

GUIDELINES FOR COMMON PROBLEMS DURING PREGNANCY

FEVER OR HEADACHE

1. If your temperature is 101 degrees (F) or greater, you should call the clinic.
2. Otherwise, Extra Strength Tylenol may be taken as directed for headache or any temperature elevation. Do not exceed 4000 mg of acetaminophen (Tylenol) in 24 hours.

COLDS / SINUSITIS

1. If your temperature is 101 degrees (F) or greater, you should call the clinic.
2. Although we prefer NO medications until 12 weeks of pregnancy, if symptoms persist, you may take the following for symptoms you may have.
 - A. Claritin, Tylenol Cold & Sinus, Mucinex, Sudafed or Zyrtec may be taken as directed for congestion (read label).
 - B. Robitussin cough syrup may be taken as directed for cough or chest congestion.
 - C. Increase liquid intake to 10-12 glasses daily.
 - D. You may use a cool air humidifier at bedside while sleeping.

SORE THROAT

You may use Chloraseptic Spray, throat lozenges, gargle salt water.

INDIGESTION OR GAS PAIN

1. Antacids may be taken as directed for indigestion (i.e. Pepcid, Tagamet, Tums, Riopan, Maalox, Mylanta, Rolaids).
2. Eating smaller portions frequently rather than eating three full meals may be helpful.
3. Do not eat less than two hours before bedtime.
4. Mylicon may be used as directed for gas pains.
5. Elevating the head of your bed after eating may be helpful.

NAUSEA OR VOMITING

1. Stop intake of any solid foods and begin clear liquids (i.e. Gatorade, 7-Up, tea, Jell-O) and continue on liquids for 24 hours.
2. If vomiting occurs, wait one hour and try sips (teaspoon) every fifteen minutes.
3. If unable to hold down clear liquids for 12 to 24 hours, call the clinic.
4. Gradually increase diet with bland foods (i.e. crackers, dry toast, bananas, chicken soup, etc.).
5. To decrease nausea you may try:
 - A. Keeping something in the stomach every two hours (do not eat more, spread your food intake over several hours).
 - B. Eating crackers before arising in the morning.
 - C. Avoiding heavy, greasy or fried foods.

You may try Vitamin B-6, 50 milligrams three times a day, Emetrol syrup, or Dramamine as directed on the label.

DIARRHEA

You may use Imodium AD.

CONSTIPATION

1. To avoid constipation, your diet should include a minimum of 10 glasses of liquids daily (i.e. water, juices). A 100% bran cereal or bran muffins eaten daily will also aid in maintaining normal bowel function. You should increase your intake of fresh fruits and vegetables.
2. Exercise daily, in moderation (i.e. walking for 20 minutes) unless your physician has advised otherwise.
3. Medications such as laxatives may be harsh and should only be used when advised by your physician. Stool softeners such as Colace or Surfak may be used daily as needed. A natural fiber product such as Metamucil, Citrucil, Fibercon, Milk of Magnesia or Senokot may be used daily as needed.

HEMORRHOIDS

You may use Preparation H or Anusol HC.

YEAST INFECTION

You may use Monistat.

THINGS YOU NEED TO KNOW

~ You may have dental work done – dentist must NOT use nitrous oxide gas.

~ X-Rays – use lead apron to cover abdomen.

~ Tanning bed not suggested during pregnancy.

~ If you plan to have a Tubal Ligation, it is your responsibility to sign a consent form in our office. This must be signed at least 30 days prior to the procedure. If you have any questions, please contact our business office.

~ Please pre-register at the hospital before 32 weeks of pregnancy.

THINGS TO EXPECT

<u>TEST</u>	<u>WEEK OF PREGNANCY</u>
Alpha-fetoprotein screening - AFP (<i>optional</i>)	16 weeks
First Trimester Ultrasound / Sonogram	8-12 weeks
Survey Ultrasound / Sonogram	20 weeks
Rhogam injection	28 weeks
1 Hour Glucose	28 weeks
Group B Strep	36 weeks
Vaginal exam for dilatation	38 weeks

Cell Free DNA screening - NIPT (*optional*) 10 weeks or greater

Contact Harmony Care Specialist @ 1-855-927-4672 for cost associated with NIPT testing.

Ask your doctor or nurse for more information regarding the AFP or NIPT testing.