

MEDICATIONS IN PREGNANCY

Below is a list of medications available at your pharmacy without a prescription that are safe during your pregnancy when taken as directed. Contact our office before you take any medications that are not on this list, including other medication prescribed by doctors outside this practice.

SYMPTOM:

Fever, headache, pain

Nausea & Vomiting

Cold/Sinus Congestion

Cough/Sore Throat

Constipation

Diarrhea

Gas

Hemorrhoids

Heart Burn/Acid Reflux

Ointments

Insomnia(Sleeplessness)

Nose Bleeds

Leg Cramps

Antibiotics

Anesthetic

MEDICATION:

Tylenol(Acetaminophen),Regular/ExStrength

Emetrol, Vit.B-6, Ginger, Ginger Tea

Tylenol Cold/Sinus, plain Sudafed, Actifed, Ocean spray,Afrin(use no longer than24hrs), Preferably after 12 wks: Benadryl.

Chlor-Trimeton, Plain Claritin, Claritin-D, Theraflu, Zyrtec, Allegra

Robitussin, Robitussin DM, Theraflu Cough Drops, Chloraseptic Spray or lozenges

Stool softeners:Colace,Konsyl mix, Metamucil
Laxatives: Milk of Magnesia, Senakot, Benefiber, Metamucil, Dulcolax

Imodium AD, Maalox AD, Kaopectate, BRAT Diet=bananas, rice, applesauce, tea/toast

Gas X, Mylicon, Gaviscon (liquid)

Preparation H, Anusol, Tucks pads

Maalox, Tums, Rolaids, Mylanta, Pepcid AC, Zantac 75, Gaviscon (liquid)

Ben-Gay, Icy Hot or Tiger Balm, hydrocortisone

Tylenol PM, Benadryl(after 12 wks of pregnancy) Unisom

Humidifier, saline nose drops or sprays, petroleum jelly around exterior surface of the nose

Oscal 500

Most antibiotics, Erythromycin, Penicillin, Keflex

Novacaine, Xylocaine, Lidocaine

DO NOT TAKE: ASPIRIN, IBUPROFEN(ADVIL, MOTRIN, ALEVE) OR NAPROXEN UNLESS DIRECTED BY YOUR DOCTOR.

CALL OUR OFFICE IF... 860-224-2447

- You have bleeding (bright red like a period).
- You have a fever greater than 100.4F and does not respond to Tylenol.
- You have vomiting and/or diarrhea for more than 24 hours.
- Your cold or flu symptoms have not improved within 72 hours.
- You are having Urinary Tract Infection symptoms like: urine frequency/urgency, pelvic pressure and/or pain, burning with urination, small amounts of urine, etc.

AFTER 25 WEEKS OF PREGNANCY, CALL IF...

- You have no fetal movement for 3-4 hours straight.
- You're having contractions.
- Your water breaks.

PLEASE NOTE THAT IF YOU CALL OUR OFFICE AFTER 5PM ON WEEKDAYS OR ANYTIME ON WEEKENDS AND HOLIDAYS, OUR OFFICE WILL BE CLOSED. HOWEVER, WE DO HAVE AN ANSWERING SERVICE THAT WILL TAKE YOUR EMERGENCY CALLS ONLY AND THE PHYSICIAN ON CALL WILL ADDRESS YOUR EMERGENCY.

MISCELLANEOUS PRODUCTS AND ACTIVITIES DURING PREGNANCY:

Dental Care: If you have not had a dental check-up in the last 6 months, we strongly encourage that you have one. If you require a dental procedure, remember to tell your dentist or hygienist that you are pregnant. Dental x-rays are allowed, as long as your abdomen is well shielded with a lead apron. The medications on the previous page are safe during and following dental procedures when you are pregnant.

Foods: It is okay to eat shrimp, clams, oysters and mussels, crab legs. **Do not** eat any predatory fish (shark, mackerel, swordfish, etc). You can eat up to an average of 12 ounces a week of other types of cooked fish. No sushi, sashimi, or other raw fish. You may have one to two servings (6-8oz) of canned or fresh tuna.

