For information or to make an appointment, please call (631) 444-4686 or send an email to MomsMedications@stonybrookmedicine.edu
- Learn more at stonybrookmedicine.edu/patientcare/obgyn/MOMS

Weight Gain in Pregnancy

- On average, people gain between 25-35 pounds during pregnancy.
- Weight gain is based upon pre-pregnancy BMI (BMI is "Body Mass Index" and is your weight divided by your height; there are BMI calculators on the Internet).

The National Academy of Medicine recommends the following:

Pre-Pregnancy BMI Category (Kg/m ²)	Recommended Weight Gain (lbs.)
Underweight (less than 18.5)	28-40
Normal weight (18.5-24.9)	25-35
Overweight (25.0-29.9)	15-25
Obese (30 or greater)	11-20

Average weight gain per trimester for someone of normal weight:

First trimester	1-12 weeks	3 to 4 pounds
Second trimester	13-27 weeks	12 to 14 pounds
Third trimester	28-40 weeks	8 to 10 pounds

According to the March of Dimes, total weight gain at the end of pregnancy is, in most instances, accounted for as follows:

Baby	7.5 pounds
Maternal energy stores (fat, protein and other nutrients)	7 pounds
Fluid volume	4 pounds
Breast enlargement	2 pounds
Uterus	2 pounds
Amniotic fluid	2 pounds
Placenta	1.5 pounds

Tests During Your Pregnancy



- Everyone will be offered general health screening blood work at the beginning of their pregnancy.
- Your provider should discuss with you your options for genetic testing in your first trimester.
- There are many tests that are available during your pregnancy. Your provider will discuss the reasons for testing, as well as the results, with you.

Every Day Activities of Daily Living



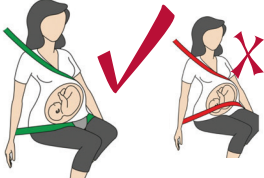
Exercise and Bedrest Unless your provider tells you not to be physically active, you should exercise regularly. Avoid activities with a high risk of falling or injury. Do not start a new rigorous exercise routine during pregnancy. Prenatal yoga classes are associated with a more positive birth experience and help to improve tone and stretching abilities.

Dentist Oral health and dental procedures can continue as scheduled during pregnancy. Teeth should be cleaned by the dentist every 6 months. X-rays can be taken but only while wearing a lead apron. Local anesthetics (i.e. Novocaine) can be used. Tylenol with or without Codeine may be used if necessary. During pregnancy your gums may bleed more easily.

Hot Tubs and Swimming Although research is limited, you should probably avoid hot tubs during pregnancy as they can raise your body temperature to a level that is unsafe for your baby. Swimming pool use is encouraged during pregnancy. You can take warm baths during pregnancy.

Insect Repellents Topical insect repellents (including DEET) can be used in pregnancy and should be used in areas with high risk for insect-borne illnesses,

Every Day Activities of Daily Living

- Hair Care/Treatments** Although research is limited, hair dye is thought to be safe in pregnancy. You can dye your hair but do not get a permanent. Hair straightening treatments, known as Brazilian Keratin Treatment, BKT or Brazilian blowout, may not be safe during pregnancy if the treatment contains a chemical called formaldehyde.
- Travel** There is no exact gestational age at which you must stop traveling while pregnant. You should balance the benefit of the trip with the potential of a complication during travel. Cruise lines prohibit travel on ships after 24 weeks of pregnancy. Airline travel is allowable in pregnancy. Make sure you stay hydrated, walk and stretch during air travel. Consider wearing compression stockings on flights. Familiarize yourself with the infection exposures and the medical care available at each destination. Ask your provider about risks of potential infection exposure, such as the Zika virus. Learn more at cdc.gov/zika.
- Sexual Intercourse** You are free to have sexual intercourse during pregnancy unless told not to by your provider.
- Sleeping Position** There is no evidence to say exactly how you should sleep during pregnancy. We encourage you to sleep on your side as this may be more comfortable for you and your baby.
- Seatbelt Use** Wear seatbelts with the lap belt strapped under your belly, and the shoulder belt strapped across your chest, while in a motor vehicle. You should not disable your airbags.
- 
- Toxoplasmosis** Toxoplasmosis is an infection that can be harmful to your unborn baby. It is found in cat feces and raw meat. To avoid it, wear gloves while gardening, don't handle dirty cat litter, don't eat raw meat and wash your hands after handling raw meat.
- Immunizations** It is recommended that you receive the influenza vaccine (flu shot) while pregnant. Any household members or potential care takers should also receive the vaccine. It is also recommended that you receive the tetanus diphtheria and pertussis (tdap) vaccine after 27 weeks of pregnancy. Your antibodies will cross the placenta and can protect your baby from pertussis (whooping cough). When your baby is old enough, they can receive their own vaccine. Ask your provider about any other immunizations.
- Miscellaneous** Do not inhale kerosene or chemicals. When painting, try to use low VOC (Volatile Organic Compounds) paint and open the windows to allow fresh air to enter the room.

Domestic Violence

Domestic/partner violence often begins during pregnancy.

