

Common Concerns and Problems During Pregnancy

I. Nausea/Vomiting

- A. Be reassured-it rarely lasts as long as 16 weeks
- B. Eat small, frequent meals
- C. Try eating 1-2 soda crackers upon Awakening, 10-20 minutes before Getting out of bed
- D. Vitamin B6-50 mg, three times a Day
- E. Unisome-half to 1 tablet at bedtime
- F. Ginger tea
- G. Call if you cannot keep food or liquids Down after 2-3 days

II. Constipation

- A. Diet high in fiber(raw fruits and Vegetables).
- B. Drink 6-8 glasses of water each day
- C. Over-the-counter stool softeners such As Colace, Metamucil, or Fibercon can Be used

III. Colds

- A. Increase humidity (humidifier or Vaporizer), increase rest, and fluids
- B. Sore throat: Warm salt water gargles And throat lozenges are okay
- C. Coughs: Plain Robitussin for coughs
- D. For more severe symptoms, such as Chest tightness or difficulty breathing Call the office, we will work you in
- E. Over the counter Sudafed, Benadryl, Chlor-Trimeton, or Tylenol. Do not Take other over the counter meds unless You speak to an advice nurse first

IV. Exercise

- A. Walk and stretch every day
- B. Avoid vigorous sports that require Good balance, sudden jerky movements Or bouncing
- C. Stop if you feel pain, fatigue, or spotting
- D. Check your prenatal book for exercises That are helpful for backache relief

V. Vaginal Bleeding

- A. Many women have some vaginal bleeding, often causing no problems with the pregnancy. Others end in miscarriage. Most often this occurs early in the pregnancy, when you would either be having your period or ovulating
- B. Note the amount of spotting or bleeding(how often changing pads) and the color
- C. Note activity prior to the occurrence
- D. See if resting (lying down with feet elevated) helps it to stop
- E. Report bleeding and cramping to the doctor
- F. If the cramping is severe, or bleeding is heavy,(changing maxi pad every hour or more) you need To go to the Emergency Room

VI. Heartburn

- A. More common later in pregnancy
- B.. Avoid fatty foods, acidic foods, gas producing foods and large meals
- C. Antacids low in sodium are okay to use (Tums and Rolaids)
- D. Elevate head of bed at night (two pillows or mattress raised)

VII. Headaches

- A. More common during 1st trimester
- B. DO NOT TAKE ASPRIN,NSAID (ibuprofen, Advil, Aleve, or Motrin)
- C. First try relaxation methods:baths massage, hot or cold packs,etc.
- D. Tylenol, plain or extra-strength
- E. If nothing helps, report to doctor