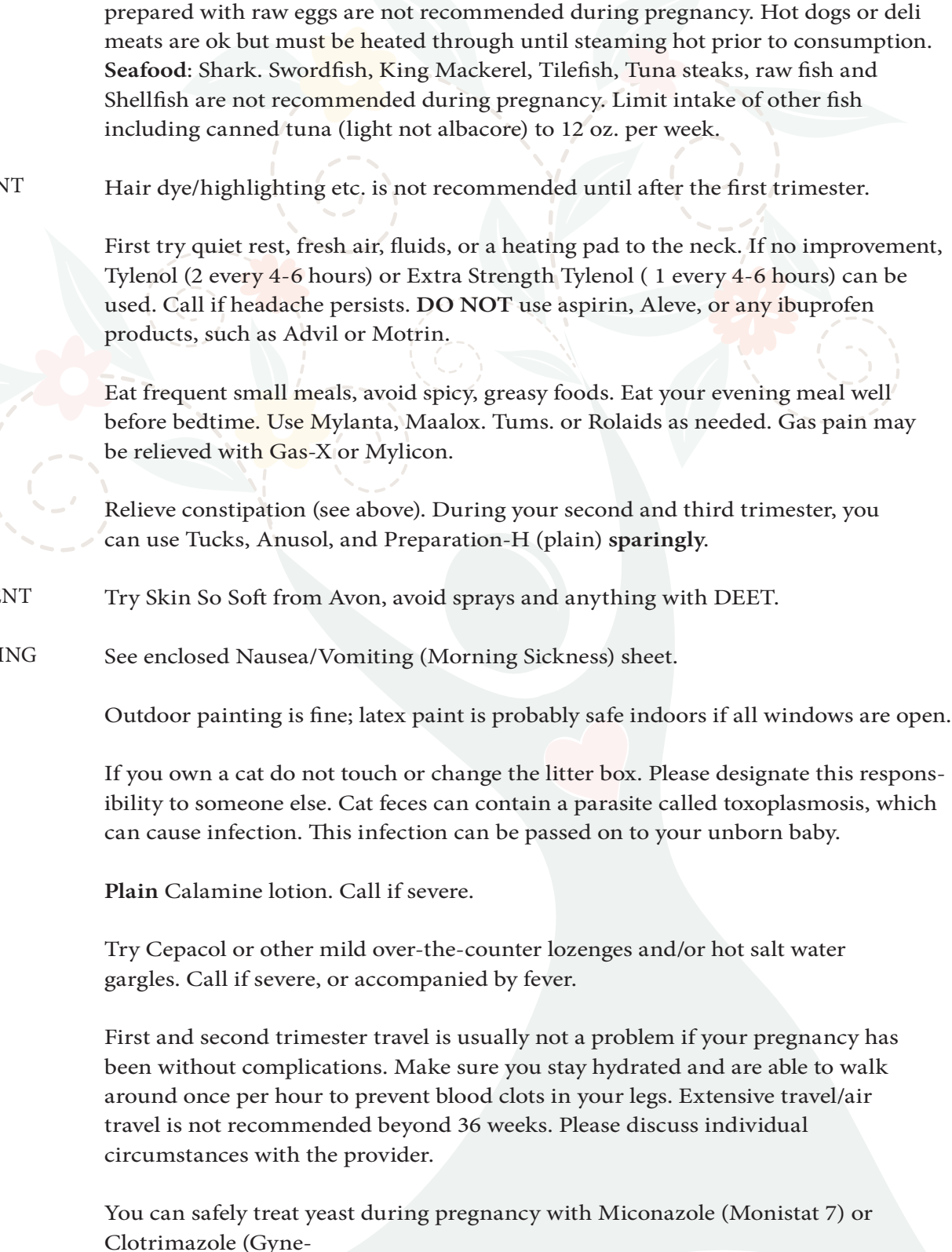


Over the Counter Medications in Pregnancy & Concerns during Pregnancy

During your pregnancy, you may at times face minor problems that require care. It is the best philosophy to use as little as possible or avoid therapies altogether. However, if you do need therapy, the following guidelines are provided so that you may safely treat yourself while exposing your baby to the minimal effects. The guidelines below are simply that - guidelines. If you have any further questions, please call the office. Again, we feel that these suggestions are the safest ones to follow, but we cannot guarantee that they are 100% safe.