It may be verbal (hurtful and demeaning statements, control over money, resources and time) or physical (overlapping with control such as denying, isolating, pinching, hitting, grabbing, smacking, poking and beating). It may be sexual (forced intercourse or sexual touching) or coercion (doing something that you don't want to do with a promise of a "reward" that you may or may not receive such as money or drugs).

Places you can find help:

- VIBS (631) 360-3630
- Suffolk County Coalition Against Domestic Violence (631) 666-8833
- NATIONAL Domestic Violence Hotline (800) 799-7233

Mental Health

Depression and anxiety are common in pregnancy:

- These are medical conditions of which you should not feel ashamed.
- Please share feelings of depression or anxiety (feeling overwhelmed, resentful, sad, disappointed, frustrated, self-loathing, loss of pleasure, anger or distress) with your provider.
- You can take medications for depression and anxiety during pregnancy, and doing so is not a reason for Child Protective Services (CPS) to be involved in your care.

The following are a few resources that are available 24/7 and provide free and confidential support:

- Postpartum Support International: www.postpartum.net
- Support Helpline: (800) 944-4773
- National Crisis Text Line: Text HOME to 741741 about any type of crisis
- National Suicide Prevention Hotline: (800) 273-8255
- DASH Suffolk County Walk-in Psychiatric Urgent Care: (631) 952-3333

Common Body Changes, Concerns and Ailments During Pregnancy

Concern	Causes	What May Help	What Not To Do
Headaches	<p>Hormonal changes and increased blood volume in first trimester. Sinus headaches can be from increased nasal congestion.</p> <p>Dehydration from nausea and/or vomiting with decreased fluid intake, as well as low blood sugar can cause headaches.</p>	<ul style="list-style-type: none"> • Drink plenty of water, at least 6 big glasses a day (approximately 60-80 oz.) • Eat small frequent meals throughout the day, instead of 3 large meals • Head and neck massage • Take acetaminophen (Tylenol) 	<p>DO NOT take:</p> <ul style="list-style-type: none"> • Ibuprofen (Motrin/Advil) • Naproxen (Aleve) • Aspirin (unless your provider tells you that you can take it)
Nasal Congestion	<p>Nose bleeds and stuffiness are common during pregnancy due to increased blood volume and hormonal actions on nasal tissues.</p>	<ul style="list-style-type: none"> • Blow your nose gently • Drink fluids, consider using a cool mist humidifier or a saline nasal spray • To stop a nose bleed, squeeze your nose between your thumb and forefinger for a few minutes 	<p>DO NOT take:</p> <p>Afrin nasal spray unless directed by your provider</p>
Body Aches	<p>As your uterus expands you may feel pains in your back, belly, groin area and thighs. You may also have aches near the pelvic bone due to pressure from baby's head, increased weight and loosening joints. Some experience pain that runs from the lower back down to the back of one leg all the way to their knee or foot. This is called sciatica.</p>	<ul style="list-style-type: none"> • Lie down • Rest • Apply heat to sore muscles Apply ice to joint pain • Physical therapy • Belly support belt • Massage • Yoga • Stretching • Acupuncture • Chiropractor 	

Common Body Changes, Concerns and Ailments During Pregnancy

Concern	Causes	What May Help	What Not To Do
<p>Cough or Cold</p>	<p>People who are pregnant tend to get more colds than non-pregnant people. This is mostly due to the fact that your immune system is slightly less effective during pregnancy.</p>	<ul style="list-style-type: none"> • Drink plenty of water • Wash your hands frequently • Use saline nose spray • Use Vicks vapor rub on your chest and throat to clear stuffy nose • Gargle with salt water • Drink tea with honey • Rub a little Vaseline on the inside of your nose to avoid chafing • Consider using a Neti pot to help with congestion • You may use Flonase • You may take Robitussin, Robitussin DM, Chlorpheniramine (Chlor-trimeton), Sudafed, Actifed, Claritin, Benadryl 	<ul style="list-style-type: none"> • Choose the cough syrup with the LOWEST amount of alcohol • Avoid any cough medicines with codeine • If using a medicated nasal spray, stop after 3 days as it may make your symptoms worse
<p>Heartburn/ Indigestion</p>	<p>Pregnancy hormones slow down the digestive track, making many people feel bloated. The growing uterus can cause indigestion and heartburn.</p>	<ul style="list-style-type: none"> • Eat 5-6 small meals daily/slowly instead of 3 big meals • Try not to lie down immediately after eating • Drink something soothing such as milk before you lie down • Try chewing gum after eating • May take all aluminum, calcium or magnesium antacids (sodium free) such as: Mylanta, Maalox, Tums, Rolaids, Di-Gel, Alternagel, Pepcid AC, Gas-X 	<ul style="list-style-type: none"> • Avoid acidic foods • Do NOT take Antacids that have aspirin (Alka-Seltzer or Pepto-Bismol) • Do NOT take baking soda (sodium bicarbonate)

