

## MEDICATION AND PROBLEM SOLVING INSTRUCTIONS FOR PREGNANT PATIENTS

Listed below are some problems that may occur during pregnancy and several "self-help" tips. If you have any questions after reading this information, please call the office.

**ALLERGIES:** It is okay to take Sudafed, Actifed, Benadryl, Tylenol Sinus and Claritin

**BACKACHE:** Heating pad on medium heat or warm towel four times a day for 15 minutes. Rest. Warm, not hot baths. Use correct posture and try to avoid heavy lifting. Sleep on a firm bed. Wear shoes with a low heel. Wear a maternity belt.

**COLD, FLU, AND MINOR ACHES & PAINS:** Increase fluids. Take Tylenol or Extra-Strength Tylenol every four hours. Call with a fever over 100.4.

**CONGESTION:** Sudafed, Actifed, Benadryl, Robitussin

**CONSTIPATION:** Increase fluids and fiber; fruits, juices, bran and water (6-8 glasses above ordinary intake). Milk of Magnesia, Colace, Fibercon, Metamucil, Surfax, Glycerine suppositories.

**COUGH:** Robitussin, cough drops.

**DIARRHEA:** Kaopectate, Immodium. Bland diet. Call if symptoms persist beyond 24 hours.

**DIZZINESS, LIGHT-HEADEDNESS:** Increase fluids. Avoid missing meals. Avoid sudden changes in posture. After lying down, get up slowly. After 18 weeks, do not lie on your back. Call if symptoms are severe or result in loss of consciousness.

**GAS:** Mylicon, Mylanta, Maalox.

**GROIN PAIN:** Round ligament pain is sharp pain in the groin area caused by the uterus growing to accommodate the baby. It is generally worse with standing and walking, although sometimes may occur while lying down. Get off your feet. Turn over carefully when you are in bed and getting up. Maternity belt, Tylenol, rest.

**HEADACHE:** Tylenol or Extra-Strength Tylenol every four hours as needed. If you have no relief or any changes in vision, call the office.

**HEARTBURN/INDIGESTION:** Maalox, Mylanta, Tums, Pepcid. Avoid spicy foods. Eat smaller, more frequent meals. Do not lie down for 2 hours after eating. Gum and dairy products might help.

**HERPES:** Dom Borrows soaks, sitz baths. Valtrex is okay—call for a prescription.

**HEMORRHOIDS:** Anusol cream or suppositories, Tucks, Preparation H, or witch hazel. Avoid constipation by increas-

ing fluids and fiber in diet. Exercise. Sit in a tub of warm water to soothe discomfort.

**ITCHING:** Moisturize twice a day. Avoid long, hot baths or showers. Aveeno moisturizing bath powder, Benadryl, Sarna lotion.

**LEG CRAMPS:** Increase calcium; Tums is a good source. Magnesium oxide 400 mg nightly. Increase potassium. Stay well hydrated.

**NAUSEA:** Try eating frequent, small meals. Toast or crackers first thing in the morning may help some. Ginger tea, ginger ale, ginger snaps, hot tamale candies, lemon drop candies, Vitamin B6 50 mg three times a day, sea bands (wrist bands available at sporting goods stores and pharmacies to help with motion sickness), have also been helpful. Emetrol is available over the counter. If none of these is sufficiently helpful, please call the office for a prescription medication.

**SEXUAL INTERCOURSE:** Continue as long as you are comfortable unless you have spotting or your bag of water ruptures or you have been advised otherwise.

**SINUS DRAINAGE:** Sudafed, Tavist, Actifed. Increase fluid intake.

**SKIN IRRITATION:** Calamine lotion, Caladryl lotion, Lanacort, Neosporin.

**SPOTTING OR BLEEDING:** Rest. Avoid intercourse. Call the office.

**SWELLING:** Wear support hose. Elevate your feet. Rest on your left side. Increase fluids. Avoid excessively salty foods. Call us for swelling of hands or face.

**VAGINAL DISCHARGE:** It is not uncommon to have an increase in vaginal discharge when you are pregnant. Call the office for any signs of infection (itching, irritation, greenish or yellowish color, odor) or if you may be leaking amniotic fluid. Do not douche.

**VARICOSE OR SPIDER VEINS:** Elevate feet as often as possible and wear support hose. Try to avoid being on your feet for extended periods of time.

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