

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 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 Dr. Bourque if persists
- ★ 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 (especially cranberry juice) & call the office for medicine if this happens.