Common Concerns in Pregnancy

1. Report any vaginal bleeding to your doctor.

2. If you have symptoms of a cold, try first:
   a. Tylenol-for headaches, muscle aches or fevers (regular or extra strength)
   b. Benadryl 25mg-for head congestion (Benadryl may cause drowsiness, avoid driving or other activities that require alertness)
   c. Actifed or Sudafed-may be used for cold symptoms after 12 weeks of pregnancy (end of first trimester)

   Please remember to increase fluids. Call the office if you have a fever above 100°, mucous production becomes green or yellow and if symptoms persist beyond 72 hours.

3. Constipation (difficulty having a bowel movement) can occur in pregnancy. It is important to drink 8-10 glasses of fluids per day. Increase fruits and vegetables. If problem persists, Colace, Milk of Magnesia or Metamucil can help symptoms.

4. Nutrition in Pregnancy – 300 additional calories is generally needed each day during pregnancy and breastfeeding.
   a. In the first 12-15 weeks, “morning sickness” may occur making it difficult to eat. During this time, small frequent meals every one to two hours may help decrease nausea. If you are unable to eat or drink, please call the office.
   b. Once morning sickness ends, then eating a well-balanced diet utilizing the food pyramid is important. Avoid empty calories (i.e., junk food, high fat foods and candy). Remember 8 – 10 glasses of fluid each day. No more than 2 cups of caffeine products daily.

5. Weight Gain in Pregnancy – A total weight gain in pregnancy is generally 20-30 lbs. In the first trimester, it is not unusual to lose weight. Starting second trimester, 1 ½ - 2 lbs. per month is expected. In third trimester, the weight gain maybe 3/4 to 1 lb. every two weeks. Generally by six weeks postpartum, 20-30 lbs. are lost.

6. Heartburn and/or increase stomach gases can occur in pregnancy due to hormone effects on the stomach. Products such as Maalox, Mylanta, Tums or Rolaids are often helpful to these symptoms.
7. Minor swelling in your hands and feet may occur. Please do not overdue salt intake. Salt is found in many canned, processed and frozen foods. Salt is also found in soda pop.

8. If you get diarrhea (liquid stool), please try Kaopectate or Imodium. Restrict diet to clear liquids for 24 hours. Contact the office if symptoms persist for greater than 24 hours.

9. The use of tobacco, alcohol and street drugs is not safe in pregnancy. If you currently use any of these, please stop. Please remind family and friends that second hand smoke can also be harmful to you and your baby.

10. Exercise is an important part of pregnancy. If you are not currently exercising, now is a good time to start a health routine. Walking 30 minutes 3-4 times per week will help keep you in good shape. Exercise also makes it easier to lose weight in the postpartum period. If you are currently exercising, you may continue. Please keep the following points in mind:
   
   a. Keep heart rate below 140 beats per minute
   b. Do not exercise in the heat of the day
   c. Drink plenty of fluids
   d. Do not lift more than 20-30 lbs.
   e. Swimming is safe in pregnancy
   f. Avoid activities that may cause trauma (hits to or falls on) the abdomen.

11. Working is not restricted in pregnancy unless there is a complication in the pregnancy. If you have specific concerns regarding your work conditions, please share this with your physician.

12. Cats and raw meat can put persons at risk for toxoplasmosis. Toxoplasmosis can affect a developing baby. Avoid changing cat litter if at all possible. Make sure all meats are cooked thoroughly. Cold cuts should be heated thoroughly.

13. Tanning beds do not affect the baby. Tanning beds do put you at risk for skin cancer.

14. Hot tubs should be avoided in first trimester. Hot water can affect baby development. You can be in hot tubs in second and third trimester as long as water temperature is below 105º F.

15. Hair may be permed and/or colored during pregnancy. It may not take as well due to hormone effects on your hair.
16. You may have your teeth cleaned and dental procedures can be done during pregnancy. Please remind your dentist to use a lead drape if x-rays need to be done.

17. Paints, bug sprays and bathroom chemicals can be used as long as you have adequate ventilation.

18. Having sex in pregnancy is safe as long as you are not bleeding and your bag of water is not leaking.

19. Travel is not restricted in pregnancy unless you are having complications. In the last 4 weeks of pregnancy, your doctor prefers you stay within 1 hour of the hospital. Seat belt use is a law. Please use seat belts at all time.

20. An ultrasound is a way of looking at your baby during pregnancy. We do not do routine ultrasounds. Ultrasounds are done for medical necessity. Your doctor will advise you when an ultrasound is needed. The office does offer 3D ultrasounds to view your baby. This ultrasound will not provide any medical information but rather give you a chance to view your baby. This ultrasound is at cost to you and not billed to insurance.

21. Domestic violence can put you and your baby at risk. Please inform your doctor or nurse if you have concerns.

**WARNING SIGNS IN PREGNANCY**

- Vaginal bleeding
- Leaking water
- Change or decrease in baby movement after 24 weeks
- Severe headaches accompanied by swelling in hands, feet or face, visual changes, or pain over the stomach or upper abdomen.
- Burning with urination
- Fever above 100º F

If any of these occur, please contact our office immediately.