

PREGNANCY

Drink Plenty of Water When You Are Pregnant



WATER IS VERY IMPORTANT FOR YOU AND YOUR BABY.

Water makes up over 50% of yours and your baby's body weight. You should drink at least 8 full glasses of water every day.

WATER IS IMPORTANT FOR YOU AND YOUR BABY BECAUSE:

- It transports nutrients to your baby.
- It surrounds and protects your baby in the amniotic sac. The water in the sac is constantly being replaced (about a cup a hour).
- It helps prevent urinary tract infections (UTIs). UTIs can trigger premature labor.
- Staying well-hydrated may also prevent premature births.

REMEMBER, NO AMOUNT OR TYPE OF ALCOHOL IS SAFE TO DRINK WHEN YOU ARE PREGNANT.

HERE ARE SOME SIGNS THAT YOU MAY NOT BE WELL-HYDRATED OR DRINKING ENOUGH WATER:

- Your mouth and lips are dry.
- You have dark-colored urine.
- If you feel weak and dizzy, and are unable to keep anything solid or liquid down for more than 24 hours. You should call your doctor if you have these symptoms.
- If you drink a lot of liquids with caffeine such as tea, soda and coffee. These drinks dehydrate the body. Green tea can also block folic acid, which is an important vitamin for your baby.

WATER IS ALSO GOOD FOR YOU BECAUSE:

- It helps you have less acne and healthier skin.
- It may help decrease nausea and vomiting early in your pregnancy.
- It may prevent constipation.
- It does not have any caffeine, fats, sugars or calories.



FOR MORE INFORMATION about pregnancy, call Care Management at 1.800.414.6580 (TTY: 1.800.473.0989).



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Medicaid & Medical Assistance