

## *Northwest Women's Clinic*

### Nausea/Vomiting

- Be reassured-it rarely lasts as long as 16 weeks.
- Eat small, frequent meals.
- Try eating 1-2 soda crackers upon awakening, 10-20 minutes before getting out of bed.
- Vitamin B6-50 mg. three times a day.
- Unisom-half to 1 tablet at bedtime.
- Ginger tea.
- Call if you cannot keep food or liquids down after 2-3 days.
- Try lemon slices or squeezed lemon to flavor water

### Constipation

- Diet high in fiber (raw fruits and vegetables).
- Drink 6-8 glasses of water each day.
- Over-the-counter stool softeners such as Colace, Metamucil, or Fibercon (note: bulking agents such as Metamucil and Fibercon works well, but not immediately.)
  - \*Need to take on a daily basis for best results.
  - \*May cause increased gas at first so start with half dose and work your way up to a full dose per day.

### Colds

- Increase humidity (humidifier or vaporizer), increase rest, and increase fluids.
- Sore throat: warm salt-water gargles and throat lozenges are ok.
- Coughs: If after 8 weeks you can use plain Robitussin for coughs.
- For more severe symptoms, such as chest tightness or difficulty breathing, call the office; we will work you in to be seen.
- Over-the-counter Sudafed, Benadryl, Chlor-Trimeton after 8 weeks or Tylenol. Do not take other over-the-counter medications unless you speak to an advice nurse first.

## Exercise

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

## Vaginal Bleeding

- 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.
- Note the amount of spotting or bleeding (how often do you need to change pads) and the color.
- Note activity prior to the occurrence.
- See if resting (lying down or sitting with feet elevated) helps it to stop.
- Report bleeding and cramping to the doctor.
- If the cramping is severe or bleeding is heavy (changing a large maxi pad every hour or more often) you need to go to the Emergency Room.

## Heartburn

- More common later in pregnancy.
- Avoid fatty foods, acidic foods (tomatoes or tomato sauces, orange juice), gas producing foods, and large meals.
- Antacids low in sodium content are ok to use (Tums with meals and at bedtime).
- Elevate head of bed at night (two pillows or something under mattress).

## Headaches

- More common during first trimester.
- DO NOT TAKE ASPRIN OR NSAID (i.e. ibuprofen, Motrin, Aleve, Advil).
- First try relaxation methods: warm baths, massage, tension-reducing exercises, relaxation breathing, hot or cold packs to back of neck and shoulders.
- If relaxation measures are not effective use Tylenol, plain or extra-strength.
- Try taking Tylenol with a caffeinated beverage, ie coffee or tea
- If nothing helps and the headache is severe or associated with vision problems report it to your doctor right away.