

# General Pregnancy Recommendations

## Hot tubs and Saunas:

Studies have shown that there is an increased incidence of miscarriage if a sauna is used during the first three months of pregnancy. We recommend against using the sauna during the entire pregnancy and not using a hot tub during the first three months of pregnancy. After the first three months of pregnancy, limit the hot tub to 100 degrees temperature. The danger to the fetus appears to be from raising the mother's core body temperature. Warm baths and showers are safe throughout pregnancy.

**Caffeine:** The March of Dimes recommends that women who are pregnant consume no more than 200 mg of caffeine per day. The Organization of Teratology Information Specialists [www.OTISpregnancy.org](http://www.OTISpregnancy.org) states that caffeine has not been shown to cause an increased chance for birth defects. Caffeine crosses the placenta and in large quantities can effect babies in the same way as it does adults.

<b><u>Caffeinated Item:</u></b>	<b><u>Typical Range</u></b>	<b><u>(mg/serving)</u></b>
<b>Coffee</b> (8 fluid ounces)		
Brewed, drip method	85	65-120
Instant	75	60-85
Decaffeinated	3	2-4
Espresso (1 fluid ounce)	40	30-50
<b>Tea</b> (8 fluid ounces)		
Brewed, major US brands	40	20-90
Instant	28	24-31
Iced	25	9-50
<b>Soft drinks</b> (8 fluid ounces)	24	20-40
<b>Cocoa beverages</b> (8 fluid ounces)	6	3-32
<b>Chocolate milk</b> (8 fluid ounces)	5	2-7

## Alcohol:

Fetal Alcohol Syndrome (FAS) is the leading known cause of mental retardation. It is preventable. Please DO NOT drink during your pregnancy or use any illicit drugs such as amphetamines, cocaine, marijuana, or hallucinogenic drugs.

## Smoking:

Smoking while pregnant increases the incidence of low birth weight babies, placental abruption, miscarriage, and pre-term labor. It also increases your baby's risk for future ear infections, frequent colds and SIDS. Please do not smoke during your pregnancy.

## Dental Work:

Local anesthesia injections are safe. Use a lead apron if X-rays are necessary. Pain medications and most antibiotics are safe (your dentist will prescribe correctly). They commonly use Lidocaine and Ampicillin.

## Vaccinations:

The Tdap (Tetanus, diphtheria and pertussis) vaccine is recommended for all adults in contact with newborns and toddlers under the age of one to prevent transmission of pertussis, also known as "whooping cough". If you have not already received this vaccine, you may receive it during the second or third trimester of pregnancy. The Flu shot is recommended for all women who will be

pregnant during the flu season. The vaccine should be thimerosal free. Vaccines are available in the Vaccination Clinic in Suite 2 of the Los Olivos building by appointment (408) 356-9500. A doctor's prescription is required.