

Guidelines for Common Pregnancy Concerns

PREGNANCY INSTRUCTIONS & PRECAUTIONS

INCLUDES MEDICATIONS AND FOODS WHICH ARE SAFE FOR YOU TO TAKE DURING YOUR PREGNANCY

Antibiotics

- Antibiotics, when prescribed by a dentist or family physician should be taken as directed.
- Tetracycline and Sulfa drugs should be avoided
- If your dentist or family physician has a question they should contact our office.

Constipation

- Colace, Citracel, Metamucil, Docolax stool softener, Miralax
- Fiber laxatives (Fibercon, Perdiem), Milk of Magnesia
- Try bran cereal (dry raisin bran, bran buds)
- Green salad, spinach, prunes, raisins
- All raw fruits and vegetables
- Increase fluids (water, fruit juice) minimum of 8-10 (8oz) glasses per day

Dental Visits

- Routine checkups are encouraged
- Dental X-rays are to be avoided unless absolutely necessary. If done, abdomen should be appropriately shielded
- Novocain injections are preferred over Nitrous Oxide gas

Diarrhea

- Imodium AD as directed
- Increase fluid- Gatorade, Decaf Tea, Pedialite
- BRAT diet (Bananas, Applesauce, Rice and Toast)
- Bland diet
- NO SPICY OR FRIED FOODS
- NO FRUITS OR VEGETABLES
- NO FRUIT JUICES OR CARBONATED DRINKS
- NO MILK OR MILK PRODUCTS
- NO PEPTO BISMAL

**If diarrhea lasts longer than two days after following these instructions, Please call the office.*

Edema – FLUID RETENTION

- Decrease salt intake
- Avoid Chinese, Mexican, and Italian food, seafood, cheese, deli food and all processed foods
- Cranberry juice and melons are natural diuretics
- For foot edema, elevate your legs above your waist line for 20 minutes at a time, several times a day
- Support pantyhose made especially for pregnancy may help
- Increase water intake

Headaches

- Tylenol (plain or extra strength), Anacin 3 or other Acetaminophen
- NO ANTIINFLAMMATORIES, NO ASPRIN, NO ADVIL, NUPRIN, NAPROXEN, OR ANY OTHER MEDICATION CONTAINING IBUPROFEN

Hair Treatments

Permanents, hair colorings and other chemical hair treatments are to be avoided during the first trimester

Heartburn

Mylanta, Roloids, Riopan, Tums, Prilosec, Maalox and Pepcid AC and Zantac.

Home Improvements

It is advisable to avoid doing any type of home improvements involving chemicals, paints or adhesives during your pregnancy. If improvements must be made, you should maintain good ventilation. Latex is the recommended paint.

Insecticides/ Bug Sprays

May use bug sprays; consider lower DEET

Nausea

- Dry Toast (Melba toast), crackers, Lorna Doone cookies
- Sips of fluid which contain sugar: Decaf or Herbal tea, Gatorade, Kool-aid
- Carbonated drinks are discouraged-IF you prefer them, allow them to sit and “flatten”
- Popsicles and Italian Ices
- Small frequent meals
- Avoid milk, milk products, greasy/fried foods and acidic foods (apples, oranges, tomatoes, lemon juice, etc)
- Emetrol= once to twice a day
- Vitamin B6 50mg ½ tablet three times a day

Sinus Congestion and Flu-like symptoms

- Increase fluid intake and rest as much as possible
- Entex LA, Sudafed and Mucinex are safe after the first trimester
- Benadryl and Claritin
- Chlortrimeton (plain), Robitussin (plain)
- Sucrets or Cepcaol throat lozenges
- Saline nasal spray and Nasal crom (Cromalyn NA)
- Humidifier or cool mist vaporizer
- Tylenol (plain or extra strength)

Traveling

Traveling within the United States by most means of transportation (bus, car, plane, and boat) is generally acceptable up until approximately 30 weeks of gestation. If you are planning to travel after 30 weeks, please notify your physician.

Yeast Infections

If you think that you have a yeast infection= thick, white discharge, itching or irritation, then you may use the following over the counter medications:

- During the 1st trimester- Monistat or Gyne-Lotrimin (external only)
- During 2nd and 3rd trimester- Monistat

**If you have tried the above recommendations and still have symptoms or if your discharge has a foul odor, please contact the office.*

Other Concerns

- Nosebleeds and bleeding gums are common in pregnancy due to hormone changes.
- NO SACCHARIN (NutraSweet and Splenda are okay in moderation.)

- NO SMOKING
- NO ALCOHOLIC BEVERAGES