

## **CAPITAL AREA OBSTETRICS AND GYNECOLOGY ASSOCIATES**

We have compiled a list of common discomforts during pregnancy. We hope that the solutions we have described will be helpful. The medications listed are acceptable in pregnancy when used in moderation and can be obtained over the counter.

### **Nausea and Vomiting**

- 1) Eat small frequent meals. Have snacks between meals and a high protein snack at night, i.e., cheese and crackers, peanut butter crackers, and a glass of milk.
- 2) Drink liquids between meals – not with meals.
- 3) Eat something prior to getting up in the morning and move slowly when you do get up.
- 4) Try a dose of vitamin B6 – 100 mg every A.M.
- 5) Take vitamins with food.
- 6) Try Seabands – available at most drug stores in the local area. These bands are placed on both wrists and help relieve nausea.
- 7) Open windows or use exhaust fan to get rid of odors when you cook.
- 8) Call if dizziness occurs or if you are unable to keep fluids down.
- 9) Emetrol Syrup – 1 tsp. as needed.
- 10) Vitamin B6 100 mg combined with Unisom ½ - 1 tablet can be helpful in relieving symptoms of nausea.

### **Gas and Indigestion**

- 1) Antacids-low in sodium. Tums as directed on package. Riopan, Mylanta, Maalox, 1-2 Tsp. 30 minutes after meals and at bedtime.
- 2) Zantac 75mg as directed on package.
- 3) Avoid spicy, greasy or gas producing foods, i.e., onions, cabbage, brussels sprouts, broccoli, beans, hot dogs, sausage, chocolate. Avoid caffeine – even decaffeinated.
- 4) Eat slowly – eat small frequent meals.
- 5) Sleep with head elevated – about 6 inches.
- 6) Wear loose fitting clothes.
- 7) Call if heartburn is severe.

### **Headaches**

- 1) Rest in a quiet, dark environment.
- 2) Tylenol 2 tablets every four hours as needed.
- 3) If headache is sinus related, apply a warm cloth to sinus area.
- 4) After 12 weeks, Sudafed 30 mg one every 4-6 hours or Claritin 10 mg one every day as needed can be taken if headache is sinus or allergy related.
- 5) Call if fever, severe intractable headache, neck stiffness or visual Changes occur.

### **Colds and Congestion**

- 1) Increase fluid intake including water, juice and soups.
- 2) Rest.
- 3) Use a humidifier/vaporizer or a hot shower.

- 4) Use saline nose drops as directed on package or Afrin Nasal Spray. 1 spray in each nostril, once at bedtime for only 3-4 days.
- 5) After 12 weeks use Sudafed 30 mg one every 4-6 hours as needed. For allergy symptoms, Benadryl 25mg every 6 hours as needed, or Actifed or Chlortrimeton as directed on the package.
- 6) Apply a warm cloth to sinuses.
- 7) Vicks Vaporub can be applied to the chest.
- 8) Call if yellow green nasal drainage or fever.

**Fever** (Greater than 100 degrees)

- 1) Increase fluid intake.
- 2) Take 2 Tylenol tablets every 4 hours.
- 3) Call office if fever persists longer than 24 hours.
- 4) Take cool showers or baths.

**Sore Throat**

- 1) Rest and increase fluids.
- 2) Gargle with hot salt water four times per day.
- 3) Use Chloroseptic spray or lozenges.
- 4) If sore throat persists or if you have a fever with sore throat call the office.

**Backache**

- 1) Do pelvic tilt exercise.
- 2) Take Tylenol 2 tablets every 4 hours as needed.
- 3) Put a heating pad to your back or take a warm bath.
- 4) Elevate feet and rest.
- 5) Don't wear high heel shoes
- 6) Consult Preterm Labor Card if you are 26 weeks or more pregnant.

**Nosebleeds**

- 1) Vaseline to edge of nostril to reduce irritation.
- 2) Use humidifier/vaporizer or hot shower.
- 3) Cold clothes to nose with pressure.

**Swelling**

- 1) Continue good fluid intake.
- 2) Salt foot at table or at stove, not both.
- 3) Elevate feet or hands.
- 4) Rest on your side as much as possible.
- 5) Avoid heat as much as possible.

**Insomnia**

- 1) Exercise regularly.
- 2) Eat a nighttime snack.
- 3) Take a warm, relaxing bath.
- 4) Use pillows to provide a comfortable position.
- 5) Benadryl 25-50 mg may be taken at bedtime after 12 weeks gestation if needed, use cautiously.

**Vaginal Yeast Infections**

- 1) Monistat – over the counter can be used as directed on the

package. Call if symptoms persist.

### **Constipation**

- 1) Increase fluid intake.
- 2) Exercise 4 to 5 times per week.
- 3) Increase fiber in your diet, i.e., fruits, veggies and bran.
- 4) Try prunes or prune juice.
- 5) Metamucil, Citrucel, Benefiber or Fibercon can be used daily according to instructions.
- 6) Use a stool softener, i.e., Surfak or Colace as directed on package.

### **Diarrhea**

- 1) Increase fluid intake – Gatorade, popsicles are great – avoid dairy products.
- 2) Use Imodium AD as directed on the package
- 3) Eat foods such as rice or bananas

### **Hemorrhoids**

- 1) Avoid constipation, keep stools soft with same diet used for constipation.
- 2) Hot baths or sitz baths 3-4 times per day
- 3) Preparation H, Preparation HC, Anusol, Anusol HC or Tucks can be Used according to package instructions.
- 4) Use a stool softener, i.e., Surfak, Colace as directed on package.

### **Cough**

- 1) Robitussin plain or DM 1 tsp. every 4 hours
- 2) Use humidifier or vaporizer as needed.

## **Commonly Asked Questions**

### ***Can I travel?***

You may travel up to 35-36 weeks of your pregnancy. However, please check with your doctor prior to traveling to discuss the risks associated with travel. If you travel by car, get out of the car every 1-2 hours. Drink plenty of fluids and WEAR A SEATBELT!!! If you fly, an aisle seat may be more convenient, and be sure to walk about the cabin every 2 hours. Check with your insurance coverage on travel limitations.

### ***Can I exercise?***

We recommend some form of exercise (i.e., walking, stationary bike, low impact aerobics or swimming) 4-5 times per week. Try to exercise for fifteen minutes, rest for 2-3 minutes, then begin again. Light weights are allowed as long as you've been lifting weights prior to your pregnancy. Do not increase the weights. Modify aerobics from high impact to low impact. Avoid abdominal crunches or modified sit-ups after 18 weeks.

***What about dental appointments?***

We recommend a dental cleaning during pregnancy – notify your dentist you are pregnant. Dental x-rays are OK if abdomen is shielded. Novacaine without Epinephrine may be used for dental work – **no nitrous oxide!!**

***Is intercourse OK?***

Intercourse is safe throughout your pregnancy unless you are experiencing spotting, bleeding, contractions, ruptured membranes, or if you've been told by your doctor that you have a placenta previa. Call if bleeding occurs with intercourse.

***Acceptable vaccines during pregnancy:***

Hepatitis B, Tetanus, Pneumonia, Influenza after 12 weeks, and TB skin test.

***Hair coloring & Permanents:***

Acceptable but may not take as well as in non-pregnancy. We recommend waiting until after the first 12 weeks of your pregnancy.