

Having a Healthy and Safe Pregnancy | Kaiser Permanente

[Music]

The most critical aspect of a pregnancy is within that first 13 weeks. So that's when the fetus is developing.

What we would recommend to you is to avoid chemicals, medications, dietary supplements that could be potentially harmful during that aspect.

As far as caffeine goes in pregnancy, our recommendation is 200 milligrams of caffeine a day. Many different brands have differing amounts of caffeine in a cup of coffee, so I recommend women be familiar with what brand they're drinking and how much caffeine's in one cup and then limited to 200 milligrams a day.

Anything more than that and you run a higher risk of problems.

You want to be mindful that there are risks that are associated with consumption of alcohol and tobacco, so the goal is to always avoid those.

You should also avoid excessive gardening and things like that if you have a cat or neighborhood cats, because there is a risk of toxoplasmosis if your cat has that. So if you're a healthy person, keep up your good habits. Exercise, healthy diet are all things that will help promote a healthy pregnancy.

Having a Healthy and Safe Pregnancy | Kaiser Permanente

[End recording]