

Discomforts of Pregnancy

Pregnancy is a beautiful time for a woman, but it may cause some discomfort. Below are suggestions to deal with these issues if they arise. If you have any questions, contact our office.

Colds

- Increase oral fluids (Especially water) and citrus fruits, and plenty of rest.
- Take Robitussin (plain) as directed every 4 hours.
- Call the office if your temperature rises above 100.4 degrees.
- Vicks VapoRub or Vicks nasal inhaler as needed.
- Tylenol/Acetaminophen (regular or extra strength) as per package instructions. No more than 4000 mg per day.

Sore Throat

- Tylenol (regular or extra strength) as directed every 4-6 hours.
- Saltwater gargle.
- Cough drops (Cepacol, Sucrets).
- Increase fluids.
- Call if your temperature rises above 100.4 degrees.

Nausea

- Dry toast, clear liquids (avoid dairy products), 6 small meals rather than 3 large ones, ice chips, Gatorade, popsicles, ginger ale, ginger tea, Sea bands, Vitamin B6 100 mg/day. DO NOT eat or drink anything for half an hour after vomiting; report continued vomiting to our practice; discontinue any extra iron until nausea subsides; always keep something in your stomach.

Diarrhea

- BRAT diet (bananas, rice or rice cereal, applesauce, toast).
- Increase oral fluids.
- Loperamide/Imodium per package directions.
- Call our office if diarrhea persists longer than 24 hours.

Heartburn

- Tums, Mylanta (liquid or tablets), Roloids.
- Avoid spicy, greasy foods.
- Remain upright for at least two hours after meals.
- Elevate your head on extra pillows while sleeping.
- If symptoms are not controlled with the above, take Pepcid or Prilosec OTC per package directions.

Constipation

- Increase oral fluids.
- Increase intake of fruits, vegetables, bran, oats, or wheat cereals.
- Get regular exercise.
- Colace 100 mg-2 tablets at bedtime or Metamucil® twice a day until constipation is relieved. It's okay to take daily.
- Drink liquid upon getting out of bed.
- Probiotics such as Align®.

Headaches *(Most headaches resolve after approximately 20 weeks.)*

- Tylenol Extra Strength as directed every 4-6 hours (no aspirin or ibuprofen).
- Cool packs to forehead, temples.
- Rest in a quiet room, avoid sensory stimuli.
- Having a glass of Coke (not diet) or coffee (try other options to find what works for you).

Hemorrhoids

- Tucks (remoistened with witch hazel) available over the counter; keep refrigerated.
- Get regular exercise.
- Avoid constipation; eat lots of fresh fruits and vegetables, lots of dietary fiber.
- Anusol cream or Preparation H as directed.
- Ice packs.

Vaginitis

- Come into the office for a culture.
- You can use Monistat 7 (over the counter) in an emergency.

Leg Cramps

- Slow magnesium 1 tab (2 times a day) per package directions.
- Extra calcium-600 mg/twice daily- increase calcium-rich foods (milk, cheese, yogurt, ice cream) or dietary supplements.
- Support pantyhose.
- Regular exercise.
- Leg stretches.
- Increased hydration.

Varicose Veins

- Elevate legs as often as possible.
- Wear sturdy, good maternity support hose.
- Call the office immediately if the area is hot or tender to the touch or a red streak is noticed - **Do not massage the area.**