

Mission Obstetrics and Gynecology, P. C.

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Morning sickness:

Pregnancy often begins with bouts of nausea and feelings of fatigue. These symptoms usually improve by the fourth month. Eating frequent, small meals rather than three full meals a day is often helpful. Carbohydrates, such as crackers and bread sticks are found to decrease nausea. One should avoid greasy, spicy or fried foods if experiencing significant nausea. If unable to keep any foods or liquids down, please call your physician's office. On occasion, it becomes necessary to administer intravenous fluids if symptoms are severe or prolonged.

Constipation:

To avoid constipation drink at least six glasses of water daily. Other aids include bran type cereals, fiber in the form of fruits and vegetables, such as lettuce, prunes, and apples.

Insomnia:

Fatigue during pregnancy is common, especially in the first trimester. It is suggested that you rest at least one half hour a day, more if at all possible. Resting helps avoid fatigue, which can contribute to insomnia. Taking a warm shower or drinking a glass of milk before bedtime can also help with insomnia.

Sexual Relations:

There are no restrictions during the pregnancy, unless you are experiencing such complications as pre-term labor or unusual vaginal bleeding. If intercourse is still difficult due to the enlargement of the uterus, a change in position may be helpful. If you notice cramping after intercourse, the use of a condom may decrease this symptom.

Exercise:

Exercise during pregnancy is encouraged. Aerobic exercises such as walking, swimming and low impact aerobics are ideal. Caution must be used to avoid activities that cause a loss of balance and possible injury. If you have any questions about other kinds of exercise, please ask your physician.

General Health:

Viral infections should be avoided. Use proper hand washing techniques and limit contact with those that are ill. Children with fevers or rashes should be avoided. Infections such as rubella, chicken pox, and fifth disease will be discussed during your prenatal visits.

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Heartburn:

You may experience a burning sensation in your chest accompanied by burping. This is a form of indigestion. Eating small, frequent meals throughout the day can minimize heartburn. Avoiding greasy and spicy foods, eliminating caffeine and sleeping propped up on a pillow can also help. Maalox, Mylanta, TUMS, or Rolaids can be taken during your pregnancy.

Varicose Veins:

Varicose Veins are common in pregnancy and are caused by the hormonal and physical changes that accompany pregnancy. To aid circulation, constricting clothing should be avoided and support hose should be worn. Walking, elevation of legs, changing positions often and flexing your leg muscles are of some benefit.

Dizziness & Fainting:

During pregnancy some women experience dizziness and fainting. This occurs more often in the second and third trimester when the uterus presses on the major blood vessels that are behind it. Usually this is not a serious problem, and can be improved by resting on your left side and increasing fluid intake.

Hemorrhoids:

Constant pressure, constipation, excessive sitting or straining may cause one to develop hemorrhoids. Cold compresses and Anusol HC (cream or suppositories) may be required.

Drinking and Smoking:

Alcohol consumption has been shown to cause serious fetal abnormalities. This is particularly related to heavy and regular consumption. While an occasional glass of wine or beer is probably okay, no safe level of alcohol consumption has ever been established. Therefore it is recommended that any consumption of alcohol be avoided once you are diagnosed as pregnant.

Women who smoke during pregnancy are at an increased risk for stillbirth, preterm delivery, growth retardation, fetal distress and crib death. Placental blood flow is decreased due to smoking. Smokers also hold oxygen more tightly in their blood, therefore delivering less to the baby. This is the best time in which you can make a lasting contribution to your child. By quitting smoking as soon as you are diagnosed as pregnant, you will decrease your risk of heart disease, stroke, lung cancer, and emphysema.

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Medications and Treatments for Common Problems in Pregnancy

Nausea/Vomiting

- Small, frequent meals (make sure you have carbs/proteins)
- Separate liquids/solids EX: toast w/peanut butter
1 hour later, glass of milk
- Take prenatal vitamins at night
- Crackers/peanut butter or cheese at bedside-take half hour before getting up.
- Suck on lemon drops, peppermint candy, chew on gum.
- Try ginger ale, slurpees, popsicles- pure water is not a good thing to drink if nauseated
- OTC Drugs- Premesis- (PNV w/vit B)
- Vitamin B6 50 mg- take one tab 1 hour before main meals (3x/day)
- Prescription Drugs- Phenergan, Zofran

Upper Respiratory Infection (Common Cold)/Sinus Problems

- Increase fluids
- Rest, Rest, Rest !
- Temperature about 101-use Extra Strength Tylenol every 4-6 hours
- Tylenol Cold/Sinus/Allergy
- Ocean Nasal spray
- Actifed, Sudafed
- Cepacol/Cepastat Lozengers
- Cough-Robitussin (1-2 tsp. Every 4 hours) -Any robitussin that works for you !
- Tylenol PM-help with sleep (take 2 hours. Before bedtime)
NO Motrin, Advil, or Ibuprofen !!!!

