



PREGNANCY HELPFUL HINTS

ALCOHOL & SUBSTANCE ABUSE

- Avoid alcoholic beverages, cigarettes/tobacco/nicotine and street drugs completely.

ANIMALS

- Don't change cat litter – this could potentially expose you to a virus called toxoplasmosis.
- Wear gloves while gardening

BOWELS

To Avoid Constipation

- Drink 6-8 glasses of water per day.
- Eat plenty of fiber-rich foods, such as raw fruits and vegetables, whole grains, high-fiber cereal, bran, high-fiber granola bars and cooked dried beans (you can also supplement with Metamucil, Fibercon, etc.)
- A stool softener (MiraLax, Colace or Duclolax) may be taken as needed. These are over the counter medications.
- If constipated, ok to use Milk of Magnesia.

Diarrhea

- If severe, stay on clear liquids for 24 hours and call if you have a temperature greater than 101°
- Kaopectate OR Immodium AD may be used (**NO PeptoBismol**).
- If symptoms persist for longer than 48 hours, contact our office.

Hemorrhoids

- Anusol Suppository
- Tucks Pads
- Preparation H Ointment OR Suppositories
- Warm tub soak for 20 minutes at least twice a day
- Avoid hard stool by using the items listed in the "To Avoid Constipation" section.
- Do not strain during a bowel movement.

Gas

- Avoid gas forming foods like cabbage, onions, and spicy foods.
- Tums or Gas-X may be used as needed.

CAFFEINE

- Limit caffeinated beverages such as regular coffee, tea, and cola to no more than 1 to 2 cups a day.

COLDS

- Increase fluids
- Rest
- Sudafed, Tylenol, Vicks', DayQuil, Mucinex, Benadryl, Chlor-Trimeton, Claritin, and Claritin D can be used as directed.

Nasal Congestion

- Vaporizer
- Chlor-Trimeton Decongestant or Tylenol Sinus
- Ocean Nasal Spray
- Afrin Nasal Spray if Ocean Nasal Spray is not adequate to relieve symptoms.

Sore Throat and Cough

- Gargle with warm salt water
- Throat lozenges
- Tylenol Pain Reliever
- Robitussin
- Call if you have a temperature greater than 101°

Headache

- Extra strength Tylenol – PLEASE DO NOT TAKE Advil, Aleve, Motrin, Ibuprofen, or Aspirin products (these can affect the blood supply to the baby)
- Ice packs/cold wash cloth around back of neck and forehead
- Caffeine
- Hydration and rest
- Rest in a dark room
- Call the office for headaches that do not get better with rest and Tylenol.

CRAMPS

Uterine

- Due to the fetal growth and position, twitching and stabbing pains may be felt at various times, especially during the 5th and 6th month of pregnancy. You may try Tylenol, rest, and increasing your fluid intake to minimize discomfort.
- If the contractions are regular, painful, or you have bleeding, **go to Labor and Delivery.**

Leg

- Support hose
- Increase Calcium, Potassium, and fluid intake.

DENTAL CARE

- We recommend dental check-ups at the beginning of pregnancy.
- If there is a need for a root canal as indicated by your dentist, check with your doctor first.
- Local anesthesia is okay, but **NO GAS.**
- X-rays are okay as long as your abdomen is protected by a lead apron.

EDEMA (swelling of hands and feet)

- Increase water intake by 3-4 more glasses per day.
- Elevate your feet above heart level in the evenings, and elevate feet as much as possible during the day.
- Decrease salt intake, soda pop, and other sodium containing foods.
- Light exercise (walking)
- Refer to a low sodium diet.
- Swelling in the face, accompanied by headache, increased blood pressure, or abdominal pain needs to be evaluated.
Go to Labor and Delivery.

EXERCISE

- Exercise is safe and even encouraged during pregnancy.
- As with anytime you exercise, drink plenty of water and eat a healthy diet.
- Wear clothing that is comfortable.
- You may jog/run, especially if it has been your normal practice prior to pregnancy. It's preferable to run during morning or later evening hours to prevent dehydration and overheating, particularly during the summer.
- Avoid exercising flat on your back.
- Crunches are okay up to 16 weeks – use an exercise ball under your back.

- Pregnancy specific yoga, aerobics, or water aerobics are recommended. Swimming is also a good form of exercise during pregnancy.
- Stop exercising when you are tired.
- Changes that occur in your body shape and size during pregnancy will limit the types of exercise you can do safely as your balance changes.
- Avoid any type of exercise that can cause even mild trauma to the abdomen. **No High Impact Sports (skiing, four-wheeling, soccer, football, basketball, etc.).**
- If you have any concerns regarding an exercise program, speak with your physician prior to starting.

INDIGESTION/GAS/ACID REFLUX/HEARTBURN

- Avoid spicy foods
- Drink a glass of milk before eating meals
- Try small amounts of Maalox or Mylanta before eating if milk doesn't work.
- Do not use baking soda and water
- Chew gum
- Tums Antacid, Zantac, Prevacid, Pepcid, and Gas-X are acceptable over the counter medications.
- **Don't eat or drink 1-2 hours before lying down.**

LABOR

- Contractions should be every five minutes lasting, 40-60 seconds, and feel like bad menstrual cramps.
- You may leak amniotic fluid and blood tinged discharge.
- When in doubt, **go to the hospital** and they will notify the doctor of the situation.

NAUSEA/MORNING SICKNESS

- Eat soda crackers before getting up each morning.
- Eat six small meals per day
- A combination of UNISOM 25mg and VITAMIN B6 25mg can be taken morning and evening. Be aware that the UNISOM can make you drowsy.
- Over the counter Sea Band Bracelets.
- For severe nausea, there are prescription anti-nausea medications available.
- Ginger

PAINTING

- Only paint in well ventilated areas
- Paint only if necessary
- Use latex paint only. **No oil based paint.**

SEAFOOD

- Limit ALL seafood to 6oz portions, 2 times weekly (includes canned tuna and other fish)

SKIN IRRITATIONS

- For mild skin irritations, you may use topical creams such as Benadryl Cream or Hydrocortisone Cream. Call the office if no relief of symptoms in 2 days or for severe cases.

SLEEP

- If you have trouble sleeping, you can take over the counter medications such as Unisom, Tylenol PM, or Benadryl as needed.
- Speak to your provider if the above medications are not helping

SPOTTING

- Bed rest for 24 hours with hips elevated on a pillow.
- If cramping is associated with the bleeding, please call the office. It is normal to have a small amount of spotting if you have had intercourse in the last 2-3 days. Bleeding as heavy as a period is not normal. If you are less than 20 weeks, **go to the Emergency Room**. If you are more than 20 weeks, go to Labor and Delivery.

TRAVEL

- After 7 months, you need consent from your physician to travel by air.
- When traveling by air, book an aisle seat.
- If traveling by car, stop every hour to get out and walk around. This will help prevent blood pooling and leg cramping.
- It is safe to take over the counter Dramamine.

WEIGHT GAIN – DIET

- Discuss appropriate weight gain with your provider

PLEASE AVOID THE FOLLOWING:

- Saunas
- Hot Springs
- Hot tubs
- Tanning beds

YOU MAY:

- Use self-tanning cream
- Have manicures and pedicures
- Have maternity massages
- Perm and color your hair in a well-ventilated area (a perm usually does not take due to the hormones of pregnancy).