

**Brief Reference Guide
For Common Complaints
In Pregnancy***

For links to more information
www.midcarolinaobgyn.com
919-781-5510

DENTAL WORK

- Poor dental care may put you at risk for preterm labor – good hygiene is key
- X-rays may be done if needed, but use abdominal shielding
- Antibiotics may be used if prescribed by your dentist – penicillin and erythromycin are best
- If local anesthesia is used, have your dentist avoid the additive epinephrine

EXERCISE

- Exercise regularly at least 3 times a week
- Low impact is best – walking or swimming
- Do not exercise flat on your back
- Drink plenty of water
- Keep your heart rate under 140 bpm

HAIR CARE

- Permanents and coloring may be done after the first trimester

PAINTING

- Make sure the area is well ventilated
- Leave the house/room if the fumes are making you nauseated

TRAVEL

- You may travel up to 35wks if your pregnancy is uncomplicated
- Stretch you legs and walk at least every 60 min to prevent blood clots
- Metal detectors in airports are safe

VIRAL DISEASE AND EXPOSURE

- You may be immune even if you don't have a history of Chicken Pox or Fifth's Disease (Parvo)
- Blood test can tell if you are at risk and should be done as soon as you suspect you were exposed
- Shingles are low risk, but avoid direct contact if you are unsure if you have had Chicken Pox

FOOD RESTRICTIONS

- Avoid unpasteurized, blue veined, or soft cheeses
- Avoid shark, swordfish, king mackerel, and tilefish
- Limit tuna steak (not canned tuna) to 4 oz/wk
- Other fish are recommended up to 12oz/wk
- Try to limit caffeinated beverages to one/day

*No medication is proven completely safe in pregnancy. Therefore, please use any medication only when absolutely necessary for the shortest duration possible.

Below is a list of medications that you may find helpful for treating common ailments that may present during pregnancy. All of the ones here are over the counter and do not require a prescription. Unless specifically noted otherwise, use medications as they appear on product packaging.

SWELLING

- If leg swelling is significantly one-sided or associated with muscle cramping, this could be a blood clot and should be evaluated immediately by a doctor
- Elevate feet or hands
- Avoid excessive salt intake
- Rest on your left side
- Use compression stockings
- Increase your fluid intake to 8-10 glasses a day to make up for fluid lost into soft tissue

COLDS/CONGESTION/COUGH

- Rest and increase fluid intake
- Use a humidifier or vaporizer
- Benadryl or Claritin, Robitussin, and Tylenol may be used
- Afrin may cause rebound congestion and should be used sparingly
- Sudafed may be used after the first trimester
- Try to use alcohol free products

FEVER

- Increase fluid
- Use Tylenol as directed
- Call the doctor if you fever exceeds 102°

SORE THROAT

- Gargle with warm salt water 4 times/day
- Chloraseptic spray or lozenges

CONSTIPATION

- Best avoided by good hydration (plenty of water) and dietary bran and fiber
- Colace, Metamucil, and Citrucel are stool softeners and may be used
- For severe constipation, Milk of Magnesia may be used

HEMORRHOIDS

- Use warm soaking baths
- Avoid constipation
- Anusol, Tucks pads, Preparation H
- Call for severe pain or heavy rectal bleeding

DIARRHEA

- Try to stay hydrated, even if no solid food is eaten
- Donnagel, Imodium AD, and Kaopectate may be used
- Try the BRAT diet – bananas, rice, applesauce, and toast

NAUSEA/VOMITING

- Eat smaller, more frequent meals
- Increase fluids and protein
- Dramamine – 50mg every 6hrs
- Ginger snaps, tablets, or tea
- Sea Bands – acupressure therapy
- ½ Unisom tablet and 25mg Vitman B6 every 8hrs
- Call if you cannot tolerate any oral intake

INSOMNIA

- Warm relaxing baths
- Use pillows to adjust for comfort
- Benadryl, Tylenol PM, or Unisom

INDIGESTION/GAS

- Avoid spicy or greasy foods
- Avoid large meals at bedtime
- Antacids: Tums, Maalox
- Reflux: Gaviscon, Pepcid, Zantac

BACKACHE

- Heating pad (do not sleep on pad)
- Use massage or warm bath
- Use Tylenol as directed

HEADACHE

- Tylenol
- Rest in a quiet dark place
- Try a small amount of caffeine

NOSEBLEEDS

- Cold cloth to nose with pressure
- Use a humidifier
- Apply Vaseline to mucous membranes

VAGINAL IRRITATION

- If you have itching and white discharge, you may try Monistat
- Chronic moisture from normal discharge or urinary leakage can cause irritation, Desitin may help
- Chronic minipad use may exacerbate irritation by chaffing and should be used sparingly
- Wear breathable fabric underwear like cotton