

PREGNANCY

RABBI TZVI YAAKOV STEIN

NIDDAH

- Once the vest days have passed, there aren't any more vestos to keep¹, unless there was a vest kavuah (set cycle) which is highly unusual².
- If a positive pregnancy test was received before the vestos, vestos should still be kept but without any chumros or bedikos.³
- If there is bleeding during the pregnancy, it may require keeping vestos⁴. A shailah should be asked.
- Most doctor's exams will not make niddah. If the exam is more invasive, a shailah should be asked.
- A common cause for bleeding during pregnancy is a subchorionic hematoma.
- If it causes a substantial amount of bleeding, it will make niddah.
- The same precautions taken to avoid staining before pregnancy should also be taken to avoid staining during pregnancy.
- Tissues and the toilet should never be looked at. If for medical reasons check for staining is required, checking the underwear is sufficient, since if the staining isn't heavy enough to go on the underwear it's not a problem. Looking at tissues after a bowel movement is fine.
- A pad or liner cannot become tamei, therefore it has the same status as colored underwear⁵. If the staining is as large as the size of four quarters, a shailah should be asked.

MINHAGIM (CUSTOMS)

The following are all minhagim (customs) and not halachos. One should try to keep them. However, if it will cause any strife or shalom bayis issues, etc., they do not have to be kept.

- One should daven throughout the entire pregnancy that the baby should grow up to be an ehrliche Yid⁶.
- After forty days of pregnancy, one should no longer daven for a specific gender of the baby⁷.
- Some have the custom not to tell anyone they are pregnant until after the third month. (There is no source for this other than avoiding ayin hara.)
- The parents of the couple can, and should, be told about the pregnancy as soon as possible.
- One may answer questions vaguely or say "I don't know" to hide their pregnancy.
- Similarly, some don't buy items for the baby before the birth. This is not a halachah, rather a personal precaution about ayin hara. If there is a good bargain or a sale, etc.,

there is certainly no concern⁸.

- Some don't take the honor of kvatter at a bris once the pregnancy is noticeable⁹.
- Many women don't attend funerals or visit cemeteries during pregnancy¹⁰.
- Visiting a parent's grave on a yahrtzeit, going to kivrei tzaddikim, or attending the funeral of someone close, is allowed¹¹.
- Some have the custom for pregnant women not to visit zoos or aquariums where there are non-kosher animals¹².
- Glancing quickly at the animals without staring at them is allowed. (This can be helpful when visiting zoos with children.)¹³
- Petting zoos are fine as they are usually exclusively kosher animals.
- Animals in the street, such as dogs and cats, are not a problem¹⁴.
- Pregnant women should try to avoid getting angry¹⁵.
- The gemara¹⁶ says that pregnant women shouldn't step on fingernails or toenails. Going to a nail salon can present a problem. One can either request that they sweep the floor before their appointment, or they can take the first appointment of the day¹⁷. Some say that nails from non-Jews are not a problem¹⁸.
- Some have the custom for the husband to open the Aron Kodesh before krias haTorah during the ninth month¹⁹. Some say it's enough to do it once, and some say it should only be done at the end of the ninth month.
- Some women have the custom to go to the mikvah in the ninth month²⁰. No brachah is made and no preparations are required.
- There is no credible source for a woman trying to conceive to go to the mikvah after a woman in her ninth month.

MISCELLANEOUS

- The poskim disagree whether the gender of the baby may be found out.²¹ A shailah should be asked.
- Prenatal vitamins should be kosher. Many of them contain glycerin which is usually not kosher.
- The vitamins may be taken on Shabbos and Yom Tov. If they're only taken once a day then it is preferable to take one before Shabbos and one after Shabbos²².
- Most vitamins contain kitniyos. If necessary, they may be taken on Pesach²³.
- Many poskim are of the opinion that pregnant and nursing women are exempt from fasting, except for on

Tishah B'av and Yom Kippur²⁴.

- If a pregnant or nursing woman ate meat or chicken and has heartburn which medication won't help, or medication is not available, milk can be drunk after waiting an hour²⁵. The mouth should preferably be washed out first²⁶.
- Doctors usually offer a screening to test for Down's syndrome and other abnormalities. There is nothing halachically wrong with this test. However, many rabbanim are wary about doing the testing. The problems arise when there is, chas v'shalom, a positive result. Although there is a minority opinion which might allow a termination of the pregnancy in certain situations²⁷, this is obviously extremely complicated, and a lot of further testing will be necessary first. Even if one were to get a heter for a termination, it's an extremely difficult decision

to make. Therefore, many feel that it is preferable to avoid the situation altogether.

- Some prefer taking the test, even if they won't do anything about it, because if there is bad news, chas v'shalom, they would like to know in advance.
- Glucose test drinks should preferably be kosher. Many times, it's difficult to find one with a hechsher. If it contains glycerin, it should be avoided unless necessary. If it does not contain glycerin, then preferably use a lemon or orange flavor.
- If the doctor wants the blood to be checked on Shabbos because of gestational diabetes, it doesn't necessarily have to be checked as often as the doctor initially requests. Therefore, ask the doctor if it truly needs to be done that often.
- The blood can be checked using a shinui, using the back of the hand or a spoon to press buttons, etc.

19. עבודת הקודש (מורה באצבע חלק ג אות צ)

20. ספר זכירה (נד, ב)

21. יפה תואר (בראשית רבה סה, יב)

22. שמירת שבת כהלכתה (פרק לו סעיף א)

23. משנה ברורה (סימן תנג סעיף קטן ז)

24. רמ"א (סימן תקנ סעיף א)

25. שלמת חיים (יורה דעה סימן יא)

26. פתחי תשובה (סימן פט סעיף קטן טו), בדי השולחן

סעיף קטן טו)

27. שו"ת ציץ אליעזר (חלק יד סימן קא)

10. שו"ת מנחת יצחק (חלק י סימן מב אות ב) שו"ת

ויברך דוד (חלק ב קונטרס נחמת שרה סימן א)

11. שיעורי הלכה (עמ' ג)

12. ספר הברית (מאמר יז)

13. שו"ת משיב נבונים (סימן סג)

14. שיעורי הלכה (הערה יב)

15. שבט מוסר (פרק כד)

16. נדה (יז, א)

17. משנה ברורה (סימן רס סעיף קטן ו)

18. מלכים אמיניך (פרק יד הערה יח)

1. ש"ך (סימן קפט סעיף קטן ל)

2. שולחן ערוך (סימן קפט סעיף לג)

3. שו"ת רבי עקיבא איגר (סימן קכח) שו"ת אגרות משה

(יורה דעה חלק ג סימן נב וחלק ד סימן יז ועוד)

4. שולחן ערוך (סימן קפט סעיף לג)

5. שולחן ערוך (סימן קצ סעיף י)

6. אגרת התשובה (אות סא)

7. ברכות (נד, א)

8. שיעורי הלכה (עמ' א)

9. שו"ת באר משה (חלק ג סימן קפד)