

# Helpful Hints For Pregnancy



Now that you're pregnant, the main goal is to have as healthy a baby as possible. Please try to eliminate caffeine products, alcohol, cigarettes, and watch your diet. Any over the counter vitamins (prenatal) you have will be fine.

The following is a list of the most frequently asked questions by our pregnant moms regarding common complaints during pregnancy. These answers are general suggestions, so if you find they are not helpful please contact our office any time at 719-522-1135

## What should I do about...?

### MORNING SICKNESS:

1. Eat soda crackers frequently
2. Eat small meals, avoid rich or spicy foods
3. You may need to stick with clear liquids some days if nausea is severe (both, jello, popsicles, sodas)
4. Wake up slowly, no sudden change of position on an empty stomach
5. Don't brush your teeth on an empty stomach
6. Wait to start prenatal vitamins until nausea is gone
7. If frequent vomiting occurs, call our office
8. Emetrol, an over-the-counter medication, may or may not relieve nausea/vomiting

### CRAMPING:

1. As the uterus begins to grow, it pulls on muscles and ligaments, causing either sharp pains or a dull ache in the lower abdomen at times. This is normal as long as there is no vaginal bleeding.

### HEADACHES:

1. Tylenol may be used any time during pregnancy
2. If the headache is persistent, call us
3. If accompanied by swelling or spots before your eyes, call us

### SPOTTING:

1. Spotting or brown discharge is common during the first part of pregnancy and may result from intercourse
2. If spotting or brown discharge are present, avoid intercourse until the spotting or discharge has disappeared for 24 hours
3. If you are spotting and also having cramps, passing clots, soaking one pad every two hours or passing anything that looks like tissue (white or yellow spongy material) call us

### INDIGESTION:

1. Avoid large meals, eat small amounts of food throughout the day; eat soda crackers
2. You may use Mylanta or Tums in liquid or tabs

## **COLDS:**

1. If you have a stuffy head with a runny nose, you may use products on the safe medication list. Drink plenty of water, use a vaporizer, and rest
2. For a cough, use Robitussin (no DM)
3. For a sore throat, gargle with salt water. You also may use Cepastat throat lozenges. If it lasts longer than 3 days or is associated with a temperature over 100 degrees, call us.
4. For a congested chest, drink plenty of fluids and use a vaporizer.
5. If your fever is above 100 degrees or any of your symptoms have been present a week or longer, call us.

## **CONSTIPATION:**

1. Increase the amount of water, fruits and fruit juices and fresh vegetables in your diet
2. Exercise daily - walking is great
3. You may also use Metamucil or Colace as directed (over-the-counter) on the package

## **DIARRHEA:**

1. Put yourself on a clear liquid diet for 24 hours such as broth, jello, popsicles and sodas
2. You may try Kaopectate as directed
3. If you have diarrhea episodes for longer than 2-3 days, call us

## **HEMORRHOIDS:**

1. Avoid constipation
2. Eat a high-fiber diet
3. Drink plenty of fluids
4. Anusol suppositories or cream may be used.
5. Preparation H

## **DENTAL VISITS:**

1. X-rays: be sure that the staff knows you are pregnant and they use a lead shield over your abdomen
2. Novocaine is permissible, but no gas
3. If the dentist wants to use other medications such as antibiotics or pain medications, call us

## **ACTIVITY:**

1. You may continue your normal activity within reason
2. If you are traveling by car, stop frequently and take a short walk.
3. If traveling by air or care in the last part of pregnancy, call us first
4. NO hot tubs
5. When exercising, avoid heart rates above 130-140 beats a minute

