

*We care about you!*

**YOUR EMOTIONAL HEALTH:**

*Although pregnancy is common and natural, it's normal to feel a little overwhelmed and be more emotional during this time. Take time to talk about your feelings with trusted friends, family, healthcare providers, or church leaders.*

*Learn more about your new role by reading or taking classes on pregnancy, labor/delivery, postpartum, and infant care.*

**For any emergency, please go directly to one of the following local hospital emergency departments.**

**PENN STATE HAMPDEN**

717-981-9000  
2200 Good Hope Drive  
Enola, PA 17025

**UPMC HARRISBURG HOSPITAL**

717-782-3131  
111 South Front Street  
Harrisburg, PA 17101

**HERSHEY MEDICAL CENTER**

800-243-1455  
500 University Drive  
Hershey, PA 17033

  
**Morning Star**  
CLINICS

**DURING YOUR**  
**Pregnancy**

  
**Morning Star**  
CLINICS

**HARRISBURG**  
2509 N. Front St.  
717.901.2799

**NEW CUMBERLAND**  
503 Bridge St.  
717.901.5433

**MIDDLETOWN**  
35 S. Union St.  
717.944.3888

*This brochure contains general recommendations, but because you are unique: Always speak with your own doctor regarding pregnancy questions.*



## **NUTRITION:**

*Never diet or try to lose weight when you're pregnant*

*Drink at least 8-10 glasses of water per day*

*You'll need about 300 more calories per day (500 if you're under 18) during your second and third trimester*

*Eat a variety of nutritious non or low fat foods: grains, fruits, vegetables, dairy, lean meats*

*Consume 1,200mg/day of calcium.*

*Limit caffeine (no more than 2 cups/day)*

*Limit sugar, fast food, soda, and high-fat foods*

*Cut out alcohol, tobacco, and street drugs*

## **FOODS PREGNANT WOMEN AND YOUNG CHILDREN SHOULD AVOID:**

*Any raw (except for vegetable and fruit) or unpasteurized foods*

*Raw fish and large fish (shark, swordfish, king mackerel, and tilefish). You may eat two meals of small fish (shrimp, canned light tuna, salmon, pollock, catfish) per week, but do not eat the same type of fish twice in one week*

*Honey*

*Unwashed fruits and vegetables*

## **WEIGHT GAIN:**

*Normal weight gain is 22-35 pounds.*

*First 12 weeks: 2-4 pounds*

*Weeks 13-35: about 1 pound per week*

*Weeks 36 to delivery: 1-2 pounds*

## **NAUSEA AND VOMITING:**

*Eat small more frequent meals (6 mini meals a day)*

*Try to keep something (even crackers) in your stomach all the time; don't allow yourself to get very hungry*

*Keep a healthy snack by your bed to eat before you get up in the morning*

*Ginger ale may be helpful*

## **EXERCISE:**

*Offers many benefits to pregnant moms (less aches/pains, better sleep, lifts mood, less pain in labor, and many more)*

*Most moderate exercise (walking, gentle stretching, aquatics) is safe; but avoid activities with risk of falling/trauma, jumping/bouncing, exertion to the point of exhaustion, and becoming overheated*

## **LIFTING HEAVY OBJECTS:**

*Usually 25 pounds or less is not a problem*

*Repetitive lifting of 25-50 pounds should stop by about 20 weeks*

## **PREPARING FOR LABOR AND DELIVERY:**

*Ask your doctor about childbirth classes*

*The less fearful and more relaxed you can be, the less pain you will experience*

*Stay active and upright as long as you can in labor*

*Remember...pregnancy and delivery is a natural occurrence. It is not a disease. Your body was meant to do this!*

## **PRENATAL CARE FROM AN OBSTETRICIAN:**

*Begin prenatal care around 9-10 weeks from your last menstrual period*

*Keeping every appointment is necessary as the doctors will monitor your health and the baby's health*

## **MEDICATIONS:**

*Always speak with your own doctor! Most doctors allow the following:*

*For an antihistamine: chlorpheniramine (Chlor-Trimeton) or diphenhydramine (Benadryl)*

## **PRENATAL VITAMINS:**

*Take one daily: you can buy them at any drugstore (CVS, Rite Aid, Walmart)*

*Take with food*

*If they make you nauseous, take at night before going to bed*

## **MISCELLANEOUS:**

*Do NOT clean cat litter box (unless you wear gloves)*

*Do NOT fully immerse in a hot tub over 99 degrees*

*Get plenty of sleep and rest*

*Wear comfortable clothes appropriate for the season*