**Congratulations on your Pregnancy**

**Over the Counter Medications Approved for Use in Pregnancy**

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| **Pain medication**  Tylenol (acetaminophen) for minor aches and pains, headaches. Prescription meds with exam or consult only.  DO NOT USE Aspirin (81mg ok, NOT 325mg) Motrin, Advil, Ibuprofen Aleve | **Heartburn, Indigestion, Gas**  Tums Maalox Mylanta Mylicon Pepcid AC or complete  DO NOT USE Pepto-Bismol |
| **Antihistamines/Allergies**  Zyrtec Claritin Benadryl Chlor-Trimeton | **Decongestants**  Sudafed without pseudoephedrine  Nasalcrom (1 spray each nostril 3-4 x day) Robitussin DM Tavist D Ocean Mist Nasal Spray |
| **Cough/Sore Throat**  Robitussin DM Mucinex Cool mist humidifier Alcohol free lozenges  Chloraseptic  Shower Soothers Vapor tabs  \*\*Call provider if persistent cough or fever greater than 101 degrees of with severe or persistent sore throat. | **Nausea**  Ginger Root Capsules 250mg 4 x day Vitamin B6 10-25mg 3-4 x day Unisom 25mg ½-1 **tablets** 3 x day Sea Bands (wrist acupressure) B-natal pregnancy pops ([www.b-natal.com](http://www.b-natal.com)) \* Eat small frequent meals high in protein (may try Ensure, Myoplex)  \*Call provider if persistent vomiting or inability to tolerate food/fluids for 24 hours |
| **Insomnia**  Unisom 25mg ½ - 1 tablet (not gelcaps or meltaways)  Benadryl | **Yeast Infections**  Monistat or Gyne-Lotrimin externally only Acidophilus tablets or yogurt Attune pro-biotic bars |
| **Constipation**  Milk of Magnesia Over the counter stool softeners Benefiber Citrucel Colace Metamucil FiberCon/Fiberall | **Diarrhea**  Imodium (one dose only) Follow BRAT diet (banana, rice, applesauce, toast) Lactobacillus tablets  \*\* Call Provider if diarrhea persists more than two days or is accompanied by a fever. |
| **Hemorrhoids**  Preperation H Tucks Chilled Witch Hazel packs | **Toothache**  Orajel |

**PREGNANCY RISK LINE**  1-800-822-2229 **Website:** mothertobaby.utah.gov



**Alternative medicine therapies to AVOID in pregnancy**

Arbor vitae Kava Kava

Beth root Licorice

Black cohosh Meadow saffron

Blue cohosh Pennyroyal

Cascara Poke root

Chaste tree berry Ru

Chinese Angelica (Doug Quai) Sage

Cinchona St. John’s Wort

Cotton root bark Senna

Feverfew Tansy

Ginseng White Peony

Golden seal Wormwood

Juniper Yarrow

Yellow dock Vitamin A (large doses can cause birth defects)

**Aromatherapy essential oil to AVOID during pregnancy**

Calamus Basil

Mugwort Hysop

Pennyroyal Myrrh

Sage Marjoram

Wintergreen Thyme

**\*\*\*Please note: No drug can be considered 100% safe during pregnancy**

**FDA Classification of Drug Safety during Pregnancy**

**Category A:** Controlled studies in women fail to demonstrate a risk to the fetus in the first trimester (and there is no evidence of risk in later trimesters), and the possibility of fetal harm appears remote.

**Category B:** Either animal reproduction studies have not demonstrated a fetal risk but there are no controlled studies in pregnant women, or animal reproduction studies have shown an adverse effect (other than a decrease in fertility) that was not confirmed in controlled studies in women in the first trimester (and there is no evidence of risk in later trimesters).

**Category C:** Either studies in animals have revealed adverse effects on the fetus (teratogenic or embryocidal or other) and there are no controlled studies in women or studies in women or animals available. Drugs should be given only if the potential benefit justifies the potential risk to the fetus.

**Category D:** There is positive evidence of human fetal risk, but the benefits from use in pregnant women may be acceptable despite the risk (e.g., if the drug is needed in a life-threatening situation or for a serious disease in which safer drugs cannot be used or are ineffective).

**Category X:** Studies in animals or human beings have demonstrated fetal abnormalities or there is evidence of fetal risk based on human experience, and the risk of the use of the drug in pregnant women clearly outweighs any possible benefit. The drug is contraindicated in women who are or may become pregnant.

