

OBSTETRICAL CARE GUIDELINES

MEDS/INSTRUCTIONS:

FATIGUE: Most common in early and late pregnancy. Exercise, rest when possible and try to eat healthy meals and get plenty of sleep. Take your vitamins.

NAUSEA/VOMITING: Usually resolves by 14-16 weeks. Avoid heavy, greasy or spicy foods. Try to eat 5-6 small meals a day with easily digested foods such as carbohydrates (like crackers). Drink plenty of fluids. May take Vitamin B₆ 50 mg up to 3x/day. May try ginger (pills, hard candy, tea) up to 1 gram/day, also may try motion sickness wrist bands. Call if no improvement.

HEARTBURN: Eat small, frequent meals. Avoid lying down right after eating. May try Tums, Riopan, Mylanta, Maalox, Gaviscon, Pepcid, Zantac or Prilosec.

URINARY FREQUENCY: Continue to drink 10-12 glasses of fluids. Let us know if you are having burning, pain or excessive pressure, or temperature over 100.4°.

CONSTIPATION: Drink 10-12 glasses of fluid each day (preferably water). Eat high fiber foods. May use any fiber supplement, Colace or Milk-of-Magnesia.

BLOATING: Try Gas-X or Mylicon. Drink plenty of water. Walking may relieve some pressure.

DIARRHEA: Try Imodium or Kaopectate (follow directions for dose).

HEADACHE or PAIN: May take Tylenol (follow directions for maximum dose). Drink plenty of fluids, get plenty of rest and avoid excessive stress. If no relief or you develop visual symptoms with headache, call the office.

BLEEDING GUMS or NOSEBLEEDS: Maintain good dental hygiene. Routine dental checkups are okay. Apply pressure to the bridge of the nose. You can also use nasal saline spray.

BACK PAIN: Practice good posture. Try low back stretching/exercises. Rest with your feet up. You may use Tylenol as directed, low heat to back, warm showers or bath. In some cases, massage may help.

DIZZINESS or FAINTNESS: Move slowly when changing positions. Eat small, frequent meals. Drink plenty of fluids.

COLD and ALLERGY SYMPTOMS/ NASAL CONGESTION: Drink extra fluids. You may take Actifed, Sudafed, Chlor-Trimeton, any Robitussin product, Benadryl, Claritin, Zyrtec, any Tylenol product, throat lozenges or sprays, warm salt water gargles, Afrin nasal spray for 3 days only, Zicam or Airborne. Call if symptoms persist for more than a week or if temperature over 100.4°. **If you have high blood pressure, check with the doctor first.**

EXERCISE:

- Keep pulse 120-140 BPM.
- Avoid high impact aerobics or those requiring excellent balance.
- Don't start any new exercise program unless it is a prenatal program or walking.
- No exercising on the back after 16 weeks.
- Drink plenty of fluids, dress in layers.

CONCERNS ABOUT INTERCOURSE:

- Usually considered safe.
- Not safe if having vaginal bleeding, abdominal pain, fluid leaking from the vagina, or if diagnosed with preterm labor or placenta previa.

TRAVEL:

- Okay if not showing danger signals.
- After 28 weeks, no long distance travel.
- If driving or flying, get out frequently, walk and drink plenty of fluids.

NUTRITION:

- Expect to gain approximately 25-35 pounds.
Increase caloric intake by 200-300 calories per day.
- Avoid high calorie, low nutrient foods.
- Remember daily prenatal vitamins.
- Calcium 1000-1200 mg per day in diet or supplements.
- Avoid alcohol and tobacco.
- Nutrasweet, Splenda or Equal in moderation is okay.

SLEEPING:

- After 16-18 weeks, avoid sleeping flat on your back.
- Use pillows as needed.

DANGER SIGNALS:

- Severe or persistent vomiting.
- Vaginal bleeding.
- Severe abdominal pain/cramping that persists.
- Decreased fetal movement from 6 months on.
- Chills/fever over 100.4°.
- Burning with urination.
- Sudden weight gain.
- Severe or persistent headaches, visual disturbances.
- Gush or flow of watery or bloody fluid from vagina.