

Manchester OB/GYN Associates
150 Tarrytown Road,
Manchester, NH 03103
Office (603)622-3162 • Fax
(603)622-8677
Email:
MOA@ManchesterOB.com
Web: www.manchesterob.com



Wayne L. Goldner, MD FACOG • Robert P. Cervenka, MD FACOG • Gary A. Wasserman, MD FACOG • Jennifer M. Donofrio, MD FACOG • Heidi L. Meinz, MD FACOG • Brenda M. Sanborn, CNM • Angela Diorio, ARNP • Ann Chalifour, ARNP • Nancy S. Clark, ARNP • Tracey Gahara RNC

Minor Illnesses During Pregnancy

During your pregnancy you may at times face minor viral and bacterial illnesses that require care. It is the best philosophy during pregnancy to use as little medication as possible. However, due to the discomfort, it is at times necessary to take some medications. The following guidelines are written so that you may safely treat yourself while exposing your baby to the minimal amount of risk. The guidelines suggested below are simply guidelines and if you have any further questions, you should, of course, call the office.

- ♦ **Cold and Flu Symptoms** - The optimal treatment for cold and flu symptoms is rest and fluids. In the winter time, it is essential to have a vaporizer for good humidification. For headaches, general aches, and pains you can take Tylenol (2 tablets) every four to six hours. The maximal dose of Tylenol is 4000 gm/day (12 regular or 8 extra strength). In addition, for nasal congestion, Sudafed (plain) is safe (**after 12 weeks gestation**). Antihistamines, Chlor-Trimeton, Mucinex which can be bought over the counter, are essentially safe at any gestation and can be taken in small quantities. Chloraseptic lozenges are useful for severe sore throats and Robitussin (plain) is good to help coughs and congestion.
- ♦ **Diarrhea** – Any time you have diarrhea, you should initially stop using milk products and switch yourself to a very bland diet consisting mostly of clear liquids. Once the diarrhea begins to improve slowly increase your diet. Start with foods such as white rice, toast, applesauce and crackers. Should the diarrhea become bothersome, the initial treatment would be to use Kaopectate or Imodium AD which, again, can be bought over the counter. Severe cases should be brought to the doctor's attention. You do not want to get dehydrated.
- ♦ **Constipation** - Increase fluids and high-fiber foods (vegetables, fruit, grains, etc.). Use Colace 100 mg 1-3 times a day to soften stools. Metamucil may be introduced also. Senekot is also safe if a laxative is needed.
- ♦ **Hemorrhoids** - Tucks Pads, Preparation H, or Anusol HC may help. If the hemorrhoids are bleeding, contact your Primary Care Physician.
- ♦ **Headaches** - Headaches are very common in pregnancy and occur most often in the first trimester. Any severe headache, with severe pounding or changes in your vision, severe nausea or vomiting should be reported to us at once. However, most headaches are very easy to treat; again, Tylenol is useful along with rest and a heating pad on the back of your neck.
- ♦ **Nausea and Vomiting with Pregnancy** - Obviously, it is very common in the first trimester to have nausea and/or vomiting. The most important step that you need to take is to eat small meals. Eat a small breakfast, a snack during mid morning, a small lunch, a snack during mid-afternoon, a small dinner and a snack in the evening. In addition, crackers by your bedside as soon as you wake up in the morning are very important. Try Vitamin B6 25-50mg 3-4 times per day. Ginger is also helpful. Cook with fresh grated ginger, take sips of ginger ale, drink ginger tea or purchase crystallized ginger in the spice section and with a knife, shave thin strips to chew on. At a pharmacy, you can purchase Emetrol, which is a safe medication consisting of simply syrup. This often helps many people through the nausea. Should the nausea and vomiting become persistent and you are not able to keep down any food, then you must be seen in the office and be evaluated.
- ♦ **Indigestion and Heartburn** – This commonly occurs throughout pregnancy and Maalox, Mylanta, Roloids and Tums may be helpful.

These are just some of the guidelines that you may use in order to help you through the discomforts. If you have any problems or questions, please call the Physician Coordinator in our office at Ext. 124.