



MID CITIES  
Women's  
Clinic



# PRENATAL INFORMATION & EDUCATION

Nutrition  
Wellness Tips  
Symptom Management

# NUTRITION INFORMATION

It is important to eat a healthy diet including: dairy, vegetables, nuts, cereal, meat, grains, & fruits.

In addition to a healthy diet it's important to take a prenatal vitamin daily to help give you what you need.

Drink 8-12 cups of water a day!

Make sure your food is fully cooked and juice/dairy products are pasteurized. Consuming unpasteurized, or raw food, can lead to foodborne illnesses.



Fish is great for omega-3 fatty acids (healthy fat), but it also contains mercury, which can cause damage to your baby's nervous system or lead to mercury poisoning. Visit [www.mayoclinic.org](http://www.mayoclinic.org) and search Pregnancy Nutrition for specific fish that is safe to eat.

For a more extensive list of nutrition guidelines visit [www.acog.org](http://www.acog.org) and search Nutrition during Pregnancy.

## WELLNESS TIPS

Get 7-9 hours of sleep per night

Lower stress

Stay Active

Ask your Doctor before starting or stopping medications

Consider getting a flu shot

See your doctor regularly & discuss medical & mental health conditions

Wear your seatbelt correctly

Discuss any nicotine, alcohol, or drug usage with your doctor

Avoid cleaning or changing cat litter box

Avoid very hot baths or saunas

Avoid use of scented feminine hygiene products

Avoid douching

Avoid having optional X-rays

# COMMON SYMPTOMS OF PREGNANCY

## NAUSEA & VOMITING

Eat small, frequent meals during the day.

Take prenatal vitamins with food.

Eat a high protein snack just before going to bed at night, and eat crackers in the morning before getting up.

Vitamin B6 or Emetrol can help.

*Call your doctor if you are unable to keep liquids down for 24 hours, or if you are unable to do your normal daily activities.*

## HEARTBURN

Avoid greasy, spicy foods.

Avoid lying down right after eating.

Try sleeping with two pillows to elevate your upper body.

Take any of the following: Roloids (the high calcium/low sodium variety), Tums, Mylanta II (best if refrigerated), Maalox Plus, Gaviscon, Riopan.



## HEADACHES

Rest. You may need more sleep at night or perhaps a nap in the daytime.

Eat less high sugar foods.

Patients experiencing mild headaches may find comfort by applying an ice pack to the base of the neck and a heating pad to the shoulders.

Use of any over-the-counter medications should be discussed with and approved by your provider.



*Call your doctor if you are in severe pain, experiencing visual changes, can't tolerate light or sound, or the headache has lasted more than 2 days.*

## CONSTIPATION

Drink 8 - 12 cups of water daily.

Include in your diet high fiber foods, like fruit, vegetables & breads.

## COLDS, COUGH, & THE FLU

Ocean (saline) Nasal Spray for stuffiness & drainage, Robitussin Plain or DM for coughs, & Tylenol for aching.

Drink plenty of liquids, and rest.

# *A Note from our Medical Director*

Dear MCWC Patient,

Thank you for allowing Mid Cities Women's Clinic to provide medical services for you today.

With positive pregnancy test results, you have received this information on pregnancy and also a list of OB providers in the area. To assist you in getting the most out of your prenatal experience, we encourage you to begin by reading this information.

Mid Cities Women's Clinic does not offer prenatal care, so it is imperative that you find a medical provider who will provide prenatal care throughout your pregnancy.

Again, thank you for choosing Mid Cities Women's Clinic. We hope we were able to meet your needs. If you have any further questions, please feel free to call the clinic.

Sincerely,

Donna Kolar, MD  
Medical Director  
Mid Cities Women's Clinic

## **FIND US AND LET'S CONNECT**



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