

Prenatal Handout

Over the counter medications allowed during pregnancy and postpartum:

Headaches: Tylenol Extra Strength (every 4-6 hours)

Heartburn/ Indigestion: Riopan, Mylanta, Maalox, Tums, Gelusil, or Rolaids. Zantac 75 mg (1 or 2 daily), Prevacid (40 mg or less), Prilosec (2x daily). Choose low sodium foods.

Diarrhea: Clear liquids (Broth, Jell-o, 7-up, Gatorade, Ice Chips), Kaopectate, Imodium AD

Constipation: Increase fiber foods (bran cereals, raw fruits, and vegetables) and liquids (water and juice) to at least 10 or more glasses of water a day. If not effective, you may use Milk of Magnesia, Peridium, Metamucil, Fiber-Con, or Colace (stool softener). Increase physical activity. You may take Senokot and Miralax also.

Excessive Gas: Mylicon-80 (as directed on box)

Hemorrhoids: Preparation H, Anusol, Colace, Tucks, Sitz baths (sitting in warm water 3 to 4 times a day). Avoid constipation.

Allergies: Actifed, Chlortrimeton, Benadryl, Tylenol Allergy, Zyrtec, Zyrtec D, Allegra, Allegra D, Claritin, Claritin D, Mucinex, Mucinex D

Head Congestion: Tylenol Cold, Sudafed

Sore Throat: Throat lozenges, Chloraseptic or Cepastat, Warm salt water (gargle every four hours as needed), cough drops. If nasal drainage is present, try decongestant or antihistamine (see Head Congestion above).

Cough: Robitussin or Robitussin DM

Nausea: ½ Tablet of 25mg Unisom (over the counter) and 1 tablet (whole) of Vitamin B (two times daily)

Medications not allowed:

Alcohol

Any form of nicotine or tobacco

Acne treatments

Street Drugs

Aspirin

Alka Seltzer

Ibuprofen (Advil, Motrin)

Vitamin A Supplements

Pepto-Bismol

Retina A Cream and Revona: Not recommended

Common Symptoms during pregnancy:

Nausea: We recommend saltine crackers before getting out of bed. Eating small frequent meals and drinking 7-up, Gatorade, and Ginger Ale may be helpful. If nausea continues, medication can be given. Vitamin B-6 (50mg) twice a day may be helpful. If you are unable to keep anything down for 12-24 hours, please call the office.

Dry Diet:

6 AM	Dry crackers 20 min before arising
8 AM (Breakfast)	Dry toast with Jelly or honey/ hardboiled egg, cereal, with only enough milk to moisten/fruit with no added juice (orange, grapefruit, prunes, pears, peaches, or banana)
10 AM	Clear Liquids (7-up, Ginger-ale, or Tea)
12 PM (Lunch)	Cottage Cheese or Sliced lean roast beef, chicken, or turkey/ salad (without dressing) or cooked vegetables/ dry toast without butter/ fruit
4-6 PM (Dinner)	Lean Meat (Broiled or Roasted, not Fried/ baked potato with salt and pepper, no butter/ Cooked vegetables (carrots, peas, green beans, waxed beans, etc.)/ Dry toast/ no butter/ fruit
8-10PM	Skim milk or clear liquids

Swelling: It's not uncommon during pregnancy to have swelling in legs, hands, and feet. Swelling may be accompanied by a tingling sensation or numbness, especially during the last few months of pregnancy. We recommend avoiding excessive salt intake, increasing fluids (water, fruit, juice, no diet drinks) and elevating feet above heart level. Contact the office if swelling does not decrease.

Spotting early in Pregnancy: It is not uncommon to have spotting when you would have had your period. You may also have cramps around this time. Bleeding or spotting in early pregnancy does not usually mean you will lose the baby. Other causes of spotting are intercourse, pelvic exam, or pap smear. You may have a brownish discharge in early pregnancy. Should the bleeding change to bright red and be accompanied by cramping, please call our office.

Other pregnancy related Questions:

Visiting the dentist: Notify your dentist about your pregnancy prior to x-rays. If an x-ray is taken, be sure a lead apron is used. Local injections are permitted during a dental procedure; however inhalant anesthesia should be avoided. Ask your dentist to consult Dr. Shanbour regarding other pain medication that may be necessary. If you have a heart condition, inform your dentist.

NutraSweet & Caffeine: There is no strong evidence that either NutraSweet (aspartame) or caffeine is harmful to an unborn or breastfeeding child. Common sense should be the rule here. We feel that it is wise to limit your intake of foods containing caffeine and NutraSweet to one or two servings daily.

Activities during Pregnancy: Exercise: Swimming, water aerobics, walking, stationary bike, bowling, or any moderate exercise program you are already doing prior to pregnancy. Do not let your heart rate exceed 140. **Exercise not advised:** Skiing (water or snow), horseback riding, and weight lifting without consulting Dr. Shanbour.

Hot Tubs/ Saunas/ Tanning Beds: Not recommended during pregnancy.

Travel: If you have no complications, you may travel up until your seventh month (28 weeks). If travel is necessary after this time, consult Dr. Shanbour.

Intercourse: You may continue normal activity unless otherwise indicated. It is not uncommon to experience spotting and cramping following intercourse. If spotting and cramping continues for more than 12 hours, call our office.

Hair Perms/ Hair Color: You may color/ perm your hair as long as the room is well ventilated. Your hair texture may change during pregnancy. This may affect your final results of your color/ perm.

Painting/ Staining/ Exterminators: Use adequate ventilation when painting. We recommend that you avoid oil base paint and stain due to nausea and headaches caused by vapors. If your house or building has been exterminated, leave until thoroughly aired out.

Herbs/ Natural Remedies: Please refer all questions to Dr. Shanbour.

FMLA (Family Medical Leave) paperwork: Please check with your employer about completing paperwork for leave during and/ or after your pregnancy. Our office request two weeks to complete this paperwork, so the sooner you provide the forms, the better we can serve you. You will be billed an additional \$25 for this service.

Birthing Classes: Birthing classes are offered to you at the birthing facility. These classes will help you better understand the process of pregnancy, labor and delivery.