

# Northern Virginia Physicians to Women, Ltd.

## PREGNANCY INSTRUCTIONS

Please keep this list as a reference of medications and foods that are both safe and helpful to use during pregnancy based on the symptoms listed below.

### Nausea/Morning Sickness

- Dry toast, Melba toast, Saltines and pretzels can help curb nausea/morning sickness
- Try sips of fluids that contain sugar: Gatorade, Kool-Aid, Sprite or Ginger Ale etc.
- Decaf herbal teas, red raspberry, lemon, ginger, spearmint, peach or chamomile
- Carbonated beverages with no artificial sweeteners- if you prefer them, allow them to sit and “flatten”
- Try Popsicles, Italian ice, fruit sorbets or hard candies
- Try small and frequent meals. Anything that sounds good and is tolerable is okay!
- Stick to a bland diet
- **Avoid:** Milk and milk products, greasy or oily foods, spicy foods and acidic foods

### Heartburn

- The following products are safe to take while pregnant: Mylanta / Roloids / Maalox / Tums
- You may use these in the second trimester: Pepcid / Zantac
- Do not lay down after meals
- At night, elevate the head of your bed with a foam wedge, bed lifts, or place several pillows between the mattress and box spring
- Eat small, frequent, low fat meals
- Chew gum (saliva stimulates acid neutralization)
- **Avoid:** Fatty, greasy, spicy and acidic foods

### Headaches

- Tylenol, regular or extra strength is fine to take. Please follow instructions on the label or as directed by your physician.
- Increase your water consumption to 8oz, 6 to 8 times per day
- Ice pack on your forehead and back of neck (Never apply ice directly to the skin)
- Lay down in a cool, dark room

### Constipation

- FIBER, FIBER, FIBER!
- The following products are recommended for constipation:  
Colace / Peri-Colace / Metamucil / Konsyl / Fibercon / Benefiber
- Increase your fluids! Try a minimum of 8oz, 6 to 8 times a day
- Avoid caffeinated beverages
- Raw fruits and vegetable (except bananas) dark green, leafy, salads, spinach (well washed), prunes, figs, raisins, high fiber cereals, nuts, seeds, oatmeal and beans
- Increase your activities as allowed by your physician
- Start your day with a hot beverage
- Apple and prune juices

### Hemorrhoids

- Warm, shallow, bath soaks (Sitz baths) with 3 tablespoons of baking soda or Epsom salts for 20 minutes 3 times a day can really help
- The following products are safe to use: Preparation H / Tronolane / Anusol / Tucks
- If heavy rectal bleeding occurs, please contact our office

## Diarrhea

- Try Kaopectate (use as directed)
- Increase your fluids; these should be low in sugar and caffeine-free. Try Gatorade, decaffeinated teas or apple/cranberry juices diluted with water
- “BRAT” diet (bananas, plain white rice, sugar-free applesauce and dry toast) for the first day. Slowly add bland food i.e. plain baked potato, plain pasta, steamed or baked chicken or turkey, and soups. Slowly add steamed vegetables and progress to a regular diet.
- If your diarrhea lasts longer than 2 days, or if urine is very concentrated, or if you are not urinating at all, please contact our office or consult your Internist
- **Avoid** all spicy or fried foods. No raw fruits or vegetables except bananas. No fruit juices, caffeine or carbonated drinks. No milk or milk products.

## Edema (Fluid Retention)

- Decrease salt and sodium intake. Read labels; processed foods are a hidden source of sodium
- Cranberry juice, grapefruit juice and melons are natural diuretics.
- For foot edema, elevate your legs slightly above your heart for 20 minutes, several times a day.
- Support pantyhose made especially for pregnancy may help. If your edema is severe, we can order prescription hose for you.
- **Avoid** Chinese, Mexican and Italian foods. Also avoid seafood, cheese, deli food and any processed or canned foods.

## Dental Care

- Nosebleeds and gum bleeds are common in pregnancy due to hormonal changes. Good dental care is imperative.
- Dental procedures are fine: If X-Rays are necessary, shield your abdomen

## Sinus Congestion and Flu-like Symptoms

- Increase your fluid intake to at least 8 oz of non-caffeinated fluids every hour while you are awake
- Rest as much as possible. Try using a humidifier or cool-mist vaporizer
- The following medications are safe to take:  
Chlortrimetron / Robitussin (Plain or DM) / Sucrets/Cepacol lozenges / Chloraseptic Spray / Neosynephrin Nasal Spray (no more than 3 days) / Sudafed
- If you have a fever greater than 101 degrees or if your symptoms persist for more than 7-10 days call your primary care physician.

## Allergies

- Zyrtec
- Claritin (not Claritin D)

## Bug Bites, Poison Oak, Poison Ivy

- Calamine lotion
- Oatmeal baths
- 1% topical cortisone cream

## Travel

- You may fly up to your 34<sup>th</sup> week
- Take one (1) baby (81mg) aspirin per day
- Wear support hose
- Frequently move about the plane
- Increase your consumption of fluids
- Wash hands frequently

## Pamper Yourself

- Spa Services, i.e. prenatal massage, waxing, manicures, and pedicures are allowed.

**ALWAYS AVOID:**

- Aspirin, Advil, or Ibuprofen (unless directed by your physician)
- Alcoholic Beverages
- Smoking
- Saccharin (NutraSweet is okay 1-2 per day)
- Do not empty your cat's litter box during pregnancy
- In the 1<sup>st</sup> trimester we do not recommend perms, hair straightening, coloring or highlighting
- If painting or using cleaning products- please make sure there is adequate ventilation and use gloves
- No water skiing, snow skiing, surfing, horseback riding, scuba diving, sky diving, or roller coaster rides
- No spray tanning and/or self-tanning in the 1<sup>st</sup> trimester of pregnancy
- No BOTOX or other cosmetic injectables
- No laser procedures
- No retinal products (Retin-A)

**Please feel free to ask our staff if you have any questions. We are here to help you have a safe and enjoyable pregnancy.**

**\*\* Please refer to the website below for more information: <http://license.icopyright.net/user/viewFreeUse.act?fuid=NjY1NjcwMA%3D%3D>**