

SAFE MEDICATIONS

Avoid taking unnecessary medications during pregnancy. However, many medications are considered safe – especially AFTER the first trimester. If you are unsure if a medication or supplement is safe, call Dr. Shehata and ask.

Below is a list of safe, over-the-counter remedies:

- Congestion – Benadryl, Mucinex
- Cough – Robitussin (avoid DM without talking to your provider)
- Diarrhea – Imodium AD
- Constipation – Magnesium 250mg daily, Docusate, Colace, Senna
- Gas – Simethicone
- Heartburn/Acid Reflux – Maalox, Tums
- Hemorrhoids – Anusol HC, Preparation H, Tucks
- Insomnia – Benadryl, Unisom, Melatonin
- Nausea/ Vomiting – Unisom (25mg at bedtime) with Vitamin B6 (50mg at bedtime), Dramamine, ginger
- Pain – Tylenol (Acetaminophen)
- Headaches – Magnesium 400mg before bed, Tylenol (Acetaminophen)
- Skin Irritations (sunburn, insect bites) Benadryl cream, Calamine or Caladryl lotion, aloe vera
- Avoid NSAIDs , including Advil, ibuprofen, Motrin, Aleve, naproxen, and some cold/flu medicines.

OTHER QUESTIONS

We understand that if this is your first child or if you had a bad experience during a prior pregnancy, you will have lots of questions. That is why Dr. Shehata and her team are here. If you have any questions or concerns CALL DR. SHEHATA!

ABOUT DR. SHEHATA

Led by Dr. Hannah Shehata, MHA provides top-tier medical care for women. Our office offers obstetrical and gynecologic care for women ages 35–70 years old.

Dr. Shehata recognizes that the medical field has become impersonal. Quality medical care has been brushed aside in exchange for patient volume. Dr. Shehata started her concierge service in 2023 after a bad experience during her own high-risk pregnancy. Although she was a physician, she did not feel she got the care and attention she needed – she left each prenatal visit with more questions than answers. Since then, she has been providing high-quality, personalized pregnancy care for the community.



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MURRIETA HEALTH & Aesthetics

COMMONLY ASKED QUESTIONS DURING PREGNANCY



Emphasizing Female Sexual Health

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PLANNING YOUR DIET

- During pregnancy, your water intake should DOUBLE. This is especially important during the hot summer months.
- Avoid unpasteurized milk and cheeses (e.g. feta, blue cheese, brie, Mexican cheeses) because these can contain a bacteria called listeria. Listeria is deadly for your baby if you become infected.
- Meat is typically fine in pregnancy, but it needs to be completely cooked (well done) to kill off all potential bacteria.
- Sushi, most shellfish, and lunch meat should be avoided during pregnancy because they are typically raw or undercooked.
- Avoid alcohol completely while you are pregnant. Studies have shown alcohol can cause birth defects, learning disabilities, and behavioral problems in your baby. Even small amounts of alcohol may cause harm to your unborn baby.
- Limit your caffeine intake to 300mg in one day. This is equivalent to one 12oz cup of coffee or one can of soda. Remember, caffeine is found in coffee, tea, soda, chocolate, and even some over-the-counter pain medications.
- Supplement your diet with a daily prenatal vitamin. You need a minimum of 400 mcg of folic acid each day. If you have morning sickness, try a gummy vitamin or two chewable Flintstones vitamins as these do not contain iron, which can worsen your nausea.
- If you use gummy vitamins because you are not able to tolerate the iron in normal prenatal vitamins, you will need an iron supplement starting in your 4th month of pregnancy. Take 65mg of elemental iron (ferrous sulfate) with 500mg of vitamin C or orange juice to help it to absorb better.

HAIR DYE

It is safe to have your hair colored, permed, or straightened during pregnancy. If you color your hair at home, be sure to wear gloves and work in a well-ventilated area.

EXERCISE

Exercise is important for a healthy pregnancy. You should exercise a minimum of 3–4 times a week for 30–45 minutes at a time. You can exercise as often as you like, but there are limitations:

- Be sure to rest when you are short of breath.
- Avoid stress to your lower back area.
- Do not perform exercises that can cause abdominal trauma, such as jumping, contact sports, or involving heavy objects.
- Stop exercising if you develop chest pain, extreme fatigue, uterine cramping, bleeding, vision changes, or dizziness.
- Do not use saunas or hot tubs as they can damage your baby's spine.
- Avoid scuba diving or skydiving as the changes in atmospheric pressure can be deadly for your baby.
- Drink plenty of fluids and a snack before, during, and after exercising. A good way to know you are drinking enough fluid is that your urine is light yellow or clear.

SLEEP HABITS

You will be more tired than normal when pregnant. The further along in pregnancy you are, the more tired you will also become. Try to get 8 to 10 hours of sleep each night and do not feel guilty if you need to take a nap during the day. Your baby is growing rapidly and your energy needs are much greater. This is a time to pamper yourself. You will be sleep deprived soon enough!

DENTAL WORK

Most dental procedures are safe during pregnancy. In fact, if you have a toothache or a loose filling, see your dentist immediately so the problem does not become worse. For routine fillings, crowns, and root canals, a local anesthetic injection such as lidocaine is safe, but nitrous oxide and general anesthesia are not. Routine x-rays, cosmetic procedures, and elective dental procedures should be postponed until after your baby is born.

MORNING SICKNESS

A rapid rise in hormone levels at the beginning of pregnancy can cause nausea and vomiting. This is referred to as "morning sickness." It usually subsides by the end of the first trimester (13–14 weeks), but it can be quite bothersome.

Ways to help prevent morning sickness include:

- Eat crackers (or other bland starch) before going to bed and first thing in the morning.
- Eat small, frequent meals (6–7 per day) instead of three large meals to avoid an empty stomach.
- Avoid fatty, greasy, and/or spicy foods.
- Avoid foods that have a strong smell.
- Ask someone to cook your meals if smells bother you.
- Take Unisom (25mg at bedtime) with Vitamin B6 (50mg at bedtime) to prevent nausea the next day.
- Take tums before and after meals as heartburn can worsen morning sickness.
- Drink mint or ginger teas throughout the day.
- Add ginger to your foods or chew on ginger sticks throughout the day.
- Acupuncture and/or nausea pressure point bands on the wrists or ears might help.
- If none of the above solutions work for you, ask please be sure to let Dr. Shehata and her team know.

TRAVEL

The best time to travel is during the first and third trimesters. After 36 weeks, Dr. Shehata does not recommend long trips due to concerns of going into labor. When you travel:

- Try to limit the total amount of time you are driving and/or sitting to 5–6 hours a day.
- Plan to move around and stretch your legs every two hours because pregnancy increases your chance of blood clots when sitting for long periods of time.
- Wear your seat belt every time you ride in a car or on a plane, even if your car has an air bag. The "lap" portion of your seatbelt should be positioned below your belly.