Allergies/Asthma

- Claritin D/Tylenol Allergy
- May take PRN inhalers as needed for asthma
- Zrytec-Prescription only

Constipation

- Hi fiber diet-whole grains (breads)
 - Green, leafy vegetables
 - Hi fiber cereals
 - Oatmeals
- Increase fluids-10-8oz.glasses of water a day
- Constipation-Fibercon, Metamucil, Senecot, Ducolax, Benefiber
- Stool Softeners-Colace, Pencilace

Diarrhea

- Make sure you are getting enough fluids-popsicles, slurpees, jello, gingerale.
- Make sure you are urinating
- BRAT Diet-bananas, rice, applesauce, toast
- Use Imodium as directed
- Call office if no improvement in 24 hours

Stomach Flu

- Increase fluids
- Rest
- Avoid solids for 2 hours, after last emesis. Take sips of liquids
- Start with clear fluids (pop, Gatorade), add jello, popsicles, chicken broth (after tolerating clear liquids)
- Then slowly add crackers, bananas, rice, toast
- Call office if persists greater than 2 days

Dentist

- Can have x-rays (shield abdomen)
- Orajel for tooth pain
- Can have antibiotics/pain meds (Tylenol #3)
- Can have local anesthetic (but not gas)

Heartburns

- Stay away from greasy/spicy food- eat bland foods
- Keep stomach full-small frequent meals- Protein/CHO combination
- Mylanta, Maalox, Mylicon, Gaviscon, Turns
- Can use Pepcid/Zantac
- Call office if no improvement

Leg Cramps

- Pull back on heel towards you
- Tums (1-2 tabs up to 4 times a day)

Hemorrhoids

- Tucks
- Anusol supplements
- Preparation H
- Increase fluids
- Take stool softeners

Headaches

- Tylenol – Extra Strength-2 tabs every 4-6 hrs, with 1 cup of coffee or pop (we recommend Starbucks or Mountain Dew- highest amount of caffeine)
- Cool wash cloth to forehead
- Quiet, dark room- decrease stimuli

Yeast Infection

- Monistat 3 or 7- over the counter
- Terazol cream (prescription)

Antidepressants

- Need to discuss with doctor

Health Smart

Sodium Smarts

Sodium is a mineral, and we most commonly come across it in ordinary table salt, sodium chloride. Our bodies need salt, about 500 milligrams (mg.) a day.

But the average American consumes 6,000 to 18,000 mg. of salt daily. That's roughly one to two teaspoons. Too much salt, or more specifically too much sodium, can increase blood pressure and higher blood pressure increases the likelihood of heart disease and stroke.

Most foods, in their natural state, contain some sodium. More is added in commercial food processing and when we cook at home. That's where we can be more careful.

When preparing food at home, use herbs and spices as a substitute for table salt. On lean meats try garlic, onion, dry mustard, paprika and pepper-singly or in combinations. Experiment with curry powder, dill or lemon juice on fish, poultry and vegetables. Be adventurous. Food can be fun without a salt shaker.

In the grocery store, check ingredients labels and watch out for any compounds with sodium or soda in them. Here's a general list of prepared foods that are high in sodium.

Food Groups

High Sodium Foods to Avoid

Fish, Meat, Poultry,
Beans, Nuts

Hot dogs, lunch meats, ham, sausage,
pork and beans, smoked pickled or canned
meat and fish, and salted nuts.

Milk and Dairy

Buttermilk, creamed cottage cheese, natural
cheeses, processed cheese and cheese food.

Fruit and Vegetables

Sauerkraut, canned vegetables, pickles, olives, tomato juice

Bread

Quick breads, instant hot cereals, salted crackers

Miscellaneous

Canned soups, seasoning salts, soy sauce, steak sauce, salted
snack foods, tv dinners, prepared mustard, ketchup,
monosodium glutamate (MSG)