

Piedmont Reproductive Endocrinology Group (PREG)
Do's and Don'ts During Pregnancy

- **Antibiotics**
If recommended by physician: all are fine.
- **Exercise**
May continue any current exercise program unless instructed otherwise by the physician. It is not recommended for patients to begin any new exercise program.
- **Intercourse**
Is safe unless instructed otherwise by the physician. It is not unusual to experience spotting afterwards due to the increased blood flow to the uterus. Any spotting should stop within 24 hours.
- **Cramps**
It is not unusual in the first trimester to experience stretching of the uterus- similar to premenstrual cramps. Please call the office if your cramps become severe. You may also periodically experience shooting pain on one or both sides. **Pain that continues or gets worse should be reported.**
- **Caffeine**
No more than 3 caffeinated drinks per day.
- **Fish**
No more than 1-2 servings of fish per week.
- **Flu Shot**
Not recommended during first trimester of pregnancy.
- **Hair Coloring**
Not recommended during first trimester pr pregnancy.
- **Tanning Bed**
Use of tanning beds is generally not recommended during pregnancy.