

# Tips for common discomforts during pregnancy

**\*\*Please try the things on this tip sheet before calling the office. If no relief from these, call our office and ask for the phone nurse voicemail, unless an emergency.**

**\*\*Keep this sheet throughout the pregnancy and these meds can be used during breastfeeding.**

## Do not take Ibuprofen while pregnant

**BREAST TENDERNESS:** Wear a snug bra, ice packs and take tylenol

**NAUSEA & VOMITING:** Emetrol, saltines, popsicles, Jell-O, clear liquids. Try to advance as tolerated, soups and broth then increase to regular diet. If you have vomiting for more than 24 hours and you develop a fever, contact our office.

**NOSEBLEED:** Pinch nose, lie back and hold for 5 – 10 minutes. Place an ice pack to the back of the neck.

**DIZZINESS:** Gradually stand up from lying or sitting positions. Do not skip meals, eat regular meals and drink plenty of fluids and avoid hot showers. If you have access to a blood pressure cuff check B/P, if elevated or you become dizzy more than twice a week call our office.

**NASAL CONGESTION:** Increase fluid intake, use vaporizer, use normal saline nasal spray 2 – 3 times a day, use vapor rub under nose or on chest. Can also use Claritin, Zyrtec, or Benadryl.

**COLDS & SINUS:** Increase fluids, SAFE MEDS to try: Chlortrimeton, Vicks Formula 44, Cepacol, Chloraseptic sprays or throat lozenges, Claritin, Zyrtec, or Benadryl. May use a vaporizer, normal saline nose drops 2 – 3 times/day. If fever develops or color nasal drainage, persistent cough (productive or non – productive) call our office or primary care.

**SORE THROAT:** Gargle warm salt water 2 – 3 times a day, take Tylenol

**CONSTIPATION:** Increase fluid and fiber intake. May use Milk of Magnesia, warm prune juice, bran cereals and some dried or fresh fruits may be used.