IT IS OK to eat processed lunch meat and deli meats. Please be sure it is fresh.

DO NOT eat unpasteurized cheeses.

PERMISSIBLE: Hair color, highlighting, perms, strengtheners (preferred after 12 wks), manicures, acrylic nails, teeth whiteners, mild facials, facial microdermabrasions.

NOT PERMISSIBLE: Tanning beds, botox injections, chemical peels, sclerotherapy (spider vein treatment), nutritional herbal supplements from health food stores.

Massages and chiropractic treatments are allowed as long as you tell the therapist or chiropractor that you are pregnant so they may take the necessary precautions.

It is safe to be in a building when there is painting going on as long as it is well ventilated. Pest extermination is the same unless it is recommended by the exterminating company that you leave the building or area.

Caffeine (coffee, soda, tea, chocolate) should be limited to 2 (8oz) cups per day. The least amount is best.

You **must** drink at least 6-8 (8oz) glasses of water daily throughout your pregnancy.

TRUE LABOR VS FALSE LABOR

TRUE LABOR

Contractions occur at regular intervals (may be 10-30 minutes and each may last 30 seconds or longer). Intervals gradually shorten.

Intensity of contractions gradually increase.

The cervix is soft and admits one finger easily.

Discomfort is not relieved by mild sedation.

There is backache and discomfort in the upper abdomen due to stretching of the cervix and muscles.

Pain increases with legs elevated.

A show is present (a little blood and mucus discharge from the vagina). Ruptured membranes (bag of water) may occur with either a trickle or a gush of fluid from the vagina.

FALSE LABOR

Contractions occur at irregular intervals.

Intervals remain long.

Intensity of contractions remain the same.

The cervix does not change.

Discomfort may be relieved by mild sedation.

Discomfort is mainly in the lower anterior region of the abdomen and pelvis.

Pain decreases with legs elevated.

NO "bloody show".

Stages Of Labor

As you near the birth of your baby, it is helpful to learn about the 3 stages of labor.

The First Stage of Labor:

The first stage is the start of labor and lasts until the cervix is fully open at 10 centimeters. This is the longest stage of labor and can last 12-17 hours.

This stage is divided into early labor, active labor and transition.

1. During **early labor**, the cervix dilates from 0 to 3 centimeters. Contractions may last 30-60 seconds and occur every 5-20 minutes. There may be a pink, slightly bloody or mucus discharge from the vagina. Backache, nausea and diarrhea may also occur.
2. During **active labor**, the cervix dilates to about 7 centimeters. Contractions become stronger and longer, lasting about 1 minute and repeating every 2-4 minutes. Pain medicine may be given at this time.
3. During **transition**, the cervix dilates to 10 centimeters. Contractions are stronger and occur more often. Intense pressure in the lower back and rectum may be felt.

What you can do:

Relax between contractions. Use breathing or relaxation techniques you learned in childbirth classes or ask your nurse for help. **Do not push until you are told to do so.**

What your partner can do:

Encourage and comfort. During early labor, help her change positions every 1-2 hours. Provide ice chips and lip balm. Use touch and massage. Use encouraging words.

The Second Stage of Labor

The second stage begins when the cervix is fully open and lasts until the baby is delivered, about 1-2 hours. During this time, staff will tell you when you can push and help support your body as you deliver your baby.

What you can do:

You will be encouraged to push with each contraction. You may be told to push more gently or to stop pushing at times.

What your partner can do:

Support her body during delivery. Encourage her and help her count while pushing.

The Third Stage of Labor

The third stage is the delivery of the afterbirth called the placenta. This is the shortest stage of labor, lasting 15-20 minutes.

What you and your partner can do:

Relax and enjoy this time with the baby.

Talk to the staff if you have any questions or concerns at any time during labor and delivery.