

## Common Questions During Pregnancy (*Recommended Treatments*)

### **BACKACHE:**

Low heat or cold compress to the area  
Wear low heeled shoes  
Avoid lifting heavy objects  
Sleep on your side  
Sit in chairs with good support  
Extra Strength Tylenol 1-2 tabs every 4 hours

### **CONGESTION AND NOSEBLEEDS:**

Saline drops and humidifier

### **CONSTIPATION:**

Drink plenty of water  
Prune juice  
Increase high fiber foods (fruits, vegetables, bran & whole grain breads)  
Metamucil, Miralax, Senokot, Colace may be used daily

### **NO ENEMAS**

### **HEMORRHOIDS:**

Avoid straining and constipation  
Ok to use Preparation H  
Sitz baths 3 times daily

### **ROUND LIGAMENT PAIN:**

Maternity Belt for support  
Rest and warm bath

### **VARICOSE VEINS:**

Do not sit with legs crossed  
Move around as much as possible  
Prop legs up as often as possible  
Wear support hose  
Exercise- swim, walk, ride bikes

### **HEARTBURN:**

Eat smaller meals  
Drink small amounts at meal time  
Stay away from fried or greasy or spicy food  
Avoid fizzy, citrus or juice drinks  
Sit up after meals  
Safe to take Mylanta, Tums, Pepcid AC, Zantac, Maalox

### **NAUSEA AND VOMITING:**

Dry toast/crackers  
Bananas, rice, applesauce and toast  
Small frequent meals  
Sea Bands, B6, Ginger

### **INSOMNIA:**

Bath or shower at night  
Avoid naps  
Comfortable positions on side with pillows for support  
Relaxation techniques (yoga)

### **COLD:**

See Primary Care if you get the flu or temp is > 100  
Safe to take Sudaphed (with ephedrine),  
Robitussin DM, Tylenol  
Rest and increase fluids

### **SWELLING:**

Elevate feet when resting

### **VAGINAL DISCHARGE:**

Excessive discharge is normal  
Good Hygiene (bath daily)  
Call if burning, itching, fever or back pain  
**NO DOUCHING**

### **FLU:**

Follow up with your Primary Care Physician  
Stay home  
Increase fluids  
Tylenol for fever  
**SAFE TO GET FLU SHOT** (*if not allergic to ingredients and are aware of other possible side effects*)

### **FOODS TO AVOID:**

Unpasteurized cheese  
Deli meat with Nitrites  
Raw eggs  
Uncooked meat  
Sweeteners except sugar and splenda  
Sushi

### **DENTAL CARE:**

Good dental hygiene  
Visit your dentist during pregnancy

### **WEIGHT GAIN:**

Average 25-35 lbs

### **SCIATIC PAIN:**

Stretching exercises  
Tylenol, heat, ice  
Maternity belt

### **EMOTIONAL CHANGES:**

Normal in pregnancy  
History of depression - talk with care provider

### **NUMBNESS/TINGLING:**

Wear wrist splint  
Change positions frequently

**More Questions?**  
**Call us 770-476-1088**

