

Do's and Don'ts in Pregnancy

AVOID: Aspirin and Ibuprofen products. Try to avoid medication during the first trimester of your pregnancy, unless advised by your physician. Avoid hot tubs, saunas, tanning booths, hot springs. Do not drink alcoholic beverages including beer and wine. Do not use any "recreational drugs" including marijuana.

ALLERGIES: You may take Chlortrimetron, Benadryl, Zyrtec, or Claritin.

CARING FOR YOUR TEETH: Some women develop gum disease or cavities during pregnancy. This may expose baby to bacteria that cause tooth decay. Some studies show a link between gum disease and premature birth. For information on how to keep your teeth and gums healthy during pregnancy go to:

<https://www.marchofdimes.org/pregnancy/dental-health-during-pregnancy.aspx>

COLDS AND THE FLU: Drink lots of fluids, especially water and juices. Call your physician if your temperature exceeds 101 degrees. **Although no medication has been tested safe for pregnancy, the following over-the-counter medications are relatively safe for use:**

- **Acetaminophen-** (for example, Tylenol). Take 2 regular strength tablets, or 1 extra strength tablet, every 4-6 hours for aches and fever reduction.
- **Sudafed-** (Not Sudafed Plus or PE) use as directed on the package
- **Robitussin DM-** use as needed for a bad cough. Call your physician if you are coughing up green or yellow phlegm, or if your cough is severe.
- **Cepacol-** throat lozenges or warm salt water gargles can be used for a sore throat.

CONSTIPATION: Increase your fluid intake and natural fiber in the form of fresh fruit, dried fruit, and vegetables. If needed, stool softeners or Miralax may be used.

DIARRHEA: You may use Imodium for severe diarrhea. Remember to stay well hydrated. If you are unable to tolerate any food or fluids for more than 24 hours, send a portal message for a quicker response or call our office.

FAINTNESS OR DIZZINESS: Is a common problem during pregnancy and usually does not indicate a serious medical condition. Get up slowly from lying or sitting positions. Eat frequently and increase your fluid intake

FISH IN PREGNANCY: AVOID- Shark, King Mackerel and Sword Fish. Fish may contain contaminants such as mercury. There are however, some fish that are good for you and your baby. Oily fish, such as salmon and trout, contain omega-3 fatty acids. Researchers have found these types of fish have many health benefits including they may reduce risk of your child developing asthma if eaten during pregnancy. For more information visit: <https://www.healthychildren.org/English/ages-stages/prenatal/Pages/Fish-Pregnancy-What-is-Safe-to-Eat.aspx>

HEARTBURN: You may use TUMS, Roloids, Mylanta, Maalox, Gas-x, Gelusil, or Gaviscon. DO NOT use Pepto Bismol. Gaviscon is the better product for true heartburn.

HEMORRHOIDS: You may use Anusol, over the counter medication. Keep your stool soft by eating high fiber foods like fruits, vegetables, whole grain cereal, and bread. Also drink 6-8 glasses of water per day.

MORNING SICKNESS: Morning sickness is when you have nausea and vomiting during pregnancy. Even though it's called morning sickness, it can happen at any time of the day. What can you do to help feel better?

- Try keeping a few soda crackers by your bed and eat them before you get out of bed each morning.
- Eat smaller meals and more frequently.
- You can try one Vitamin B-6 (Pyridoxine) 25mg and one Unisom (Doxylamine) 25mg- take both medications together up to three times a day.
- Take your prenatal vitamin at night or split it in half and take one in the AM and one PM.
- **Call the office or St. Joseph's Regional Medical Center if you are unable to keep liquids down for more than six hours. 208.799.5430**
- For more information go to:
[https://my.clevelandclinic.org/health/diseases/16566-morning-sickness-nausea-and-vomiting-of-pregnancy#:~:text=It%20may%20be%20caused%20by,to%20motion%20\(motion%20sickness\)](https://my.clevelandclinic.org/health/diseases/16566-morning-sickness-nausea-and-vomiting-of-pregnancy#:~:text=It%20may%20be%20caused%20by,to%20motion%20(motion%20sickness))

SWELLING OF YOUR HANDS AND FEET: Stay off your feet as much as possible. Rest and drink plenty of water while avoiding salty foods. Wear support pantyhose or socks. Avoid sitting in a way that puts pressure on the back of your knees. Call our office or the on-call doctor if you have sudden onset of swelling in your extremities or face.

VAGINAL BLEEDING OR SPOTTING: If any vaginal bleeding or spotting occurs, stay off your feet and call our office. If bleeding is heavy like a period, or heavier, contact our office or the OB/Gyn Doctor on-call. The on-call doctor can be reached by calling our office after hours. Do not use a tampon and avoid sexual intercourse until a doctor is consulted.

For appointments call (208) 746-1383 ext. 6500

For afterhours calls call (208) 746-1383 and you will be transferred to the on-call provider.

You may also refer to our website for further information at:

<https://www.catalystmedicalgroup.com/appointments>