



Frequently Asked Questions

When should I call my doctor?

1. Spotting in early pregnancy is common, however; if bleeding becomes heavier you should report it to your doctor.
2. Call your doctor if vomiting is frequent (three or more times a day) and/or you are unable to keep solids or liquids down.
3. Abdominal pain is common in early pregnancy and can usually be relieved by rest, Tylenol and a heating pad. If these suggestions do not relieve the pain or if you are after 20 weeks, call your doctor.
4. Frequent urination or burning upon urination.
5. Any gush of water from the vagina.
6. A cold that does not improve in 5-7 days.
7. Regular contractions. These will last 30-60 seconds and are felt as tightening of the stomach. Call if contractions are regular at 5 minutes apart for an hour.
8. Decreased fetal movement. If you feel the baby has not been moving as normal, lie on your left side and count each movement for one hour. If you count less than ten movements, eat something sweet and count again. If your count is still less than ten for two hours, call the office.
9. Temperature elevation of 101° or higher.

What medications can I take?

Avoid all medications, if possible, especially in the first three months when the baby is most susceptible to drugs.

You may have:

- Tylenol or Extra Strength Tylenol (up to eight daily) for headaches, colds, fever, back pain, etc.
- Sudafed for congestion or sinus problems. Actifed is ok after the first three months.
- Robitussin or Robitussin DM for cough and/or congestion.
- Chloraseptic Throat Spray or Lozenges, such as Sucrets, for sore throat.
- Saline nasal spray, such as Ocean, will help nasal passages.
- Metamucil, Milk of Magnesia, Senokot S tablets or Surfak and Colace can be used for constipation.
- Mylicon or Gaviscon can be taken for gas.
- Tums and Roloids (good source of calcium), Riopan, Mylanta, Maalox, Zantac, Tagamet and Pepcid AC for heartburn and indigestion.
- Kaopectate or Immodium can be used for relief of diarrhea.
- Preparation H, Tucks, Anusol and Anusol HC can be used for hemorrhoidal pain.
- 3 day Monistat vaginal cream (insert 1/2 way into the vagina) or Femstat may be used for yeast.
- Benadryl may be used for itching and trouble sleeping. Tylenol PM may be used for sleep.

Do not use:

- Aspirin, Ibuprofen, Motrin, Aleve or Advil
- Alcohol
- Cigarettes
- Caffeine (only in moderation)
- Saccharin
- Tetracycline, Sulfa, Afrin nasal spray and Accutane
- Herbal/Natural Compounds (without your doctor's permission)
- Pepto Bismol

What should I do when I don't feel well?

1. **NAUSEA AND VOMITING** - This is very common and does not necessarily only occur in the morning. Eat crackers/dry toast when you wake up and before you get out of bed. Eat small meals and drink liquids such as Gatorade when nauseated. Avoid spicy and greasy foods with a lot of preservatives. Try not to eat very late at night if you tend to become nauseated then. Remember that no medication will cure the nausea, but if extreme, we can make you more comfortable. Finally, the nausea and vomiting usually improve around the third or fourth month of pregnancy. Call your doctor if vomiting is frequent (three or more times a day) and/or you are unable to keep solids or liquids down.
2. **EXCESS GAS, BELCHING AND HEARTBURN** - Pregnancy is "tough" on your digestive system. Again, try to avoid greasy and spicy foods. Small meals will help you. Antacids such as Riopan, Mylanta or Maalox are helpful for heartburn. Roloids and Tums also help while providing you with calcium.
3. **CONSTIPATION** - Drink plenty of water and fruit juices (prune or apple) to help with constipation. Include bran cereal or muffins in your diet each day. Metamucil is a natural fiber additive that will relieve this also. Milk of Magnesia is also fine to use, or you may take two Senokot S tablets at bedtime with a full glass of water. Stool softeners such as Colace and Surfak are also safe to use during pregnancy.
4. **HEMORRHOIDS** - Try Preparation H, Tucks, Anusol or Anusol HC for relief.
5. **ABDOMINAL PAIN** - Abdominal pain is a common complaint in early pregnancy that is due to the rapid growth of your uterus. It is usually a sharp or grabbing pain on one side, in the lower abdomen, especially when coughing or sneezing. It may also be felt in your back and down your legs. This is called round ligament pain and can usually be relieved by rest and Tylenol. A heating pad may also be used. After 20 weeks, this may be cause for concern so please call your doctor.

6. **FREQUENT URINATION** - This is due to pressure on the bladder from the enlarging uterus. You need not worry unless you also experience burning or stinging with urination.
7. **VAGINAL DISCHARGE** - A heavier discharge is normal during pregnancy. However, if you also have any burning, itching or discharge with an unpleasant odor call your doctor.
8. **SWELLING** - This is normal during pregnancy, especially around the feet and ankles. Change positions often and elevate your feet if possible to relieve this. Some women also complain of hands that are swollen that may have numbness or tingling, this is normal. However, a large amount of swelling in the hands and face should be reported to us.
9. **VARICOSE VEINS** - These usually worsen or develop during pregnancy. Maternity support hose and bedrest help.
10. **LEG CRAMPS** - These occur frequently during pregnancy. Increase your calcium intake and try to massage your legs to relieve your cramps. With leg extended, try pointing toes toward the ceiling.
11. **COLD SYMPTOMS** - These are common during pregnancy. Call your doctor if no improvement in 5-7 days.