ALCOHOL/ SUBSTANCE ABUSE (including nicotine)	There is NO safe amount. Abstinence is recommended.
ALLERGIES/ CONGESTION	Plain antihistamine; such as plain Chlor-Trimeton, Claritin, Zyrtec or Benadryl. Most other medications contain both a decongestant and an antihistamine. Decongestants can constrict the blood vessels in the placenta, therefore, it is best to avoid those and take a plain antihistamine. Read labels carefully.
BACKACHE	Avoid swayback posture, sleep on your side with a pillow under your upper knee, and avoid heavy lifting and lifting with your torso. Practice pelvic rocking exercises. Use a heating pad and Tylenol in moderation. Chiropractic manipulation can be helpful.
BUG BITES	Use non-medicated skin creams or plain calamine lotion.
COLD AND FLU	See ALLERGIES/CONGESTION . Drink plenty of fluids and get extra rest. Plain Robitussin, Triaminic, Chlor-Trimeton, and Vick's VapoRub can be used. One to two plain Tylenol every 4-6 hours for fever or headache is acceptable. Extra Strength Tylenol may also be used (one tablet every 4-6 hours). A vaporizer is helpful in the winter.
CONSTIPATION	Consume plenty of fluids, raw vegetables, fruits, and brans. Try a glass of prune juice at bedtime. If needed, use Metamucil, Fibercon, Miralax or Citracel. Milk of Magnesia, Colace, or Dulcolax may be used as directed if the problem persists.
DENTAL CARE	Avoid x-rays unless absolutely necessary. Inform the technician that you are pregnant, and shield your abdomen with a lead vest. Plain local anesthetic (without epinephrine) may be used for dental fillings after the first trimester. If you need pre-medication prior to your dental work, penicillin drugs are safe.
DIARRHEA	Clear fluids followed by a bland diet. Avoid dairy products, fruits and vegetables until you are better. If no improvement after 36 hours, use over the counter Imodium.
DIET	Eat a healthy, balanced diet including 3-4 servings of protein, iron and calcium foods. Avoid junk food, sodas, and alcohol. Drink 6-8 glasses of water each day.
EXERCISE	Maintain exercise as usual or less; walking, swimming, biking, low-impact aerobics, or a pregnancy class. Avoid activities with a potential for injury such as skiing, skating, rock-climbing, water skiing, and horseback riding. When exercising, if you cannot carry on a conversation, are lightheaded or winded, you are exerting yourself too much for pregnancy. Note: Avoid hot tubs and saunas.



FOOD	<p>Dairy: Un-pasteurized dairy products and soft cheeses such as feta, brie, blue vein cheese, and Mexican queso fresco are not recommended during pregnancy.</p> <p>Meat/Eggs: Pate, meat spreads, raw and undercooked meat, and anything prepared with raw eggs are not recommended during pregnancy. Hot dogs or deli meats are ok but must be heated through until steaming hot prior to consumption.</p> <p>Seafood: Shark, Swordfish, King Mackerel, Tilefish, Tuna steaks, raw fish and Shellfish are not recommended during pregnancy. Limit intake of other fish including canned tuna (light not albacore) to 12 oz. per week.</p>
HAIR TREATMENT	Hair dye/highlighting etc. is not recommended until after the first trimester.
HEADACHE	First try quiet rest, fresh air, fluids, or a heating pad to the neck. If no improvement, Tylenol (2 every 4-6 hours) or Extra Strength Tylenol (1 every 4-6 hours) can be used. Call if headache persists. DO NOT use aspirin, Aleve, or any ibuprofen products, such as Advil or Motrin.
HEARTBURN/ INDIGESTION	Eat frequent small meals, avoid spicy, greasy foods. Eat your evening meal well before bedtime. Use Mylanta, Maalox, Tums. or Rolaids as needed. Gas pain may be relieved with Gas-X or Mylicon.
HEMORRHOIDS	Relieve constipation (see above). During your second and third trimester, you can use Tucks, Anusol, and Preparation-H (plain) sparingly .
INSECT REPELLENT	Try Skin So Soft from Avon, avoid sprays and anything with DEET.
NAUSEA/VOMITING	See enclosed Nausea/Vomiting (Morning Sickness) sheet.
PAINTING	Outdoor painting is fine; latex paint is probably safe indoors if all windows are open.
PETS	If you own a cat do not touch or change the litter box. Please designate this responsibility to someone else. Cat feces can contain a parasite called toxoplasmosis, which can cause infection. This infection can be passed on to your unborn baby.
POISON IVY	Plain Calamine lotion. Call if severe.
SORE THROAT	Try Cepacol or other mild over-the-counter lozenges and/or hot salt water gargles. Call if severe, or accompanied by fever.
TRAVEL	First and second trimester travel is usually not a problem if your pregnancy has been without complications. Make sure you stay hydrated and are able to walk around once per hour to prevent blood clots in your legs. Extensive travel/air travel is not recommended beyond 36 weeks. Please discuss individual circumstances with the provider.
YEAST	You can safely treat yeast during pregnancy with Miconazole (Monistat 7) or Clotrimazole (Gyne-

Questions or concerns should be directed to the office between normal business hours 9:00am to 4:30pm.
 If you have an urgent medical concern after hours call the office, your call will be forwarded to the answering service.
 If you have an emergency, please call 911.