

Problem Sheet

Listed below are some problems that can occur during pregnancy along with several simple “Self-help” tips.
If you have any questions, please call the office.

Allergies: Benadryl, Claritin, Zyrtec, Tylenol Sinus or Allegra.

Back Ache: Rest and warm (not hot) baths. Use correct posture and avoid heavy lifting. Wear shoes with low heels. Wear a Maternity belt or girdle.

Colds, Flu & Minor Aches, and Pains: Tylenol every 4 hours, Sudafed, Actifed, or Tavist D. Increase water.

Constipation: Increase water (6-8 glasses ABOVE NORMAL INTAKE). Milk of Magnesia, Colace, Fibercon, Metamucil or Konsyl.

Cough: Robitussin DM, Mucinex, increase water intake.

Diarrhea: Stick to a clear liquid diet, like bouillon, jell-O, 7-Up, Gatorade, etc. for 48 hours. Kaopectate.

Dizziness, Fainting & Lightheadedness: Avoid sudden changes in posture. After lying down, get up slowly, rolling to side then pushing to sitting position. Take Prenatal Vitamins daily.

Fever: Take Extra-Strength Tylenol every 4 hours. Increase fluid intake. Bed rest. If temperature is over 100.4°F, call the office.

Gas: Mylicon 80, Mylanta, Gaviscon or Tums.

Groin Pain: Round ligament pain is a sharp, sudden pain in the groin area caused by the uterus growing to accommodate the baby. Move carefully and avoid sudden movements. Turn over carefully when you are in bed or getting up. Get off your feet. Maternity Belt or Girdle may help.

Headache: If you have no relief with Tylenol, or have any visual disturbances, call the office.

Hemorrhoids: Avoid constipation by increasing fluids and roughage in your diet. Sitting in a soothing tub of warm (NOT HOT) water is a soothing measure you can try. Anusol cream or suppositories, Tucks Pads, Tucks Cream, Preparation H.

Herpes Outbreak: Dom Borrow soaks, sitz bath. Make sure your doctor is aware of this recent outbreak. Valtrex or Zovirax Ointment.

Indigestion & Heartburn: Avoid spicy foods. Eat smaller, more frequent meals. Mylanta, Maalox, Tums, Gaviscon, Pepcid AC, Pepcid Complete or Zantac.

Leg Cramps: Wear support pantyhose and low-heeled shoes. Elevating feet and warm (NOT HOT) baths may help. Caltrate Plus twice daily.

Nausea: Try eating something dry upon awakening such as toast or crackers. Instead of eating three large meals, try eating six smaller meals spaced evenly throughout your day. Eat your meals dry and wait 45 min. before drinking fluids. Protein filled snacks at bedtime may help. If you feel that your nausea is out of control, there is prescription medication that you can take. Call the nurse if you feel that you need it.

Sexual Intercourse: Continue if you are comfortable, unless you have spotting, your bag of water ruptures, or if your doctor advises you against it.

Sinus Drainage: Humidify your home or bedroom and increase your fluid intake. Sudafed, Actifed, Tavist D or Tylenol Sinus.

Sore Throat: Increase fluids. If your temperature is greater than 100.4° F, call the office. Warm salt-water gargles. Lozenges are OK.

Spotting: If you are less than 13 weeks, bed rest if possible. Avoid intercourse, tampons or douching and observe. If you are more than 13 weeks, cramping and/or bleeding heavier than a normal period, call the nurse.

Swelling: This is a problem most pregnant women have at some point during their pregnancy. Support pantyhose, elevating feet and resting on your left side may offer some relief. Don't wear rings if your hands are swollen! “Water-Pills” are NOT recommended during pregnancy. Drink fluids, especially water (with lemon), and lower your salt/sodium intake.

Vaginal Discharge: You will normally have more discharge when you are pregnant. If signs of an infection occur, like foul odor or itching – call the office. DO NOT DOUCHE!

Varicose Veins or Spider Veins: Elevate your feet as often as possible and wear support pantyhose. These may go away after pregnancy. NO Thigh Highs or Knee-High Hose.

It's time to go to the hospital when:

1. You suspect that your “water” is leaking.
2. Your membranes rupture.
3. Persistent or heavy bleeding.
4. Your contractions are 3-5 minutes apart for at least an hour.

If any of the above occurs during business hours, call the office first because the doctor may want to see you in the office before going to Labor and Delivery.

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