Total Women's Health of Baltimore Pregnancy Problem Sheet

Listed below are some problems that can occur during your pregnancy along with some simple "self helps." If you have any questions, please call the office.

- ***Backache-*** *rest and warm (NOT HOT) baths. Use correct posture and try to avoid heavy lifting. Sleep on a firm bed. Wear low heeled shoes. If this doesn't help, ask Dr. Oliver about recommendations for a good maternity belt.*

- ***Allergies-*** *Benadryl, Zyrtec, Claritin*

- ***Cough & Cold-*** *use a vaporizer. Increase your fluid intake. Plain Robitussin, Robitussin DM, Vicks Chest Rub, cough drops*

- ***Sore Throat-*** *Increase fluid intake, Children's Sucrets, cough drops*

- ***Sinus Congestion/Drainage-*** *Humidify your home or bedroom and increase your fluid intake . Sudafed, saline nasal spray, nasal strips (CANNOT CONTAIN PHENYLEPHRINE)*

- ***Fever-*** *Drink fluids. Call the office if your temperature exceeds 101.0 Fahrenheit- Tylenol*

- ***Constipation-*** *increase intake of bulk fiber, fruits, bran, vegetables and water (6-8 glasses daily). Colace, Surfak, Citrucel, Metamucil*

- ***Diarrhea-*** *Stick to a clear liquid diet like bouillon, Jell-O, 7-Up, Gatorade for 48 hours. Imodium, Kaopectate*

- ***Hemorrhoids-*** *Avoid constipation by increasing the amount of fluids and roughage in your diet. Sitting in a soothing tub of warm (NOT HOT) water can help. Preparation H, Anusol HC, Tucks Pads, Witch Hazel*

- ***Groin Pain –*** *Round ligament pain is sharp sudden pain in the groin area caused by the uterus growing to accommodate the baby. Move carefully and avoid sudden movements. Turn over carefully when you are in bed or getting up. Get off your feet. Purchase a maternity belt, which may help. As Dr. Oliver for recommendations.*

- ***Indigestion & Heartburn –*** *Avoid spicy and greasy foods. Eat small frequent meals. Tums*

- ***Nausea –*** *Try eating something dry upon awakening such as toast or crackers. Instead of eating 3 large meals, try eating 6 small meals spaced evenly throughout the day. Eat your meals dry and wait 45 minutes before drinking fluids. Emetrol can help. If you feel that your nausea is out of control, there are prescription medications that you can take. If prescription medication is not working, call the office. Dr. Oliver can set up a home care service and a Reglan or Zofran pump can be attached subcutaneously to your abdomen by a nurse who can also administer at home IV fluids so you can avoid hospitalization.*

- ***Dizziness, Fainting and Lightheadedness-*** *Avoid sudden changes in posture. After lying down, get up slowly, rolling to side then pushing up to sitting position. These symptoms can be exacerbated by going long periods of time without hydration and food due to lower blood sugars and lower blood pressure that occurs without proper food and fluid intake.*

- ***Sexual Intercourse-*** *Continue as long as possible unless you have spotting or your bag of water ruptures.*

- ***Spotting -*** *Go to bed if possible. Avoid intercourse, tampons or douching and observe. If cramping or bleeding becomes heavier, call the office.*

- ***Swelling (Edema) -*** *This is a problem that most pregnant women have at some point in their pregnancy. Support pantyhose, elevating feet and resting on your left side may offer some relief. Don't wear rings if your hands are swollen. "Water pills" are not recommended during pregnancy. Drink plenty of fluids, especially water – and lower salt intake.*

- ***Vaginal Discharge-*** *You will have more discharge than normal when you are pregnant but if signs of infection occur, such as itching or foul odor, call the office. DO NOT DOUCHE.*

- ***Varicose Veins or Spider Veins –*** *Elevate feet as often as possible and wear support hose. These may go away after the pregnancy. No thigh high or knee high hose.*

It's time to go to the hospital when:

- ***You suspect your bag of water is leaking***

- ***Your baby is not moving. Do kick counts while lying down. If you do not feel at least 5 kicks in an hour at term, go to the hospital.***

- ***Persistent heavy bleeding***

- ***Your contractions are 10-15 minutes apart if you are less than 34 weeks or 3-5 minutes apart if you are greater than 34 weeks for one hour or more after resting in a quiet area***