

Boston MFM Pregnancy Medical Reference Sheet

The following is a list of common symptoms that may occur during your pregnancy, as well as some non-prescription treatment options that are safe to try. Please remember our nurses are available to discuss any concerns you may have related to these symptoms.

Headache:

Tylenol, 2 regular-strength or 2 extra-strength every 6 hours. Headaches are frequently a result of dehydration in pregnancy, so be sure to increase your fluid intake.

- If your headache does not resolve with Tylenol or fluids, and is associated with any visual changes, this can be a concern, so please call the office.
- If you have been diagnosed with migraines previously, please call the office before taking any prescribed migraine medications especially ones with aspirin or NSAIDs in them.

Constipation:

- Increase fluid intake
- Add or increase dietary fiber (green leafy vegetables, bran)
- Try fiber supplements, such as Benefiber
- Metamucil as directed on the bottle
- Colace 200mg, twice per day if needed
- Exercise

Diarrhea:

- BRAT diet (bananas, rice, applesauce, toast)
- Maintain hydration, try fluids that will help replenish your electrolytes, such as Gatorade or Pedialyte

Remember that maintaining hydration is very important in pregnancy, so if you are unable to tolerate fluids, please call.

Nausea/Vomiting:

Nausea is a very common symptom in pregnancy, especially early pregnancy, as a result of hormonal changes happening in your body.

- Try small, frequent meals, eating every few hours (having an empty stomach can trigger nausea)
- Try to incorporate a sugar/carbohydrate and protein in each serving of food (example: crackers with cheese or peanut butter)
- Clear liquids such as Gatorade, 7-Up, Sprite, or gingerale; avoid soda that is dark in color as these contain phosphoric acid which can contribute to nausea
- C-Bands wrist bands

- Vitamin B₆ 50-100 mg, two to three times a day
- Try taking your prenatal vitamins at night instead of first thing in the morning
- If your nausea persists despite trying these treatment options, please call the office to discuss if prescription medication is needed.

If you are unable to tolerate fluids for 12 hours (or for any length of time if you are a diabetic), please call the office.

Heartburn/Upset Stomach:

- Maalox, Mylanta, tums or Roloids
- Over-the-counter Zantac 75-150mg up to twice per day ½ hour before meals
- Prescription strength options are available if these do not control symptoms.

Hemorrhoids:

- Try medicated wipes instead of plain toilet tissue (such as Tucks wipes)
- Sitz baths (2 tablespoons of baking soda per inch of water, soak in bathtub for 15 minutes)
- Preparation H

If these don't work, there are prescription medications you can try, so please call the office to discuss with our nurses.

Leg Cramps:

Often times leg cramps in pregnancy are associated with a deficit in potassium or calcium intake:

- Increase dietary potassium (the easiest trick is to eat a banana a day, oranges also contain a significant amount of potassium)
- Maintain calcium intake (4 servings per day)
- Leg stretches before bedtime
- Benadryl 25-50 mg at night

Low Backache:

- Try using a pillow under your back at night to relieve pressure
- Warm or moist heat as needed
- Pelvic rocking
- Tylenol, 2 regular strength or 1 extra strength every 4-6 hours as needed
- Consider prenatal exercise (such as yoga) or prenatal massage

Sore Throat:

- Chloroseptic spray
- Tylenol, 2 regular strength every 4 hours or 2 extra strength every 6 hours as needed

- Cough drops as needed
- Gargle with salt and warm water

Cold/Cough/Flu:

- For head congestion: Ocean Mist or Afrin nasal spray, Sudafed (after the first trimester of pregnancy and avoid if you have a heart condition or high blood pressure), Benadryl (may cause drowsiness)
- For cough/chest congestion: Robitussin (plain or DM formulas), cough drops as needed
- For aches and fever: Tylenol

Also try a cool mist vaporizer, and maintain your fluid intake as hydration is very important in helping you feel better.

Generalized Itching:

- Sarna cream
- Benadryl (in pill or cream form)

If you notice any specific areas of rash or welts, please call the office to discuss with our nurses

Stretch Mark Prevention:

- Bella Bee Tummy Honey (available at Babies R Us, Walmart or Target)
- Cocoa butter lotion

Dental Care:

Dental care is very important in pregnancy, as studies show that a woman who suffers from periodontal disease in pregnancy has a seven times greater risk of delivering prematurely than a woman without periodontal disease.

If you need dental work while pregnant:

- Dental x-rays can be done only if absolutely necessary; be sure your dentist is aware that you are pregnant and that your abdomen is shielded
- Commonly used antibiotics such as penicillin, erythromycin, amoxicillin, augmentin and keflex are fine to use during pregnancy as long as you are not allergic; if your dentist is recommending something else, please call to discuss with our nurses.
- Novacaine is fine to use during pregnancy

*If you are considering taking any medications that are not on this list, please call to discuss with one of our nurses first to protect your health and the health of your developing baby. Please check with us prior to taking any prescription medications as well.