

PATIENT INSTRUCTIONS

DOS AND DON'TS IN PREGNANCY

GENERAL THINGS TO AVOID

- Try to avoid medications, including Aspirin and Ibuprofen products, during the first trimester of your pregnancy, unless advised by your physician.
- Avoid hot tubs, saunas, tanning booths, and hot springs.
- Do not drink alcoholic beverages, including beer and wine.
- Do not use any “recreational drugs.”

ALLERGIES

- If you have allergies, you may take Chlorpheniramine, Benadryl, Zyrtec, or Claritin.

DENTAL

- Some women develop gum disease or cavities during pregnancy. This may expose baby to bacteria that can cause tooth decay. How can this be prevented?
 1. Brush at least two times daily.
 2. Floss at least once daily.
 3. Chew sugarless gum.
 4. See a dentist during pregnancy for routine dental care (best in the second trimester).

COMMON COLD & FLU

When pregnant and sick, make sure to drink lots of fluids, especially water and juices. Call your provider if your temperature exceeds 101°F. Although no medication has been tested safe for pregnancy, the following over-the-counter medications are relatively safe for use:

- Acetaminophen (Tylenol): Take 2 regular strength tablets, or 1 extra strength tablet, every 4-6 hours for aches and fever reduction.
- Sudafed (NOT Sudafed Plus or PE): Use as directed on the package.
- Robitussin OM: Use as needed for a bad cough. Call your provider if you are coughing up green or yellow phlegm or if your cough is severe.
- Cepacol throat lozenges or warm saltwater gargles can be used for a sore throat.

CONSTIPATION

- When pregnant and constipated, increase your fluid intake to 6-8 glasses of water per day and high fiber foods such as fruits, vegetables, whole grain cereal and bread.
- If needed, stool softeners or Miralax may be used.
- If your constipation is not relieved by these methods, please call your provider for other options.

DIARRHEA

- You may use Imodium for severe diarrhea. Remember to stay well hydrated.
- If you are unable to tolerate any food or fluids, please call your provider for other options.

HEMORRHOIDS

- You may use Anusol, over the counter medication.
- Keep your stool soft by eating high fiber foods and drinking 6-8 glasses of water per day.

FAINTNESS OR DIZZINESS

- Faintness or dizziness is a common problem during pregnancy and usually does not indicate a serious medical condition.
- Get up slowly from lying or sitting positions.
- Eat frequently and increase your fluid intake. If this becomes a frequent problem, contact your provider for further evaluation.

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FISH IN PREGNANCY:

- Not all fish needs to be avoided during pregnancy, but some species of fish may be harmful to your developing baby. Fish may contain contaminants such as mercury. The larger the fish and the longer the fish's life cycle, the greater the risk the fish has been exposed to dangerous contaminants, such as shark, king mackerel and sword fish. However, there are some fish that are good for you and your baby. Oily fish such as salmon and trout contain omega-3 fatty acids. Researchers have found these types of fish have many health benefits including a reduced risk of your child developing asthma if eaten during pregnancy. For the most up-to-date data, visit www.fda.gov/food/consumers/advice-about-eating-fish.

HEARTBURN

- If you are experiencing heartburn, you may use TUMS, Roloids, Mylanta, Maalox, Gas-X, Gelusil, or Gaviscon.
- DO NOT use Pepto Bismol.

MORNING SICKNESS

- If you are experiencing morning sickness, try keeping a few soda crackers by your bed and eat them before you get out of bed each morning, and try to eat smaller meals and more frequently.
- Call your provider if you vomit every day or not able to keep anything down for greater than 24 hours.
- You may also try one Vitamin B-6 (Pyridoxine) 25mg tablet and one Unisom (Doxylamine) 25mg tablet. Take both medications together up to three times a day. Please note this may cause drowsiness.

SWELLING OF YOUR HANDS AND FEET

- When your hands and feet are swollen, make sure to rest and drink plenty of water, avoid salty foods, wear support pantyhose if you work on your feet during the day, and avoid sitting in a way that puts pressure on the back of your knees.
- Call your provider if you have sudden onset of swelling in your extremities or face.

TRAVEL

- It's okay to travel while pregnant, unless your doctor has advised against it for medical reasons. Discuss your travel plans with your provider at your regularly scheduled appointments. For long distance travel, be aware of local medical facilities on your route, and be sure to incorporate rest periods in your travel schedule. Airline travel is okay in commercial airlines, please follow the airline guidelines while booking your travel dates.

VAGINAL BLEEDING OR SPOTTING

- If any vaginal bleeding or spotting occurs, stay off your feet and call our office. If bleeding is heavy like a period, or heavier, contact our office or the on-call provider. DO NOT use a tampon and avoid sexual intercourse until a provider is consulted.

VITAMINS

- Take your prenatal vitamin every day with food. If it upsets your stomach, take it before bed or split in half and take half in the morning with food and half at bedtime. If the prenatal vitamin still makes you sick, stop taking it and call our office.
- WARNING: Prenatal vitamins and iron are very toxic to children. Keep out of reach of children.

FOR QUESTIONS OR PROBLEMS

If you have any questions or problems, **call 509.769.2252**. In the event you have a problem and are unable to reach us at the above number or the on-call provider, report to the nearest emergency room or call 9-1-1.

ADDITIONAL INSTRUCTIONS
