

## COMMON CONCERNS DURING PREGNANCY

1. Some nausea and vomiting in pregnancy is normal. If this prevents you from performing your normal daily activities, there are medications that we can prescribe for you. If you feel you are becoming dehydrated, please call our office or go to the Emergency Room.
2. Spotting and cramping are not uncommon in early pregnancy, If this occurs, a decrease in your normal daily activity for 24 hours or until spotting subsides may be helpful. If the spotting continues or you develop a period-like flow with cramping, please call our office.
3. A sharp constant pain in your lower abdomen, unrelieved by taking Tylenol and a warm bath, should be reported to the office.
4. Six to ten contractions in one hour between 20 and 34 weeks of pregnancy is concerning. If painful contractions persist after taking a warm bath, taking Tylenol, and lying down for an hour, go to Labor and Delivery for an evaluation of Pre-term Labor.
5. Constipation can be a problem in pregnancy, especially if you are taking prenatal vitamins and/or an iron supplement. If this occurs, we suggest you add more fiber to your diet and increase your fluid intake. If unsuccessful, a stool softener such as Docusate Sodium may be taken one or two times a day as needed. Milalax and Metamucil are also safe.
6. Prenatal vitamins are a supplement needed in pregnancy and while breast-feeding. Unfortunately they may cause nausea. If this occurs you may stop taking the vitamins for 1 to 4 weeks until you can tolerate them in your diet. They are better tolerated when taken with meals or before bedtime.
7. Try to avoid taking any medications during the first trimester of your pregnancy. Medications that are safe to take after the first trimester are: Tylenol (for aches and pains), Sudafed (a decongestant), and Robitussin DM (a cough suppressant). Please call if you need further assistance.
8. Exercise in pregnancy usually makes you feel better and helps maintain an appropriate weight gain. Some suggested exercises are walking, prenatal water aerobics, and low-impact aerobics. If exercise causes cramping, lower the intensity of the exercise or discontinue.
9. The following activities should be avoided during pregnancy: hot tubs, saunas, snowmobiling, snow and water skiing, rides at amusement parks, horseback riding and tanning beds. If you have questions concerning a particular activity, please call the office.
10. Traveling during pregnancy is generally not a problem. If you are going to be confined in a vehicle longer than one hour, make sure you stop every hour to walk around and exercise your leg muscles. Make sure you drink plenty of fluids while traveling. During the last four weeks of your pregnancy, we prefer that you do not travel further than a one-hour drive from the hospital where you plan to deliver. Air travel is restricted during the last month of pregnancy.