

PREGNANCY INFORMATION SHEET Oklahoma City Gynecology and Obstetrics

All information listed on this sheet has been approved by your physician to take during your pregnancy. This is a list of remedies for the more common discomforts in pregnancy. We hope you will find it helpful in solving these problems.

Please keep these instructions in a handy place to refer to when the need arises. If the problem is not resolved by the use of these instructions, please do not hesitate to call our office at (405) 936-1000.

CONSTIPATION AND \ OR HEMORRHOIDS:

1. Increase your water intake to 8 to 10 glasses a day.
2. Add bulk to your diet in the following ways:
 - A. Fresh fruit
 - B. Fresh raw vegetables - salads, "munchie" vegetables such as carrots, celery and broccoli.
 - C. Fiber cereals - there are many cold cereals available; oatmeal is also good.
3. Increase your general exercise such as walking - it increases your overall muscle tone.
4. Metamucil, Fibercon or Citrucel on a daily or every other day basis to help keep bowel habits regular.
5. If #4 is not effective, you may use Milk of Magnesia per the bottle directions; the tablets may be easier to take than the liquid.
6. Colace can be used daily as a stool softener.
7. You may use over the counter hemorrhoid medications as well as Tucks wipes.
8. Warm Sitz Bath

DIARRHEA:

1. Clear liquids only.
2. Avoid milk or milk products.
3. Increase your amount of fluid intake so you will stay hydrated; use Gatorade, 7-up, juices, popsicles or water.
4. Kaopectate may be helpful; please take according to the bottle directions.
5. If your diarrhea does not resolve within 24 hours (after doing the suggestions listed above) please call our office.
6. If your diarrhea is accompanied by uterine contractions or menstrual - like cramping, **PLEASE CALL.**

COLDS:

1. Increase your fluid intake; especially clear fluids such as soups.
2. Sleeping with a cool mist vaporizer may facilitate sleep.
3. Increase your amount of quality rest.
4. Call our office for a temperature greater than 101 degrees Fahrenheit that persists in spite of Tylenol.
5. The following over-the-counter products may be helpful:
 - A. Tylenol for aches or fever, (only Extra strength or regular) Advil is safe to use up to 24 weeks.
 - B. Plain Robitussin for a cough.
 - C. Mucinex as directed on label.
6. Colds are usually caused by a virus. However, if symptoms persist more than several days and / or your drainage is not clear in color, you may need an antibiotic. Please call us if this occurs.

SORE THROAT:

1. Lozenges (except Zinc), Chloraseptic spray, Warm salt water gargle.

NAUSEA:

1. Turns and small frequent meals.
2. Pepcid, Sea bands, Zantac, Mylanta, Maalox, or Emetrol
3. Raisins
4. Book - "No more morning sickness", you can purchase at Barnes & Noble bookstore for about \$10.95
5. B6 50-1 OOmgs, one daily
6. Standardized Ginger maximum -100 mg 1, 3 times daily
7. Ginger Snaps.

HEADACHES:

1. Tylenol - you may use extra strength or regular (no Aspirin or Ibuprofen)
2. Ibuprofen (Advil or Motrin) - may be used up to 24 weeks.

AFTER THE FIRST TRIMESTER:

1. You may paint in a well ventilated room.
2. You may perm or color your hair (use a well ventilated room).
3. You may tan in a tanning bed.