



the acupuncture pregnancy clinic

A Positive Pregnancy Test

Congratulations!

During these first few weeks of pregnancy it is important to pace yourself and not overwork or get overtired. Your body is undergoing enormous changes as it adapts to being pregnant. This can be quite draining for the duration of the first trimester so save any demanding jobs 'til after week 12.

Exercise

Movement is good, but high impact or tiring exercise or strain on the abdomen or lower back is not. Take gentle walks, rather than running. Be careful with forward bends, sit-ups, back bends or anything that compresses the abdomen or lower back. Try to avoid standing for extended periods of time.

Don't overheat and don't lift heavy weights. After 18 weeks it is safe to follow a moderate exercise programme to help keep weight under control and to be fit for labour.

Lower back or abdomen pain

If you feel any lower back pain or weakness, rest. Abdominal discomfort is not uncommon in early pregnancy, but please contact us if it becomes more than mild or has a bearing down nature.

Bleeding

Spotting is not uncommon in early pregnancy but do contact us if it becomes heavier than spotting or is accompanied by abdomen or lower back pain.

Fumes and Dyes

It is important to avoid fumes, so please don't plan to repaint or renovate the house at this time.

Also avoid fumes like petrol, nail varnish and remover and household cleaning products. Dyeing your hair is best left until after the 1st trimester and then avoiding extensive application to the scalp.

Cold

In Chinese medicine, successful establishment of pregnancy requires a “warm womb” with a plentiful supply of “blood and qi”. For this reason, we advise against swimming, getting chilled around the lower back or abdomen and the consumption of icy foods and drinks (at least until your pregnancy is well established).

Heat

On the other hand, it is important not to get overheated, so don't have very hot showers, baths and saunas. It's also best not to put very hot heat packs or hot water bottles on your abdomen. Gently warming ones are OK and a good idea if you feel chilled in the abdomen or lower back.

Sex

If you have a history of infertility and/or miscarriage most Chinese medicine doctors would caution against sex for the first few weeks.

Food

Eat nourishing plain foods, choosing fresh (mostly cooked) foods in season that are pleasing to the palate and the eye, and make sure to maintain good protein intake.

Avoid alcohol and minimise coffee. Rich or heavily spiced foods which might increase your risk of diarrhoea should also be avoided. Raw fish, meat or eggs should not be eaten. Soft cheeses and commercially pre-prepared and stored foods should be avoided.

If you experience pregnancy nausea, talk to us about helpful things you can do to manage this.

Acupuncture

Women with a history of infertility or miscarriage often choose to continue to see their acupuncturist up until week 10 or 12. In experienced hands this is a safe procedure and helps to reduce anxiety and provide reassurance.