DOs and DON'Ts
for Pregnant Women

DO see a health care provider or doctor as soon as you think you are pregnant.

DO keep all your clinic, doctor or health care provider appointments.

DO eat three meals daily of healthy foods and drink six to eight glasses of water every day.

DO limit eating or drinking things that contain caffeine, such as coffee, tea, chocolate and some soft drinks.

DON'T smoke cigarettes.

DON'T drink alcohol, beer, liquor, wine or wine coolers.

DON'T use any over-the-counter medicines without health care provider's advice.

DON'T use "street drugs" like marijuana, PCP, cocaine or crack.

For More Information Call:

Care Line • 1-800-868-0404

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ML-025252 1/15

Lo que DEBEN y NO DEBEN hacer las mujeres embarazadas

DEBEN acudir a un proveedor de cuidado de salud o un médico, tan pronto como crean que están embarazadas.

DEBEN acudir a todas las citas con su clínica, su médico o su proveedor de cuidado de salud.

DEBEN comer todos los días tres comidas de alimentos saludables y beber de 6 a 8 vasos de agua cada día.

DEBEN limitar el consumo de alimentos y bebidas que contienen cafeína, tales como café, té, chocolate, y algunos refrescos.

NO DEBEN fumar cigarrillos.

NO DEBEN beber alcohol, cerveza, licores, vino o bebidas preparadas con vino.

NO DEBEN tomar ningún medicamento sin receta antes de consultar con su proveedor de cuidado de salud.

NO DEBEN consumir drogas ilegales tales como marihuana, PCP, cocaína o crack.

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