

# DOCTORS EICHENLAUB AND MAY

Obstetrics & Gynecology

John J. Eichenlaub, MD · Dorothy C. May, MD · Cheri Gard, CNM, CRNP · Lisa Leitzell, CRNP  
2128 Embassy Drive · Lancaster, PA 17603 · 717.509.5090 · Fax 717.509.5078

## Frequently Asked Questions in Pregnancy

### 1. Can I travel?

- ⤴ Yes! Plane: You may travel by plane until 36 weeks. On short flights (under 2 hours), stretch your calves while seated and stay well hydrated. If your trip is over 2 hours, get up and walk every 2 hours or so. If you are traveling overseas, you can contact the Travel clinic at (717) 397-2738 about any vaccinations you may need. **If you have a high risk pregnancy or are traveling overseas please discuss your plans with your provider.**
- ⤴ Cruise: You may take a short cruise; cruise lines usually limit pregnant passengers to trips of 24 hours or less.
- ⤴ Car: You may travel long distances by car until 38 weeks. Do not travel more than one to two hours away after 38 weeks. Stop at least every 2 hours to stretch legs, use bathroom, etc, and stay well hydrated.

### 2. Can I get my hair colored?

- ⤴ Yes, you may get hair colored during pregnancy. However, keratin treatments/Brazilian blowouts are NOT recommended during pregnancy.

### 3. Can I get any immunizations?

- Yes. The CDC recommends all pregnant women receive the flu shot, and you may get it at any point in pregnancy safely. You cannot get the FluMist nasal spray in pregnancy, only the flu shot. The CDC also recommends all pregnant women receive the TdaP (Tetanus, diphtheria, and pertussis [whooping cough]) vaccine between 27 and 36 to give increased immunity to your baby. You may receive the PPD (TB skin test) at any point in pregnancy.

### 4. Can I paint my baby's room?

- ⤴ Yes, you may paint if you are in a well ventilated room with fans or windows open. If it is a small room, let someone else do it. Take breaks every 45 to 60 minutes, or stop if you feel dizzy or lightheaded. Do NOT use stain or polyurethane while pregnant. Do NOT scrape paint from buildings built before 1978, or paint that you suspect may be lead-based.

5. Can I lie on my back? Which side is safer to lie on?

- ⤴ Yes, you may lie on your back until 24 weeks. After that, you may lie on either side, or mostly on your back with a pillow under one hip.

6. Can I see a chiropractor or get a massage for back pain?

- ⤴ Yes, you may see a chiropractor. You may also get a massage at any point in pregnancy.

7. What do I need to do if I fall or am in a car accident?

- ⤴ If you are over 24 weeks, call the office if you fall and hit your stomach or are in a car accident. You may need to be seen in triage or have an ultrasound, even if you don't have any symptoms. If you are earlier than 24 weeks and have abdominal pain or bleeding after a fall or accident, call the office. You may need to be seen or to have a ultrasound.