

Pregnancy Resources from Lake Shore OB/GYN

Food and Drink precautions:

https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/foodborne-illness-and-disease/protect-your-baby-and-yourself-from-listeriosis/ct_index

<https://www.acog.org/patient-resources/faqs/pregnancy/nutrition-during-pregnancy>

<https://www.acog.org/patient-resources/faqs/pregnancy/morning-sickness-nausea-and-vomiting-of-pregnancy>

<https://www.acog.org/patient-resources/faqs/pregnancy/tobacco-alcohol-drugs-and-pregnancy>

Exercise during Pregnancy:

<https://www.acog.org/patient-resources/faqs/pregnancy/exercise-during-pregnancy>

Bleeding in Pregnancy:

<https://www.acog.org/patient-resources/faqs/pregnancy/bleeding-during-pregnancy>

Whooping Cough prevention:

<https://www.cdc.gov/pertussis/>

Fetal Growth and development:

<https://www.acog.org/patient-resources/faqs/pregnancy/how-your-fetus-grows-during-pregnancy>

Routine Testing During pregnancy:

<https://www.acog.org/patient-resources/faqs/pregnancy/routine-tests-during-pregnancy>

Genetics: The lab we use for our genetic testing is called Progenity. There are options for carrier testing (Preparent) and prenatal screening (Innatal). Please visit their website for more information. <https://www.progenity.com/>

Travel:

<https://www.acog.org/patient-resources/faqs/pregnancy/travel-during-pregnancy>

Safe Medications:

<https://mothertobaby.org/fact-sheets-parent/>

<https://www.cdc.gov/pregnancy/meds/treatingfortwo/facts.html>

Partner Resources:

<https://www.acog.org/patient-resources/faqs/pregnancy/a-partners-guide-to-pregnancy>

General Guidance:

<https://www.cdc.gov/pregnancy/during.html>