

COMMON COMPLAINTS AND REMEDIES DURING PREGNANCY

During your pregnancy, you may find that you are suffering from yeast or vaginal infections, cold or flu, stomach upset or other common complaints. In order to help you take care of these problems or alleviate these symptoms, we provide you with the following information. It is not in any way to replace advice from your physician. If you have any questions, please discuss them with your provider.

At Caring for Women, we feel that any medication use in pregnancy should be avoided if at all possible. There is no guarantee that medication is safe to take in early pregnancy. Adequate studies cannot be done to determine the effects of medications on the baby. Our purpose is to alleviate maternal symptoms without causing harm to the baby. The medications mentioned below have been used in pregnancy with limited to no known adverse effects to the baby.

MORNING SICKNESS, NAUSEA AND VOMITING

We recommend frequent small meals. Try toast or crackers before getting out of bed to settle the stomach. Flat ginger ale or ginger capsules may also be used. You may also try *Dramamine* or *Emetrol*, which are sold over the counter in the drugstore. It is best to avoid greasy, spicy foods. *Vitamin B6 100mg* taken with *Unisom 25mg* daily will act in combination and quiet the nausea and vomiting. If symptoms persist or you are unable to keep any food or liquid down, please call our office.

YEAST INFECTIONS

If you have had a yeast infection in the past, you are familiar with the curd-like discharge, itching and redness of the vagina and vulva. It is safe to use over the counter medications such as *Monistat* during pregnancy. Please follow the directions on the package and use caution when inserting the applicator. We recommend inserting the applicator only halfway. Your symptoms should improve in several days. If the infection does not respond to medication, it is necessary to schedule an appointment.

COMMON COLD

It is safe to take *Tylenol* or *Tylenol Extra Strength* for fever or aches related to a cold. No aspirin or ibuprofen should be taken during pregnancy. For congestion, we recommend symptomatic relief first. This includes inhaling steam, salt water gargles, saline nasal spray and throat lozenges. *Sudafed* or *Actifed* may be taken for congestion. *Plain Robitussin* or *Triaminic* without alcohol may be used for cough. In the event you experience coughing at night that keeps you from sleep, *Benadryl* tablets or capsules may be used. Follow package directions for any of these medications. If you experience fever greater than 101 degrees, productive cough or discolored sputum, shortness of breath or difficulty catching your breath, or changes in fetal movement, please contact your doctor for instructions.

HEARTBURN

Heartburn is a common complaint during pregnancy. Over the counter medications such as *Tums*, *Maalox*, *Zantac 75* or *Tagamet HB* are all safe during pregnancy. *Pepto-Bismol* is not recommended because it may be metabolized to aspirin. Avoid lying down immediately after eating. If your heartburn is accompanied by upper abdominal pain, high pressure, swelling and headache, this may be a sign

(HEARTBURN CONTINUED)

of a pregnancy complication, and you should contact your physician for instructions.

CONSTIPATION

Colace, *Surfac*, or *Metamucil* may be used according to package directions. Increasing your fluid intake and eating high fiber products (bran) along with exercise may also be helpful.

STOMACH FLU

If you are vomiting, it is important to avoid anything orally until the vomiting stops. Hydration is much more important than eating food, so clear liquids are recommended until your stomach settles down. These include: soft drinks without caffeine, weak tea, Gatorade, Jell-O and Popsicles. Plain water may be nauseating to an upset stomach. As your appetite increases, you may want to try the BRAT diet. B - banana, R - rice, A - applesauce, T - toast. Avoid dairy products, greasy, fatty or rich foods of any kind until you are feeling better. It is safe to take *Kaopectate* or *Imodium* for diarrhea. Again, Pepto-Bismol is not recommended. If you are unable to keep any fluids down, are experiencing excessive thirst or decrease in urination, please contact your physician for further instructions.

Please Note:

- If a problem develops, please try to call during regular hours 602-482-2929, so your medical record is available and an appointment may be scheduled.
- * If a problem develops after hours, please call the Triage service at 877-990-7678.
- It is very important to know a 24-hour pharmacy number nearest your home and the hospital your insurance plan has approved.
- If you feel it is a severe emergency, please proceed to your insurance plan's designated emergency room for evaluation.