

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).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).

La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).
ព័ត៌មាននៃកិច្ចសន្យានេះមានជូនជាភាសាផ្សេងទៀត និងក្នុងទម្រង់ដទៃទៀត តាមរយៈការទូរស័ព្ទទៅខាងសេវាសមាជិករបស់យើង 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការសំឡេង: 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).