

## Commonly Asked Questions During Pregnancy

\***DO NOT** handle cat litter

\***DO NOT** take hot baths - only warm

\***DO NOT** use a tanning bed while pregnant.

\***DO NOT** color hair in the 1st trimester of pregnancy.

\***DO NOT** start a new exercise program during pregnancy, but it is okay to continue exercising if you are already doing so.

\* For leg cramps or if you feel your abdomen tightening, drink a lot of water because you may be dehydrated. Call the office if symptoms persist.

\*If you are experiencing pain with urination or strong smelling urine, you may have a bladder infection which could cause cramping & even contractions. Force fluids and call the office if this happens.