

NOVA GROUP FOR WOMEN

COMMON QUESTIONS AND ACCEPTABLE DRUGS IN PREGNANCY

Below is a list of common questions during pregnancy. We hope you will find the solutions to these questions helpful. The medications that are included for some problems are over-the-counter and do not require a prescription. They may be used during pregnancy if necessary and are acceptable when used to a **minimum**. To our knowledge they will not harm your baby.

Good resources: **What to Expect When You're Expecting** by Arlene Eisenberg, Heidi E. Murkoff and Sandee E. Hathaway, B.S.N.
The Complete Book of Pregnancy and Childbirth by Sheila Kitzinger
Postpartum Survival Guide by Ann Dunnewold

COMMON QUESTIONS

WEIGHT GAIN

Average weight gain.

Average weight woman	25 – 35 lbs.
Underweight woman	28 – 40 lbs.
Overweight woman	15 – 25 lbs.
Twins	35 – 45 lbs.
Generally 2 – 4 lbs. the first three months, then one pound a week	

DIET

Work toward a 300 calorie / day increase in your baseline. Try to eat a well balanced diet.

In addition include the following:

Prenatal Vitamins

Folic acid, at least 0.4 mg / day (contained in all prenatal and multivitamins)

Calcium 1200-1500 mg per day, which means four or more servings of dairy Products (low fat or skim) a day. If you need to supplement, Calcium Carbonate – Tums, Viactiv and Caltrate are all good sources as well as calcium fortified orange juices.

Iron supplements may be needed after 28 weeks and we will inform you if you do

FOODS TO AVOID

Under or uncooked meat, fish including sushi and poultry
Unpasteurized milk or juices

FOODS TO INCLUDE

8 ounces of protein per day
6+ glasses of liquids per day
Increase fruits, vegetables and bran

EXERCISE

Keep heart rate below 140 - 160 beats per minute, and at a maximum for only 20 minutes
Hydrate thoroughly before and during exercise
Stop if you experience contractions, bleeding, fatigue or shortness of breath
Walking, swimming, low impact aerobics, treadmill, stairmaster, yoga
Light weights workout is OK if currently doing them, but stop abdominal exercises
Listen to your body

TRAVEL

May travel up to 34 weeks, if no complications
When traveling by car or air travel - stop every 60-90 minutes to walk around and empty bladder
Always wear a seatbelt
OK to pass through metal detectors at airport

DENTAL WORK

Maintain good dental hygiene
Regular check-ups
Dental x-rays are OK with abdominal shielding
Antibiotics are acceptable for prescription by your dentist - Penicillin, Cephalosporin or Erythromycin. No Tetracycline
Fillings and other dental work are OK
Novacaine **WITHOUT** Epinephrine may be used for anesthetic during dental procedures

PAINTING

OK if performed in a well-ventilated area
If fumes are nauseating, leave the house, room, etc.

BREAST CONCERNS

For the most part, medicines that are OK in pregnancy are OK during breastfeeding

CHICKENPOX AND MEASLES EXPOSURE:

If you have had Chickenpox, you and your baby are protected
If you are not sure that you have immunity to Chickenpox or Measles, call our office for further information

HAIR COLORING AND PERMANENTS

Acceptable after twelve weeks

AVOID

Smoking, Alcohol and drug use
Excessive heat – saunas, hot tubs, over exercising
Exposure to cat feces
Lying flat on your back for extended periods of time
Limit caffeine to 0-1 servings / day

COMMON DISCOMFORTS AND ACCEPTABLE DRUGS

GAS/ INDIGESTION

Avoid spicy or greasy foods
Antacids low in sodium:
Tums - as directed on package
Mylanta, Maalox – one to two teaspoons 30 minutes after meals and at
Bedtime
Zantac
Pepcid
Gaviscon – Reflux
Mylanta – Gas (Simethicone)

COLDS/ CONGESTION/ COUGH/ SEASONAL ALLERGIES

Rest and increase fluid intake
Use humidifier/vaporizer
Warm cloths to sinuses
Afrin nasal spray, as directed on package
For allergies – Benadryl as directed on package after 12 weeks
Sudafed
Tylenol Cold/Sinus/cough products
Robitussin cough syrup (plain or DM)
Mucinex
Claritin
Zyrtec

FEVER (if over 100.4 degrees)

Increase fluid intake
Tylenol, extra strength Tylenol – as directed on package

SORE THROAT

Gargle with hot salt water 4 times a day
Rest and increase fluids
Chloraseptic spray
Throat lozenges

MORNING SICKNESS /NAUSEA/ VOMITING

Small frequent carbohydrate feedings
Increase fluids and protein
Avoid spicy foods
Avoid caffeine and colas – not to exceed 10oz per day
PeptoBismol – as directed on package
Emetrol Syrup – 1 Tablespoon as needed
Vitamin B6 – Twice Daily
Ginger tablets or Ginger tea
Hard peppermint candy
Sea Bands – Call if you are unable to hold liquids, are dizzy, notice a decrease in urine output, or weight loss of 3-5 pounds

BACKACHE

Elevate feet, rest
Pelvic tilt exercises
Heating pad for 20 minutes on low to medium to the back
May use Tylenol or Extra Strength Tylenol, if severe
Abdominal Binders

NOSEBLEEDS

More common in pregnancy
Cold cloth to nose with pressure
Vaseline to mucous membranes, in edge of nose to decrease irritation
Humidifier

SWELLING

Elevate feet or hands
Increase water intake to 8-10 glasses per day
Avoid salt intake
Rest as much as possible on left side

DIARRHEA

Try to increase fluid intake even if no solid food is eaten
Pepto Bismol
Imodium AD
Kapectate

INSOMNIA

Warm relaxing bath
Use multiple pillows to find positions of comfort
Benadryl – as directed on package after 12 weeks
Expect to have to get up frequently to empty your bladder

VAGINAL YEAST INFECTION

Over-the-counter Monistat, as directed on the package

CONSTIPATION

8-10 Glasses of water per day

Regular exercise i.e. walking, etc.

Increase bran and fiber in food

May add, if needed, and use according directions on package:

Colace

Pericolace

Metamucil

Citrucel

Miralax

Milk of Magnesia

HEMORRHOIDS

Hot sitz baths 3-4 times per day

Avoid constipation

Anusol cream or suppositories 3 times per day

Tucks pads, as directed on package

Preparation H, as directed on package

***** No medication is proven to be completely safe during pregnancy, therefore please use any of the above only when absolutely necessary*****