

Hydration



Patient Information

It is very important during pregnancy to drink plenty of fluids. This may be the last thing you want to think about in the early months of your pregnancy - especially if you have been making many trips to the restroom or are nauseated and/or vomiting. Pregnant women are prone to dehydration, and vomiting is a big fluid thief. Factors such as summer, living in a warm climate and increased sweating can also lead to dehydration. Dehydration can actually harm the health of your growing baby or even cause early labor.

If you do not have enough fluid in your system, blood can be directed to your own vital organs and away from the placenta, which provides food for your baby. Keeping well hydrated will make your pregnancy more comfortable as well. It lowers the risk of infections in the kidney, bladder and urinary tract as well as preventing constipation. It can also reduce swelling in your feet and legs by stimulating your body to eliminate excess fluid.

How Much Is Enough? - Your body needs six to eight 8-ounce glasses (about 2 quarts) of liquid per day. Although water is really the best, fruit juice, clear soups, and even some fruits can be counted for some, but not all your fluid needs. Caffeinated beverages like coffee, tea and soft drinks do not count. Caffeinated beverages are dehydrating and can cause contractions.

How Do I Know If I Am Getting Enough To Drink? - Your urine will be clear or pale yellow. If your urine is dark yellow or amber this usually means you need to increase your fluid intake.

An easy way to make sure you drink enough is to fill a 2-quart (64 ounce) pitcher of liquid and put into the refrigerator each morning. Keep filling your glass from this pitcher and by the end of the day you should have finished the pitcher.