

# THE CLINIC FOR WOMEN

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Office Hours: Monday- Thursday 8:00 AM – 4:30 PM, Friday 8:00 AM – 4:00 PM

## 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 do 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 28 weeks.
4. Sharp or severe abdominal pain or cramping.
5. “Water” leaking or gush of fluid from the vagina.
6. Contractions **BEFORE** 34 weeks that occur every 10 minutes or less.
7. Contractions **AFTER** 34 weeks that occur every 5-7 minutes.  
(Contractions may be painless and may feel like the baby is “balling up” inside of you.)

Common pregnancy questions:

1. It is okay for pregnant patients to have hair colored or permed, as long as you are in a well ventilated area and do not have any scalp sores/lesions.
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 in moderation.
5. It is okay to have a massage during pregnancy.
6. Flu shots **ARE RECOMMENDED** 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.

## 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. (\*\*AVOID Aspirin, Advil/Motrin, Ibuprofen, Aleve, Naproxen)

**NAUSEA and VOMITING-** Vitamin B6 (25mg twice daily), Dramamine, Emetrol.

**The following are treatments for both mild and severe nausea:**

1. Eat little and often, avoiding fatty foods, fried 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.

**INDIGESTION-** TUMS, Roloids, Maalox, Mylanta, Riopan, Gaviscon, Zantac, Pepcid AC, Tagamet, Milk of Magnesia, Gas-X. Avoid Spicy food.

**SINUS PROBLEMS-** Cool mist vaporizer, saline nasal spray, Claritin, Alavert, Zyrtec. Tylenol Sinus, Chlor-Trimeton.

Nosebleeds are common. Sit upright and apply cold compress to your nose.

**COUGH and CONGESTION-** Mucinex, Vicks Vapo rub, cough drops, Robitussin, Tylenol cold products, Theraflu. (\*\*AVOID Nyquil.)

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

**DIARRHEA-** Imodium AD, Kaopectate, Donnagel (\*\*AVOID dairy products). Increase clear liquids. When attempting solid foods, start gradually with Bananas, Rice, Applesauce, and/or Toast. If symptoms continue for more than 72 hours, call the office. DIARRHEA is > than 2-3 LOOSE stools per day.

**CONSTIPATION- STOOL SOFTENERS-** Colace, Surfak, Doxidan **STOOL SOFTENERS WITH STIMULANT-** Peri-Colace, Senokot  
**LAXATIVES-** Miralax, Dulcolax, Metamucil, Fibercon, Citrucel. Be sure to drink plenty of water and eat roughage (fresh fruit, vegs, bran).

**HEMORRHOIDS-** Tucks pads, Preparation H, Anusol. (\*\*AVOID constipation or prolonged sitting/standing. Ice pads may help.)

**INSOMNIA-** Benadryl, Unisom, Tylenol PM, Sominex as directed. (\*\*AVOID using these sleep aids for more than 2-3 consecutive nights).

**FIRST AID and RASH-** Neosporin or Polysporin as directed on cuts/abrasions. Hydrocortisone, Benadryl as directed for body rash.

**VAGINAL DISCHARGE-** Some increase in 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. EXAMPLES are after intercourse and following cervical exams. Recommendations are: Decrease activity, rest off feet, abstain from intercourse, and monitor bleeding. If the flow increases, call the office.

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