

GENERAL GUIDELINES

COLDS:

In general, getting more rest & sleep, and drinking more fluids will help tremendously. If you are past 12 weeks & are having any of the following symptoms, you may sparingly take the recommended medications:

For nasal congestion: Sudafed, Chlortrimetron, Tavist (low drowsiness), & Benadryl (helps sleep). Also try a saline nasal spray.

For headaches & Fever: Tylenol or Tylenol Extra Strength - no aspirin or ibuprofen. Call us if you have a persistent fever over 101 degrees.

For bad cough: Robitussin DM cough syrup

For sore throat: Over the counter throat lozenges that do not have menthol listed as an ingredient. Also try gargling with salt water.

HEADACHES:

They are common in the first 20 weeks of pregnancy. You may take Tylenol (plain), if needed. Try cold and hot compresses to the forehead & rest. You may use Tylenol Extra Strength, if necessary.

SINUS INFECTION:

If you have a cold or congestion, and then develop green nasal drainage, facial pain, severe headaches, fever and/or ear pain, call us or your family doctor.

FLU:

You should increase liquids, and get more rest and sleep. Tylenol for aches, fever, and headaches. Call us if your temperature is over 101 degrees. Also a light liquid diet is helpful. If symptoms persist for more than 2 days, call our office.

DIARRHEA:

You may try Imodium anti-diarrheal medication after the first trimester. Increase fluids for a few days to replace what has been lost. Try clear liquids for 24 hours. Call the office if the diarrhea is persistent (IE: lasts more than 3 days).

DENTIST:

It is important to maintain good oral health. Pregnancy is an especially vulnerable time for your teeth and gums. Non-emergency procedures are best performed in the second trimester. Major work that can be postponed should be. Emergencies can be treated anytime.

TRAVEL:

Ask us several weeks before your trip at your appointment. If there are no pregnancy related problems, travel is generally tolerated well until 6 weeks before your due date. During long sitting spells, get up to walk around at least every 1-2 hours to aid in circulation. Continue a good fluid intake.

NOSEBLEEDS:

Can be common in pregnancy. Apply pressure at mid-nose for up to 15 minutes. Apply a tiny dab of Vaseline inside your nose after the bleeding has stopped. If bleeding is profuse or persistent, call our office.

HEARTBURN:

You may try Tums, Maalox, Mylanta, Gaviscon, Prilosec OTC, or Zantac OTC. Use these as directed on the label. Try sleeping with your upper body elevated. Avoid greasy, fatty, or spicy foods. Eat small frequent meals.

PRENATAL VISITS:

Your blood pressure, weight, and urine will be checked during your appointments. Also, your uterus and baby will be checked. Vaginal exams may be necessary during your pregnancy. It is common to have slight vaginal bleeding after a vaginal exam. This will subside by the next day.

WEIGHT LIFTING LIMITS:

Lift nothing that causes pain or that is over 40 pounds.

FIRST TRIMESTER

First 12 weeks

NAUSEA & VOMITING:

Try the following suggestions:

- Eat small, frequent meals every 1-2 hours
- Eat very light foods, avoiding greasy, fatty, or spicy foods that may produce gas
- Eat high protein snacks (cheese, eggs, etc.) before bedtime
- Try taking your prenatal vitamins later in the day, or in the evening
- Try taking vitamin B-6 (25mg) in the morning and evening
- Get additional rest and relaxation

Call the office if you are losing the majority of what you are eating and drinking. Also, call us if dizziness, lightheadedness, or extreme weakness occurs.

VAGINAL SPOTTING AND/OR CRAMPING

Call our office if this is the first time this has occurred, or if we have instructed you to keep us informed. You should spend most of your time reclining or lying down while this is occurring. Also, have no intercourse during this time and drink plenty of water.

WHAT "REST" MEANS:

If you are told to rest, this means that you should be lying down 50-55 minutes per hour.

SECOND TRIMESTER

13 - 28 wks

ROUND LIGAMENT PAIN:

During this time, your ligaments are stretching as the uterus grows in size. This can feel like a pulled muscle in either or both groin areas. More rest and mild heat may help. Usually, the pain is intermittent and lasts no more than a few minutes per episode.

BABY MOVEMENTS:

You will usually feel your baby's movements by 20 weeks. You might not feel the baby move every day during this part of your pregnancy.

THIRD TRIMESTER

28 wks to birth

PREMATURE LABOR:

Call the office if you experience the following:

Uterine contractions – more than 5 per hour, with or without diarrhea or low backache. Rest and plenty of fluids help in avoiding excessive contractions.

HEMORRHOIDS:

Can occur anytime during pregnancy. Avoid constipation. You may use Anusol ointment 2-3 times per day, if needed. Witch hazel pads may also help.

MUCOUS PLUG:

This is a thick, brownish or pinkish discharge from the vagina that commonly occurs from 2 weeks before the birth, until just before the birth. It may or may not be associated with the onset of labor. Inform your caregiver at your next appointment.

FETAL KICK COUNT:

Be aware of daily movement, especially in the third trimester. You should check movement 1-2 times a day. When monitoring movement you should experience at least 4 kicks in the hour. Especially, after a meal or when going to bed. If you perceive a decrease, lie down, count movements and if necessary stimulate the senses of baby (IE: drink juice, make some noise, run a hair dryer near abdomen or touch flashlight to abdomen in a dark room) If unable to stimulate baby please call the office.

LABOR

If you are close to your due date and not sure whether or not you are in labor, try these suggestions:

- Walking, changing activity or position or taking a relaxing bath may make you more comfortable or make your contractions more effective.
- Time your contractions. If irregularly spaced and lasting 30 seconds or less, you are probably not in labor, or are in very early labor. A change in the strength or intensity may be more important than the timing in deciding when to go to the hospital. Avoid tub baths, intercourse, or swimming if your bag of water breaks.

In general, when contractions get stronger, are 5-6 minutes apart for more than 1 hour and last 30 – 60 seconds, you are probably in labor and need to go to the hospital. If you have any doubts as to when to go, call our office. Also, if your bag of water breaks, you should go to the hospital.

