

# NutriConnect - Self Care during Pregnancy

## Hygiene During Pregnancy

- Trim nails regularly as they grow faster



- Maintain oral & dental health



- Keep genital area clean



- Bathe regularly - prevents infection



- Do not wear tight / uncomfortable clothes



- Breast care - wear well-fitting bra



## Sex During Pregnancy

- Safe - Depending on your health, speak to your doctor



- Sexual positions should be comfortable
- Avoid sex if you have
  - Unexplained bleeding
  - Low lying placenta
  - History of miscarriage/preterm labour
  - Pregnant with twins or triplets

Call your doctor if you have - pain, bleeding, fluid or discharge, discomfort, contractions - during or after sex

## Work & Pregnancy

- Avoid triggers causing morning sickness



- Drink lots of fluids



- Moderate exercise



- Posture at work



- Plan timely departure



- Get enough sleep



- Check company policy for Maternity leave



- Plan toilet breaks to avoid urgency



- Take frequent breaks



- Stretch arms, neck, shoulders, legs often



- Don't skip meals



- Avoid taking stress



- Avoid high heels



- Avoid lifting heavy weights



## **Travel During Pregnancy**

- Avoid long journeys



- Avoid crowded transport



- Safest in 2<sup>nd</sup> trimester



- Mostly safe, even near delivery



- Have a prenatal check-up before travel



**May not be recommended for women with pregnancy complications**

## **Weight Gain During Pregnancy**

- Reasons of weight gain - Larger uterus & breasts, placenta, increased blood & fluid volume, amniotic fluid, fat stores, baby
- You will need to gain more weight if you're carrying more than 1 baby, e.g. twins



- Average weight gain depends on pre-pregnancy status - underweight, normal, overweight, obese - can range from 5-20 kg



- Gaining too much or too little weight during pregnancy can be harmful to you and your baby



- Regular physical activity can help reduce risk of pregnancy complications and ease pregnancy discomforts.



- Ask your health care provider whether exercise during pregnancy is safe for you

## **References**

1. <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm>

2. [mayoclinic.org](https://www.mayoclinic.org)

3. <https://www.marchofdimes.org/pregnancy/pregnancy.aspx>

4. <https://www.acog.org/womens-health/faqs/travel-during-pregnancy>

5. [www.webmd.com](https://www.webmd.com)