

# Problems in Pregnancy

CORNERSTONE  
Ob-Gyn

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This card lists some problems that can occur during your pregnancy along with several simple “self-helps.” If you have any questions, please call the office.\*

**Backache:** Rest and warm (NOT hot) baths. Use correct posture and try to avoid heavy lifting. Sleep on a firm bed. Wear low-heeled shoes. Tylenol. Use a support belt.

**Colds, Flu, and Minor Aches & Pains:** Tylenol, Robitussin DM for cough, Sudafed for congestion, and stay hydrated. Pedialyte is a great choice.

**Constipation:** Increase intake of fruits, vegetables, juices, bran and water (6-8 glasses above normal intake). Colace as directed. Fiber 25 gm daily.

**Cough:** Robitussin DM or Delsym, Cough Drops, Warm Teas.

**Diarrhea:** Stick to a clear liquid diet like chicken broth and Pedialyte for 48 hours. If unable to take fluids orally longer than 24 hours, or have a fever greater than 102° - **Call the office.\***

**Dizziness, Fainting & Lightheadedness:** Avoid sudden changes in posture. Avoid hot showers. After lying down, get up slowly, by rolling to the side, then push to a sitting position. Drink fluids.

**Fetal Kick Count:** Try moving your baby and drinking some Juice. Go to the hospital if your baby has not moved 10 times in 2 hours after 26 weeks pregnant.

**Groin Pain:** Round ligament pain is a sharp, sudden pain in the groin area caused by the uterus growing to accommodate the baby. Move carefully and avoid sudden movements. Turn over carefully when you are in bed or getting up. Get off your feet. Use a support belt.

**Headache:** Try Tylenol 1000mg and sipping some caffeine. If you have no relief from Tylenol or have visual disturbances - **Call the office.\***

**Hemorrhoids:** Avoid constipation by increasing the amount of fluids and roughage in your diet. Sitting in a tub of warm (NOT HOT) water is a soothing measure you can try. Use Colace as directed.

**Indigestion & Heartburn:** Avoid spicy food. Eat smaller, more frequent meals. May take Pepcid two times per day, Maalox as directed, or TUMS.

**Leg Cramps:** Wear support pantyhose and low-heeled shoes. Elevating your feet and warm (NOT HOT) baths may help. Increase milk intake and calcium (Tums tablets). Drink plenty of water. Eat foods rich in potassium (avocados, bananas, tomato juice, etc.).

**Sexual Intercourse:** Continue as long as comfortable unless you have spotting, your bag of water ruptures, or you have abdominal pain.

**Sinus Drainage:** Humidify your home or bedroom and increase your fluid intake. Sudafed may be helpful.

**Spotting:** Go to the hospital. Avoid intercourse, tampons, or douching and observe.

**Swelling (Edema):** This is a problem that most pregnant women have at some time during pregnancy. Support panty hose, elevating feet, resting on your left side may offer some relief. Don't wear rings if your hands are swollen! "Water pills" are not recommended during pregnancy. Drink fluids - especially water - and lower salt intake.

**Vaginal Discharge:** You will normally have more discharge when you are pregnant, but if signs of infection occur, such as itching or foul odor, call the nurse. Do not douche.

**Varicose Veins:** Elevate feet as often as possible and wear support panty hose. These may go away after pregnancy. No thigh high or knee high panty hose.

\*Calling the office after normal operating hours will connect you to our after hours line.

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### **Nausea:**

- Take prenatal vitamins before bedtime, instead of in the morning on an empty stomach. The iron found in many prenatal vitamins can exacerbate nausea.
- Ginger is safe and effective in relieving nausea caused by morning sickness. Ginger comes in many forms and can be taken as supplements three or four times a day, with a total daily dose of about 1 gram.  
*Foods that contain ginger may also help ease nausea. These include ginger ale, ginger lollipops, and ginger tea. Eat several small meals a day. Try eating every 1 to 2 hours. This can keep your stomach from getting empty.*
- Choose foods high in complex carbohydrates. These include whole wheat bread, pasta, bananas, and green, leafy vegetables.
- Don't eat greasy and spicy foods.
- Sip on liquids that are cold, clear, and carbonated in between meals.
- Keep crackers near your bed. Munch on them before getting up in the morning.
- Don't shift positions too quickly.
- Suck on a peppermint or sniff sliced lemon if an odor bothers you.
- Try motion sickness or acupressure wristbands.
- Vitamin B6 & Doxylamine (Unisom)\* - One 25 mg tablet of Vitamin B6 three times a day AND one-half tablet of Doxylamine in the morning and one whole tablet of Doxylamine before bed. \*Can cause drowsiness.