Office # 801-756-5288



**Frequently Asked Questions during Pregnancy**

**Is it normal to bleed during pregnancy?**

If you experience spotting after intercourse, increased activity, or a cervical check, this is normal. You should notify the doctor if you have bright red bleeding, heavy bleeding (like a period) or bleeding associated with cramping

**What medications can I take?**

**For pain/headaches:** Tylenol, Excedrin with NO aspirin

**For cold symptoms:** Tylenol for aches and fever. Plain Robutssin for coughs. Sudafed without PE, or Mucinex for congestion. Chloraseptic or Cepacol lozenges for sore throat.

**For allergies:** Claritin or Benadryl

**For Diarrhea:** Immodium, and diet of clear liquids for 24 hours. Try BRAT diet of bananas, rice, applesauce, and toast. If persists more then 48 hours, call us.

**For heartburn:** Papaya Enzymes, Tums, Pepcid, Zantac, Prilosec, Prevacid

**For constipation:** Colace, Dulcolax

**For Nausea:** Unisom (at night), Vitamin B6 (3 times a day), Ginger. Eat frequent small meals.

**For yeast infection:** Monistat 7

**I haven’t felt my baby move, what do I do?**

Before 26 weeks, movement of the baby is much harder to feel due to the size of the baby. If you are experiencing this after 26 weeks, first drink some juice or eat something sugary, lay on your left side for 20 minutes. If you still haven’t felt movement then call the office or go to Labor and Delivery.

**Did my water break?**

If you feel a sudden gush of fluid or have a steady amount of watery discharge, you should go to Labor and Delivery and be evaluated. Increased vaginal discharge is normal during pregnancy.

**Can I exercise?**

You can exercise as much as you normally would. (No extreme or vigorous exercise). Do not lift more the 20lbs. It is recommended that you exercise 30 minutes a day, 3-5 days a week.

**What does a contraction feel like?**

\*\*Braxton hick’s contractions are normal to feel throughout your pregnancy. They can be described as periodic tightening sensations that begin at the top of your uterus and moves downward. Your tummy will most likely feel hard.

\*\*Real labor feels similar to Braxton hick’s, but the contractions are more intense and are felt more frequently. They will be hard to walk and talk though. If you are experiencing them every 3-5 minutes that last 60-90 seconds, that last longer then 30 minutes. You should go to Labor and Delivery.

**If you have any other questions or concerns feel free to contact our office at**

**801-756-5288 we are open M-F from 8:00am-5:00pm.**

**If it is after hours, please call 801-756-5288 and you will be directed to the Doctor/Midwife on-call.**

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| 10-12 Weeks | Initial OB: An ultrasound to check dates and babies heart beat!  (Come with full bladder)  Questions and concerns answered, general information regarding your pregnancy.  Blood work and urinalysis will be done. |
| 16 Weeks | Meet with provider and hear babies heartbeat and answer questions.  Can get a Gender Check Ultrasound $80  **A SEPEARATE ULTRAOUND APPOINTMENT NEEDS TO BE MADE WITH ULTRASAOUND TECH IF YOU WANT THIS.** |
| 20-21 Weeks | OB Complete Ultrasound and follow up visit with your provider. |
| 22-24 Weeks | Regular check up- answer questions, listen to heartbeat |
| 25-30 Weeks | 24-28 weeks: Listen heartbeat, answer questions and get glucose drink  28-30 weeks: Get blood drawn for glucose and iron level, listen heart beat, measure belly and answer questions.  Get Rhogam shot if Negative Blood Type |
| 32 Weeks | General check up: Listen to heartbeat, answer questions, can get TDAP (optional) |
| 34 Weeks | General check up: Listen heartbeat, answer questions and get breastfeeding information |
| 36 Weeks | General check up: Listen heartbeat, answer questions, measure belly and  collect vaginal swab called-Group B Strep Test |
| 37 Weeks | Listen heartbeat, answer questions, measure belly.  Go over birth plan |
| 38 Weeks | Listen heartbeat, answer questions, measure belly |
| 39 Weeks | Listen heartbeat, answer questions, measure belly.  Optional Cervical exam and/or Sweep membranes |
| 40 Weeks | Listen heartbeat, answer questions, measure belly.  Optional Cervical exam and/or Sweep membranes |