Common Body Changes, Concerns and Ailments During Pregnancy

Concern	Causes	What May Help	What Not To Do
Morning Sickness, Nausea/ Vomiting	In the first trimester, hormonal changes can cause nausea and vomiting. For most people morning sickness starts to end by the second trimester.	<ul style="list-style-type: none"> • Eat 5-6 small meals instead of 3 large meals • Don't lie down after meals • Eat dry toast, saltines or dry cereal before getting out of bed in the morning • Eat bland foods that are low in fat and easy to digest such as cereal • Sip on water, weak tea, clear soft drinks, ginger tea or ginger ale, or eat ice chips • Avoid smells that upset your stomach • May take Vitamin B6 50-100mg twice/day, Emetrol, Surpass Gum, Peggie Pops 	<ul style="list-style-type: none"> • If vomiting persists for 24 hours (not just in am), call your provider
Leg cramps	You may feel sudden muscle cramps in your legs or feet, especially at night. The most common reason for this is dehydration.	<ul style="list-style-type: none"> • Gently stretch muscles • Get mild exercise • Drink more fluids • Magnesium (may also cause loose stools) 	
Varicose Veins	Blood volume increases in pregnancy and causes veins to enlarge. Pressure on the large veins behind the uterus causes blood to slow in its return to the heart. This can cause varicose veins in the legs, vulvar area or anus (hemorrhoids).	<ul style="list-style-type: none"> • Use support or compression stockings • When possible, sit with your legs and feet raised 	

Common Body Changes, Concerns and Ailments During Pregnancy

Concern	Causes	What May Help	What Not To Do
Hemorrhoids	Swollen or bulging veins near the anus can cause itching, pain and bleeding. Constipation with straining can worsen hemorrhoids.	<ul style="list-style-type: none"> • Drink plenty of fluids • Eat fiber rich foods • May use Preparation H, Anusol, Witch hazel • Fiber supplements such as Metamucil, Citrucel or Benefiber may help to soften stool and prevent straining 	<ul style="list-style-type: none"> • Try not to strain with bowel movements
Urinary Frequency and Leaking	Your unborn baby pushes on your bladder, urethra and pelvic floor muscles. This pressure can lead to more frequent need to urinate, as well as leaking of urine with sneezing, coughing or laughing.	<ul style="list-style-type: none"> • Take frequent bathroom breaks • Drink plenty of fluids to avoid dehydration • Do Kegel exercises to tone pelvic muscles: <ol style="list-style-type: none"> 1) Tighten the muscles that are used to stop the flow of urine 2) Hold for a count of three then relax for a count of three 3) Start Kegel exercises lying down. This is the easiest position. When the muscles strengthen, you can do sitting or standing 4) Do the exercise 10-15 times, 3 times a day. Once you progress to sitting, you can do them in your car at red lights 	
Yeast Infections	Yeast infections are common in pregnancy because hormonal changes can disrupt the pH balance of the vagina.	<ul style="list-style-type: none"> • May use over-the-counter medications such as Miconazole (Monistat) or Clotrimazole (Gyne-Iotrimin) 	<ul style="list-style-type: none"> • Do NOT douche • Do NOT take oral medications such as Diflucan (fluconazole) without speaking to your provider

Common Body Changes, Concerns and Ailments During Pregnancy

Concern	Causes	What May Help	What Not To Do
Dizziness	Many people feel dizzy or lightheaded during their pregnancy though actually fainting is rare. Expansion of blood vessels early in pregnancy, the pressure of the growing uterus on blood vessels, and the body's increased need for food can all contribute to lightheadedness or dizziness.	<ul style="list-style-type: none"> • Stand up slowly • Go from laying down to sitting to standing • If possible try to reduce standing for prolonged periods • Don't skip meals • Try lying on your left side • Wear loose clothing • Stay well hydrated 	
Increased Breast Size	Your breasts will increase in size and fullness during pregnancy. As you approach your due date, your breasts will get even bigger to prepare for breastfeeding. Your breasts may feel full, heavy or tender. Some people leak a thick yellowish to clear fluid from their breasts during pregnancy. This fluid is called colostrum and is the first milk produced for your baby. It is rich in antibodies that help protect your newborn from infection.	<ul style="list-style-type: none"> • Wear a bra that provides good support • Put nursing pads in your bra as necessary to absorb any leakage • Let your provider know if you notice any changes in your nipples or they leak fluid that doesn't have the appearance of colostrum or have skin changes 	
Swelling	Many people develop MILD swelling in face, hands or ankles, especially as the due date approaches.	<ul style="list-style-type: none"> • Sudden swelling or weight gain in a single week should be reported immediately to your provider • Drink 8-10 glasses of fluids daily • Rest and elevate your feet 	Do NOT eat salty foods

Source: Office on Women's Health, U.S. Department of Health & Human Services

About Stony Brook Medicine

Stony Brook Medicine integrates and elevates all of Stony Brook University's health-related initiatives: education, research and patient care. It includes five Health Sciences schools — Dental Medicine, Health Technology and Management, Medicine, Nursing and Social Welfare — as well as Stony Brook University Hospital, Stony Brook Southampton Hospital, Stony Brook Eastern Long Island Hospital, Stony Brook Children's Hospital and more than 200 community-based healthcare settings throughout Suffolk County. To learn more, visit stonybrookmedicine.edu.

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