

**THE CLINIC FOR WOMEN**  
**256-533-7420**

910 Adams Street  
Suite 300  
Huntsville, AL 35801

250 Chateau Drive  
Suite 145  
Huntsville, AL 35801

Progress Bank Building  
8337 Highway 72 West, Suite 201  
Madison, AL 35758

Office Hours: Monday-Thursday 8:00 a.m. - 4:30 p.m., Friday 8:00 a.m. - 4:00 p.m.

---

**Important Pregnancy Guidelines**

---

Please call **DURING OFFICE HOURS** so your chart will be available for review. An **AFTER-HOURS** call should be reserved for **EMERGENCY** only. Should you call with a problem, please keep your phone line open until the doctor or nurse returns your call. **ALL MINOR PROBLEMS CAN BE REPORTED TO THE NURSE THE NEXT DAY DURING OFFICE HOURS.**

Call if you are experiencing any of the following symptoms:

1. Elevated temperature of >101 degrees or temperature that does not go down with Tylenol.
2. Vaginal bleeding, with or without pain, which resembles the first or second day of a period.
3. Decreased or absent movement of baby after 24 weeks.
4. Sharp or severe abdominal pain or cramping.
5. "Water" leaking or gush of fluid from the vagina.
6. Contractions **BEFORE** 37 weeks that occur every 10 minutes or less.
7. Contractions **AFTER** 37 weeks that occur every 5-7 minutes.

(Contractions may be painless. May feel like the baby is "balling up" inside you)

---

**Over The Counter Medications Safe To Use During Pregnancy**

---

(For any of these medications, the generic or store brands are acceptable)

**ACHES and PAINS/FEVER**- Tylenol, Extra-Strength Tylenol, Tylenol PM

Headaches are common and usually are caused by anxiety, tension, fatigue or anemia.

**\*\*AVOID** Aspirin (acetylsalicylic acid), Advil/Motrin (ibuprofen), Aleve (naproxen)

**NAUSEA and VOMITING**- Dramamine, Dramamine Non-drowsy, Emetrol, Vitamin B6 (25mg daily)

The following are treatments for both mild and severe nausea:

1. Eat little and often, avoiding fatty foods and spicy foods.
2. Try a protein snack (lean meat or cheddar cheese) before going to bed.
3. Keep crackers or ginger snaps by bedside and have 1-2 a few minutes before rising.
4. Sip on clear liquids or ice pops.
5. Alternate between wet and dry feedings.

**SINUS PROBLEMS**- Cool mist vaporizer, saline nasal spray, Sudafed, Actifed, Claritin, Alavert, Zyrtec, Tylenol Sinus, Chlor-Trimeton  
Nosebleeds are common. Sit upright and apply cold compress to your nose. Be sure that you are getting enough Vitamin C.

**COUGH and CONGESTION**- Any Robitussin or Tylenol product, Tavist, Theraflu, Vicks Vapo Rub, Mucinex, Cough drops

**\*\*AVOID** Nyquil and other alcohol containing products.

**SORE THROAT**- Warm salt-water gargle 2-3 times per day, Vicks throat lozenges/spray, Cepastat lozenges/spray, Sucrets

**DIARRHEA**- Kaopectate, Imodium AD, Donnagel

**\*\*AVOID** dairy products. Increase clear liquids. When attempting solid foods, start gradual with Bananas, Rice, Applesauce and Toast. If symptoms continue for more than 72 hours, call the office. **DIARRHEA** is more than 2-3 loose stools per day.

**CONSTIPATION**- Stool Softeners Doxidan, Colace, Surfak Stool Softeners with Stimulan Peri-Colace, Senokot Laxatives Citrucel, Fibercon, Metamucil, Dulcolax

Be sure to drink plenty of fluids and eat roughage (fresh fruit, vegetables, bran).

**HEMORRHOIDS**- Anusol suppositories or cream, Tucks Pads, Preparation H

**\*\*AVOID** constipation or prolonged periods of sitting or standing. Warm soaks or ice pads may help.

**INDIGESTION**- Tums, Rolaids, Maalox, Mylanta, Riopan, Gaviscon, Zantac, Pepcid AC, Tagamet, Milk of Magnesia, Gas-X

**\*\*AVOID** Spicy or rich foods.

**INSOMNIA**- Benadryl, Nytol, Sominex, Unisom, Tylenol PM as directed

**\*\*AVOID** using these sleep aids for more than 2-3 consecutive nights.

**FIRST AID PREPARATIONS**- Hydrocortisone (Cortaid, Lanacort), Polysporin

**VAGINAL DISCHARGE**- Some increase of vaginal discharge is common with pregnancy. Should you develop a yeast infection it is okay to use Monistat.

**SPOTTING**- Some spotting during pregnancy may be considered normal. Example: **AFTER INTERCOURSE**, decrease activity, rest off feet, no intercourse and monitor bleeding.

If the flow increases then call the office. Spotting may also occur if you have been up for a long period of time. Should this happen, follow the instructions described before.

**FAINTNESS**- This occurs from low blood pressure, particularly if you stand for long periods of time. Move around frequently to stimulate circulation and keep blood sugar levels up with a small, healthy snack. (not sweets)

---

**COMMON PREGNANCY QUESTIONS**

---

1. It is okay for pregnant patients to have hair permed or colored, as long as you are in a well ventilated area.
2. It is okay for pregnant patients to see a dentist. Should you require x-rays, the dentist will need to shield your abdomen. Local anesthesia may be used but **NOT NITROUS GAS**.
3. **AVOID** the use of a sauna or tanning bed.
4. It is okay to use Spray on tanners.
5. It is okay to have a massage during pregnancy.
6. Flu shots may be received during pregnancy. **NO FLUMIST**.
7. TB testing may be received anytime during pregnancy.
8. It is okay for pregnant patients to paint, as long as you are in a well-ventilated area.