

**\*Pregnancy FAQ’s - Please keep for reference\***

**Congratulations on your pregnancy!**

**Nausea:** can be a normal symptom in pregnancy and it is important for you and your baby to receive proper nutrition. The following suggestions may help; most nausea decreases considerably after the first trimester (12 weeks).

Dietary Guidelines:

* Small frequent meals (4-6), avoid extremes of appetite (overly full or hungry)
* Drink small amounts of fluids with meals and sip fluids between meals
* Low fat foods and carbohydrates that are easy to digest
* Avoid high seasoned foods and foods that give you gas
* Eat a protein filled snack before going to bed
* Peppermint tea, ginger tea, Gatorade, 7-up, ginger ale, lemon products
* Prevent dehydration
* When waking in the morning, rise slowly and eat a small amount of dry snacks (dry cereal, crackers, etc.)

General Guidelines:

* Get plenty of air and remove odors from surroundings if you can
* Wear less restrictive clothing
* Get plenty of rest
* Seaman’s band

Medications:

* DO NOT take any anti-nausea medications without consulting your provider first
* Vitamin B6- 50 mg morning/nighttime
* Unisom ½ tablet per day (doxylamine) 25 mg twice a day or 50 mg once at night

**Travel:** is safe during pregnancy assuming you have no complications. If traveling by car, please wear your seatbelt and stop periodically to stretch, empty your bladder and rehydrate yourself. If traveling long distances make sure you are wearing compression socks and get up to stretch, etc. periodically. After 35 weeks our providers do not recommend traveling long distances.

**Dental Exams:** are safe during pregnancy, bleeding gums may increase during this time. Local anesthetic for fillings may be used without epinephrine. Dental x-rays may be done if necessary, but your abdomen and thyroid should be shielded with a lead apron.

**Hair Color:** is safe to use in pregnancy, however, there is no guarantee of the treatment results as pregnancy hormones may changes the proteins in your hair. Make sure all treatments are done in a well-ventilated area.

**Painting:** must be done in a well-ventilated room. A water based (rather than oil) is preferred. If nausea, lightheadedness, headache or dizziness occur, stop and get fresh air. Do not sleep in a freshly painted room for 24 hours.

**Exercise:** do what is comfortable and continue to exercise as you were prior to pregnancy if you are able to. Avoid abdominal exercises.

**Caffeine:** is safe during pregnancy up to 200mg per day (equivalent to one 8oz cup of coffee or soda).

**Marijuana:** DO NOT USE in pregnancy

**Snow or Water Activities:** are generally not recommended during pregnancy depending on the activity and your expertise. Swimming is okay. *Please contact your provider with specific questions.*

**Vaginal Discharge:** can increase during pregnancy due to your hormones. A panty liner may be helpful to absorb moisture and keep the area free from irritation. Do not douche during pregnancy. *If itching, burning or odor occur, please contact your provider.*

**Hot Tubs/ Saunas/ Tanning:** are not safe in pregnancy as these raise your core temperature which is unsafe for your baby.

**\*Approved Over the Counter Medications During Pregnancy\***\**If any problems listed persist more than one week, please contact your provider.*

**Common cold/ cough/ congestion/ allergies:**

* Claritin (loratadine)
* Zyrtec (cetirizine)
* Benadryl
* Chloraseptic
* Chlor-Trimeton
* Nasal Sprays (Flonase, Afrin x3 days max)
* Robitussin/ Robitussin DM
* Mucinex
* Tylenol/ Tylenol Extra Strength
* Sudafed (*after 12 weeks*)
* Ibuprofen (*between 12- 30 weeks)*

**Sore Throat:**

* Halls Defense/ throat lozenges

**Headache/ Back Pain:**

* Ibuprofen (*until 32 weeks)*
* Tylenol/ Tylenol Extra Strength
* Heating pad

**Constipation:**

* Colace
* Metamucil
* Fiber
* Miralax
* Magnesium oxide 400mg
* Senna

**Hemorrhoids:**

* Anusol
* Tucks Wipes
* Preparation H

**Heartburn/ Indigestion:**

* Tums (max 3x per day)
* Mylanta
* Pepcid
* Zantac
* Maalox
* Rolaids

**\*\**If you have questions about a medication not listed, please visit our website or contact your provider\*\****