

Pregnancy Guidelines

Okay to:

See the dentist

Have a manicure/pedicures

Massage and chiropractors

Have intercourse: some spotting of blood may occur from the cervix, so don't be alarmed

Eat fruits and vegetable: wash thoroughly

Dye, color or perm hair: after 14 weeks

Eat 2-3 servings of cooked seafood or fish a week

(avoid shark, mackerel, tile fish kingfish and swordfish)

Do:

Use mosquito spray: need to use one with DEET

Exercise

Drink plenty of water

Cook, heat deli meats (ham, turkey, roast beef)

Don't

Eat: raw meat, raw fish, or raw eggs

Take: Motrin, Ibuprofen, Aspirin,

Naproxen, or Aleve

Smoke or Chew tobacco, vape

Consume alcohol

