

Other Random Pregnancy Questions

-Is it ok to go to the dentist while pregnant?

Yes, it is safe for pregnant women to get routine cleanings and even dental procedures while pregnant. Very rarely, women with certain heart defects may need antibiotics during procedures. Your dentist may ask you for a letter stating that you are cleared for dental work. If so, please let our office know and we would be happy to send one.

-Can I get my hair cut/colored during pregnancy?

Yes

-Can I get a manicure/pedicure during pregnancy?

Yes

-Can I get a massage during pregnancy?

Yes, in fact many places offer pregnancy massages. These can often relieve some of the aches and pains that accompany normal pregnancy changes. Just let your masseuse know you are pregnant before starting.

-Can I go to a chiropractor while pregnant?

Yes, again just let them know you are pregnant before starting treatment.

-How much should I eat during pregnancy?

If you are a normal weight before pregnancy, you only need 300 extra calories per day to fuel your baby's growth and keep you healthy during pregnancy. This is equivalent to a glass of skim milk and half a sandwich. During the first trimester you need slightly less than 300 calories while during the 3rd trimester you need slightly more. You may find it easier to eat snacks and small meals throughout the day rather than three big meals a day. This may also help you avoid low blood sugar.

If you are overweight or obese, you will need to pay close attention to how much you eat during pregnancy. Smaller amounts of weight gain or even a small weight loss may be recommended to ensure a safe pregnancy and a healthy baby.

-What if I'm a vegetarian?

You can continue your diet during pregnancy. However you will need to plan your meals with care to ensure you get the nutrients you and your baby need. Be sure you are getting enough

protein. You will probably need to take supplements, especially iron, vitamin B12, and vitamin D.

-What is pica?

During pregnancy, some women feel strong urges to eat nonfood items such as clay, ice, laundry starch, or cornstarch. This condition is called pica. Pica can be harmful to your pregnancy. It can affect your intake of nutrients and can lead to constipation and anemia. Talk with your doctor if you have any of these urges.

-How much weight should I gain during pregnancy?

This depends on your weight before pregnancy. Body mass index a measure of body fat based on height and weight and can be calculated here <http://www.nhlbisupport.com/bmi/>. Women with a normal BMI before pregnancy should gain between 25 and 35 pounds during pregnancy. Overweight and obese women are at increased risk for pregnancy problems such as gestational diabetes, high blood pressure, preeclampsia, and cesarean delivery. Babies of overweight and obese mothers are also at greater risk for certain problems such as congenital abnormalities, macrosomia (large birth weight) with possible birth injury, and childhood obesity. For women with a BMI of 30 or greater, a weight gain between 11 to 20 pounds is recommended. If your BMI is 40 or greater, a modest weight loss during pregnancy may be recommended.

Prepregnancy Weight Status	Body Mass Index (BMI)	Weight Gain (pounds)
Underweight	Less than 18.5	28-40
Normal Weight	18.5-24.9	25-35
Overweight	25-29.9	15-25
Obese	30 or more	11-20