

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".

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 can cause tooth decay. How can this be prevented? 1) Brush at least 2 times daily. 2) Floss at least 1 time daily. 3) Chew sugarless gum. 4) See a dentist during pregnancy for routine dental care (best in the 2nd trimester). If pregnant women take good care of their teeth during pregnancy and the first year of baby's life, your child may grow up and never have a cavity. Wouldn't that be great!?

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 to 6-8 glasses of water per day and natural fiber in the form of fresh fruit, dried fruit, and vegetables. If needed, stool softeners or Miralax may be used. If your constipation is not relieved by these methods, Please call the office for other options.

DIARRHEA: If you are unable to tolerate any food or fluids, call our office. You may use Imodium for severe diarrhea. Remember to stay well hydrated.

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. If this becomes a frequent problem, contact the office for further evaluation.

FISH IN PREGNANCY: AVOID– Shark, King Mackerel and Sword Fish. Not all fish needs to be avoided during pregnancy, but some species of fish may be harmful to your developing baby. Fish may contain contaminants such as mercury. The larger the fish and the longer the fish's life cycle, the greater the risk the fish has been exposed to dangerous contaminants. However, there are 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 a reduced risk of your child developing asthma if eaten during pregnancy. For up to date data, visit:

http://healthandwelfare.idaho.gov/Portals/0/Health/EnvironmentalHealth/Pregnancy%20and%20Fish%20web%2008_08.pdf

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, bread and drinking 6-8 glasses of water per day. (See Constipation)

MORNING SICKNESS: 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. Call our office or the on-call provider if you vomit every day or not able to keep anything down for greater than 24 hours.

You may also try one Vitamin B-6 (Pyridoxine) 25mg tablet and one Unisom (Doxylamine) 25mg tablet. Take both medications together up to three times a day. Please understand this may cause drowsiness.

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

TRAVEL: **OK to travel, unless your doctor has advised against it for medical reasons.** Be sure to incorporate rest periods in your travel schedule. Discuss your travel plans with your physician at your regularly scheduled appointments. For long distance travel, be aware of local medical facilities on your route. Airline travel is ok in commercial airlines. Please follow the airline guidelines while booking your travel dates.

VAGINAL BLEEDING OR SPOTTING: If any vaginal bleeding or spotting occurs, stay off of your feet and call our office. If bleeding is heavy like a period, or heavier, contact our office or the on-call provider. Do not use a tampon and avoid sexual intercourse until a doctor is consulted.

VITAMINS: Take your prenatal vitamin every day with food. If it upsets your stomach, take it before bed. If that doesn't work, break it in half and take half in the morning with food and half at bedtime. If the prenatal vitamin still makes you sick, stop taking it and call our office. **WARNING- Prenatal vitamins and iron are very toxic to children. Keep out of reach of children.**

Dr. Geneen Bigsby | Dr. Sean Urquhart | Dr. Alex Watson | Andrea Hedrick, Certified Nurse Midwife

**For appointments call 208-746-1383 ext. *6500
After hours, please call our office and you will be routed to the on-call provider.**

**St. Joseph Regional Medical Center ~ Labor & Delivery Department
208-799-5431**