



## **Common Problems and Medications**

Listed below are some common problems that can occur during your pregnancy along with several simple “self help” suggestions. If you have any questions, please call the office during regular business hours.

***All medications should be taken as directed on the bottle per manufacturer’s instructions.***

### **BACKACHE**

Heating pad, regular or extra strength Tylenol, rest, relaxation and warm (not hot) baths. Use correct posture and try to avoid heavy lifting. Sleep on a firm bed. Wear shoes with a low heel.

### **COLDS, FLU & MINOR ACHES & PAINS**

Regular or extra strength Tylenol, Benadryl and Chlortrimeton. Tylenol Cold, Tylenol Sinus, plain Sudafed, or any other medications containing phenylephrine or pseudoephedrine should not be taken before 14 weeks.

### **CONSTIPATION**

Citrucel, Metamucil, Colace, Increase your intake of fruits, juices, bran and especially water (8 glasses above normal intake).

BAP Diet

Mix 6 ozs prune juice

3/4 cup apple juice

3 1/2 cups

Kellogg's all bran.

Take 1 -2 tablespoons daily with a glass of water.

Keep in the refrigerator and make new every week

## **COUGH**

Robitussin plain; call your family doctor if the cough persists for more than a week.

## **DIARRHEA**

Immodium AD. Stick to a clear liquid diet like bouillon, Jell-O, 7-UP, Gatorade, etc. for 48 hours. If diarrhea persists, call your family doctor.

## **DIZZINESS, FAINTING & LIGHTHEADEDNESS**

Lie down on your left side with your feet elevated. Avoid sudden changes in your posture. After lying down, try getting up slowly, rolling from side to side then pushing to a sitting position. You may also feel dizzy if your blood sugar level is low or you are dehydrated. Try small frequent protein snacks and lots of fluids. If the problem persists, call our office.

## **GROIN PAIN**

Regular or extra strength Tylenol. Round ligament pain is sharp, sudden pain in the groin area caused by the uterus growing to accommodate the baby. Move carefully and avoid sudden movements. Turn over carefully when you are in bed or getting up. Get off your feet.

## **HEADACHE**

Regular or extra strength Tylenol. If you have no relief or experience visual disturbances, call the office.

## **HEMORRHOIDS**

Preparation H, Anusol Cream or suppositories. Avoid constipation by increasing the amount of fluids and fiber in your diet. Cleaning the rectal area with Tucks pads or sitting in a soothing tub or warm water (not hot) may help as well.

## **INDIGESTION & HEARTBURN**

Maalox, Mylanta, Tums, Roloids, Pepcid. Avoid spicy foods. Eat smaller and more frequent meals. Drink milk before bedtime. Avoid lying down directly after you eat. Elevate head of bed 3-6" on books or blocks.

## **LEG CRAMPS**

Regular strength Tylenol. Wear support panty hose and low heeled shoes. Elevating your feet and taking warm baths may help. Be sure your calcium and fluid intake are adequate. Leg stretches and exercise help also.

## **SEXUAL INTERCOURSE**

You may continue as long as you feel comfortable, unless you have spotting or your bag of waters has ruptured.

## **NAUSEA**

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. Eat your meals dry and wait 45 minutes before drinking fluids. If you feel that your nausea is getting worse, try taking one Unisom tablet with one tablet of vitamin B6 (50 milligrams) twice daily for two days. If there is no improvement, this can be increased to three times a day for 2-3 days. You may even increase to four times a day if needed. You may remain on this indefinitely. Other remedies for nausea include Emetrol, Ginger (in the form of tea, root powder, capsules, or extract up to 1,000mg/day), Accupuncture, Accupressure wrist bands (Sea Bands), and B-Natals or Pregger Pops (available at Babies R Us).. If you feel your nausea is out of control, call the office.

## **SINUS HEADACHE**

Sudafed after 14 weeks, Actifed, regular or extra strength Tylenol or Chlortrimeton. Tylenol Cold, Tylenol Sinus, and humidifying your home or bedroom can help as well. Increase your fluid intake. Call your family doctor if there is a change in the color of your nasal drainage or if you have a fever of 101 degrees Fahrenheit or over.

## **SORE THROAT**

Chloraseptic spray or lozenges, warm salt gargles as needed. Increase your fluid intake.

## **SPOTTING**

Rest. Increase fluid intake and call the office. Avoid intercourse, tampons and douching. If cramping or bleeding become worse, call the office immediately.

## **SWELLING**

Sometimes referred to as edema, this is a problem that most pregnant women have at some time in their pregnancy. Try wearing support panty hose, elevating your feet when possible and lying on your left side. Don't wear your rings if your hands are swollen. Drink more fluids –especially water. If the swelling is severe, especially when associated with a headache, call the office.

## **FEVER**

Regular or extra strength Tylenol. Increase your fluid intake. Call the office with any fever greater than 101 degrees Fahrenheit. If elevated temperature is due to an upper respiratory infection/sinus infection, call your family doctor.

## **VAGINAL DISCHARGE**

You will normally have more discharge when you are pregnant. If signs and symptoms of infection such as itching or foul odor occur, call the office. Do not douche.

## **VARICOSE VEINS**

Elevate your feet as often as possible and wear support panty hose. These may go away after pregnancy. Avoid knee high hose.