

COMMON PROBLEMS OF PREGNANCY & APPROVED MEDICATIONS

Dyspnea (shortness of breath): Sleep with your head elevated, propped up by pillows. The descent of your baby in later gestation will relieve some of this discomfort.

Constipation: Drink at least 8 glasses of water a day. Increase your intake of fruits and fruit juices, bulk-forming foods such as bran, cereals, and vegetables, and increase your exercise. Stool softeners such as Colace, Surfak, Metamucil and Miralax and laxatives such as glycerin or Dulcolax suppositories may be used on occasion. Gas X may be used for gas pain.

Hemorrhoids: You may use Tucks pads, Preparation H, Anusol cream, and do warm tub (sitz) baths as needed to relieve discomfort.

Heartburn: Eat several small meals a day instead of three big ones. Avoid greasy or highly spiced foods. Breathe slowly and deeply. If symptoms worsen at night, sleep with your head elevated. You may use Maalox, Gaviscon, Riopan, Mylanta, Milk of Magnesia, Zantac, Tums, Prilosec OTC, Pepcid or Rolaids. If still unrelieved, please call us.

Colds: Increase your fluid intake especially clear liquids. You may use decongestants such as Sudafed and Tylenol Cold. However, with fever over 100.4, we ask that you call the office. You may use Tylenol, Extra Strength Tylenol or Tylenol PM for headaches and fever. For cough, we recommend Benadryl or Rescon, Robitussin, Robitussin DM, Tavist, or Claritin, Zyrtec, Mucinex (Robitussin CF or any other medicine containing Phenylpropanolamine may NOT be used.)

Diarrhea: Limit your diet to bland food and mostly clear liquids. Imodium A-D can also be used. Please call the office if symptoms persist.

Nausea or Vomiting: Some nausea is common. Small but frequent meals may help. Skipping meals will aggravate the discomfort. If vomiting or nausea occurs often, please call the office. Emetrol is an over-the-counter antiemetic that may help. You can also try a combination of Vitamin B6- 25mg three times a day, with Doxylamine (Unisom) 12.5mg in the a.m. and afternoon and Doxylamine (Unisom) 25mg at night.

Varicose Veins or leg ache: Avoid tight garters, knee-highs or thigh highs. Support hose will help. Avoid standing for long periods of time. Change positions frequently. Elevate legs and hips several times a day by supporting them with pillows under the knees.

Painful urination: Call the office to discuss your symptoms with the nurse. Collection of a urine sample may be required.