



Fact Sheet

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Early Pregnancy Recommendations

Many patients ask what they can do during early pregnancy to minimise the risk of miscarriage and give their baby the best start.

A good metaphor is to think that you as a walking incubator. Incubators keep all the essentials to sustain life constant and stable. They also insulate the baby from the risk of infection. What you can do is summarised below.

- Keep your own temperature moderate, not too hot and not too cold, try to keep your own temp at a comfortable level at all times. Don't sweat or shiver.
- Take some exercise, but stay well within your comfort zone.
- Resist eating cold foods (salads) and also resist eating hot spicy foods (curries or chillies) or physically very hot foods.
- Get a minimum of 8 hours sleep per night and if you can't then top up sleep during the day with as many naps as needed.
- Take showers in preference to baths and keep the shower temperature above body temperature, but not above comfortably warm and avoid scented soaps or shower gel.
- Eat according to the Food Standards Agency pamphlet "Eating in Pregnancy"
- Minimise infection risk
 - Stay away from poorly children and especially poorly babies.
 - Stay away from poorly adults too
 - Protect your cervix and uterus from infection risk by using condoms or a diaphragm or cap for sexual intercourse and be extra diligent in wiping from front to back after bowel movements.
- Keep stress physical and mental to a minimum
- Absolutely no alcohol or coffee for the first 12 weeks of pregnancy (tea is ok and green tea preferable to black tea).

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