

# 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 that 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.

**YEAST INFECTION:** Monistat 7 cream (over the counter), insert ¼ inch into the vagina.

**HEARTBURN:** Tums, Zantac, Pepcid twice a day or Maalox before or after each meal. Avoid spicy foods that may cause heartburn.

**SLEEPLESSNESS:** Tylenol PM or Benadryl before bed. **ONLY TAKE ONE EACH NIGHT.**

**BACK PAIN:** Normal during pregnancy. Avoid wearing high heels, keep weight gain within recommended parameters, avoid heavy lifting, avoid standing for long periods of time, avoid crossing legs when sitting it can cause you to tilt your pelvic too far forward and promote back pain, sleep on firm mattress, purchase a pregnancy girdle or crisscross support sling for your belly, use heating pad and relax.

**ABDOMINAL PAIN:** What you maybe feeling is the stretching of muscles and ligaments supporting the uterus. The pain may be crampy or sharp and stabbing. As long as the pain is occasional and not persistent and is not accompanied by fever, chills, bleeding, increased vaginal discharge, faintness, or other unusual symptoms there is no cause for concern. Staying off your feet and resting should bring relief.

**HEMORRHOIDS:** Avoid constipation (increase fiber and fluids), sleep on your side, don't strain when having bowel movements, take warm sitz baths twice a day, use topical medications (tucks pads, Preparation H), keep area clean, lie down several times a day.

**SWELLING:** Elevate legs or lie down, wear comfortable shoes, avoid elastic top socks, increase water intake, decrease salt intake.

**HIGH PROTEIN FOODS:** Nuts and seeds, whole – grain baked goods, soy baked goods, yogurt, hard cheese, hard – cooked eggs, wheat germ, beans, rice, oats, peanut butter, milk and cottage cheese.