**Common OB Problems**

Listed below are some common problems that can occur during pregnancy along with simple “self-helps”. If you have any questions, please call the office.

**BACKACHE**: Rest and warm (not hot) baths. Use correct posture and try to avoid heavy lifting. Sleep on a firm bed. Wear shoes with low heels.

**Colds, Flu, & Minor Aches and Pains**: You may take any Tylenol products during your pregnancy. You may also take Sudafed, Actifed, chlortrimeton, or Benadryl.

**Constipation**: Increase intake of fruits, juices, bran, and water (6-8 glasses above normal intake). May use any fiber laxative.

**Cough**: You may use robitussin, plain or DM.

**Diarrhea**: Stick to a clear liquid diet like bullion, Jell-O, sprite, Gatorade, etc. for 48 hours. Kapectate or Imodium AD may be used.

**Dizziness, Fainting, & Lightheadedness**: Avoid sudden changes in posture. After lying down get up slowly, rolling to side, then pushing to sitting. Drink plenty of fluids.

**Exposure to Chickenpox**: If you have previously had the chickenpox most likely you will not be affected from the exposure. If you have never had the chickenpox please call the office for further instructions.

**Fever**: Take Tylenol if fever is accompanied by typical flu/cold symptoms. Drink plenty of fluids. If fever is greater than 101 or is persistent after taking Tylenol call the office.

**Hair Color**: You may have highlights and color after 16 weeks.

**Headache**: May use Tylenol. If headache is severe and you have already tried Tylenol and symptoms have not improved, or if there are any visual changes call the office.

**Hemorrhoids**: Avoid constipation by increasing the amount of fluids and roughage in your diet. Sitting in a soothing tub of warm (not hot) water may help.

**Indigestion and Heartburn**: You may use tums, Rolaid, Mylanta, gaviscon, or Maalox (oral liquid). All should be low sodium. Use 1 tablespoon of oral liquid after meals and 2 tablespoons 30 minutes before bedtime. Avoid spicy foods. Eat smaller, more frequent meals.

**Leg Cramps**: Wear support pantyhose and low heeled shoes. Try elevating feet and warm (not hot) baths. Increase milk intake.

**Ligament Pain**: Sharp sudden pain in the groin and pelvis caused by the uterus growing to accommodate the baby. Move carefully and avoid sudden movements and heavy lifting. Turn over carefully when you are in the bed or getting up. There are pregnancy support belts that may help as well if pains persist.

**Nausea & Vomiting**: Try eating something dry upon awakening such as toast or crackers. Instead of eating three large meals, try eating six smaller meals spaced evenly throughout the day. Wait 45 minutes after eating before drinking fluids. Emetrol can be taken. If vomiting persists greater than 24 hours or occurs more than 3 times in a 12 hour period call the office.

**Nosebleeds**: Apply pressure to the nose with damp wash cloths and stay off feet. If bleeding persists greater than 10 minutes call the office.

**Sexual Intercourse**: You may continue as long as comfortable unless you have spotting or you water breaks, and then call the office.

**Sinus Drainage**: Humidify your home or bedroom and increase your fluid intake.
**SORE THROAT:** Increase fluids. May gargle with warm salty water. You may use chloraseptic throat spray. If accompanied by temperature greater than 101 call the office.

**SPOTTING/BLEEDING:** Avoid intercourse, tampons, and douching and closely observe the amount of spotting. If spotting persists greater than 24 hours or is accompanied by cramps, call the office. Any bleeding after 13 weeks call the office.

**STUFFY NOSE:** You may use saline nasal spray.

**SWELLING:** Use support pantyhose, try elevating feet, and resting on your left side may help. Do not wear rings if your hands are swelling. “Water pills” are not recommended during pregnancy. Drink plenty of water and decrease salt intake.

**TANNING BED:** Not allowed during pregnancy.

**VAGINAL DISCHARGE:** You will normally have more discharge when you are pregnant, but if signs of infection occur, such as itching or odor, call the office. Do not douche.

**VARICOSE OR SPIDER VEINS:** Elevate feet as often as possible and wear support pantyhose. No thigh or knee high hose.

**YEAST INFECTION:** If more than 12 weeks, but less than 20 weeks, you may try over the counter medications (creams only). If less than 12 weeks, apply cream only externally or use suppositories with finger application. If greater than 20 weeks, use 1 applicator at bedtime inserting applicator halfway into the vagina.