

# South Sound Women's Center

## Common Ailments in Pregnancy and Their Treatments

### 1. Morning sickness

- Eat small frequent meals that include complex carbohydrates such as dry cereal and crackers
- Stay hydrated with gatorade, popsicles, ginger ale or warm jello
- OTC Dramamine or like non-brand
- Peppermint lozenges
- Raspberry or chamomile tea
- Vitamin B6 50mg three times a day – OTC
- Motion sickness bracelet (Radiance)

Call the office if these measures do not work and you are not able to keep liquids down for greater than 24 hours.

### 2. Headaches

- Acetaminophen (Tylenol) as directed
- Lay down in dark, quiet room
- Cold, moist compress on forehead

Call the office if:

- You have been told your blood pressure is high or borderline high
- The headache is severe
- The above measures do not work
- Rapid increase in swelling of hands, feet, face etc

### 3. Diarrhea

- Avoid dairy products until resolved for 24 hours
- Keep hydrated, preferably with gatorade
- Take kapectate or Imodium

Call the office if:

- There is blood in your stool
- The diarrhea persists for over 24 hours using the above measures

### 4. The Flu or Viral Syndrome

- Take acetaminophen for fever over 101 F. or muscle aches
- Stay hydrated
- Warm baths sometimes help

Call the office if:

- Your fever is over 102
- You have a productive cough or chest pain
- You have nasal drainage that is yellow or green
- You have burning with urination
- Your symptoms persist over 48 hours

## 5. Common cold

- Sudafed, Tylenol Sinus (or like non brand names) as directed for nasal congestion
- Robitussin or Hold cough drops as directed for non-productive cough
- Acetaminophen for temp over 101 F
- Ocean Mist nasal spray

Call the office if:

- Your nasal drainage is yellow or green
- You have a productive cough or chest pain
- Your fever is over 102 F.
- Your symptoms do not improve at all after 48 hours using the medications recommended

## 6. Yeast infections

- OTC Monistat (or similar non brand) 3 or 7 day – only insert applicator ½ way
- Increase yogurt intake
- Decrease free sugar intake

Call the office if symptoms persist after treatment

## 7. Heartburn

- Maalox (choose with simethicone if gas a problem also)
- Tums
- OTC Zantac, Tagamet, Pepcid or equivalent non brand

## 8. Low Back Pain (Aching)

- Heating Pad
- Warm bath
- Massage
- Stretching exercises or pelvic rock
- Do not recommend chiropractic adjustment

Call office if low back pain associated with increase vaginal pressure, increase in discharge or bloody discharge, or uterine cramping.

## 9. Insomnia

This is not an unnatural occurrence in pregnancy for many reasons. The usual course of insomnia is waking up after a few hours sleep and being unable to fall back to sleep. Do not lie awake in bed for over ½ hour trying to get back to sleep. Get up, draw a warm bath and read a book for ½ to 1 hour, then attempt to go back to sleep. Having a cup of chamomile tea can sometimes help this process. More conservative measures are preferred but if these fail, the medications listed below are acceptable except in the 1<sup>st</sup> trimester.

- Tylenol PM
- Benadryl

## 10. Constipation

- Colace or like non-brand
- Increase fiber in diet or with brands such as Metamucil, Konsyl or FiberconDrink plenty of water

## 11. Leg Cramps (especially at night)

- Stay hydrated
- Take Calcium (Two Calcet or equivalent) at bedtime
- Make sure potassium intake adequate (eat bananas)