

IS SMOKING REALLY A PROBLEM IN PREGNANCY?

Smoking during pregnancy can lead to pregnancy loss, preterm delivery, low birth weight, respiratory failure at birth, and even sudden infant death syndrome (SIDS). The smoke from other people's cigarettes or other tobacco products can also be dangerous. This includes the use of electronic cigarettes. You should avoid places where people smoke and not allow people to smoke in your home.

If you smoke, please discuss this with your healthcare provider. If you decide to stop smoking, but need help, the Oklahoma Tobacco Hotline has great resources. Call 1-800-QUIT-NOW.

WHAT DO I NEED TO KNOW ABOUT DRUG USE?

The use of both illegal drugs and legal drugs, not prescribed for you, are not safe for your pregnancy. Please discuss any drug use with us. We are not here to judge, but want to help you have the safest pregnancy possible.

Use of certain drugs can increase the risk of bleeding during pregnancy, preterm birth, poor fetal growth, stillbirth, and withdrawal syndrome in your baby. Marijuana is not safe to use during pregnancy. If you have any questions, please discuss this with your healthcare provider.

OTHER PREGNANCY RECOMMENDATIONS

Exercise: Daily exercise will help you stay fit, control your weight, and be prepared for labor.

- Try to get at least 30 minutes of moderate exercise, such as walking or swimming, per day.
- Perform 5 minutes of warm-up and cool-down stretching to lessen the risk of injury to joints.
- Avoid exercising in the heat and avoid exercises that could cause direct blows to your stomach.
- Avoid scuba diving and contact sports.

If you haven't been exercising regularly before pregnancy, start with light exertion and work up to a moderate program. Walking, swimming, and weight training are convenient ways to start an exercise program.

Whether you were exercising before pregnancy or just started, make sure to stop if you experience lightheadedness, fatigue, and/or shortness of breath.

Vaccinations during pregnancy: Many vaccinations are safe during pregnancy. The flu vaccine is highly recommended for all pregnant women and may be given at any point during your pregnancy. The whooping cough (Tdap) vaccine is recommended for all adults who will be spending time with your baby. New moms are encouraged to get the vaccine during the last 2 months of their pregnancy. For this reason, we offer this vaccine at, or around, your 28-week visit. Additionally, the American College of Gynecologist (ACOG) suggests that all pregnant women receive the COVID-19 vaccination, if applicable.

Hot tubs and saunas: It is not safe to become overheated in a bath, sauna, or hot tub while you are pregnant as these may raise your body temperature to an unsafe level. Hot showers are safe and warm baths are both safe and relaxing during pregnancy.