

COMMON PROBLEMS DURING PREGNANCY

Pelvic pain

Experienced as sharp, intermittent pains, or pressure in the lower pelvic area. Usually worse when walking or changing positions from side to side and relieved when at rest. We recommend applying a heating pad, wearing a maternity belt, or taking Tylenol for relief. If worsens, call the office for further instructions.

Common Cold

Experienced as cough, congestion, runny nose, sore throat, low-grade fever. We recommend Tylenol Cold and Cough, Claritin, Benadryl, or cough/throat lozenges. If high-grade fever, call the office for further instructions.

Indigestion

Experienced as a burning pain in the chest, often after eating meals or lying down. We recommend to eat more frequent, small meals and to remain upright for approximately 30 minutes after eating. Medications that may help include Maalox, TUMS, or Pepcid. If worsens, call the office for further instructions.

Nausea/vomiting

Nausea and vomiting are common symptoms of pregnancy in the first and early second trimester. If these symptoms continue past this point in your pregnancy, please inform our office. We recommend crackers, ginger snaps, ginger ale, and Vitamin B6. If you are unable to tolerate any solids or liquids, please call the office for further instructions. Please also see the handout on "Morning Sickness."

Constipation

Constipation is a common symptom of pregnancy due to your growing baby and pressure on your gastrointestinal system. We recommend increasing the fluids in your diet to 6-8 glasses of water per day. Eat high roughage foods such as fresh fruit and vegetables. If persists, we recommend Colace, Metamucil, Citrucel for temporary relief. If worsens, please call our office for further instructions.

Headaches

Headaches and migraines are a common symptom during pregnancy. We recommend Tylenol or Extra Strength Tylenol for relief. Please, No Advil, Motrin, Aleve or aspirin, as this may interfere with the development of your baby. If worsens, please call the office for further instructions.

Swelling

Swelling of the legs, hands, and face are a common symptom during pregnancy. We recommend decreasing the salt content of your diet, increasing water intake, and elevating your legs at night. If you experience any pain in one or both of your calves, please call the office immediately. If the symptoms worsen, please call the office for further instructions.

Hemorrhoids

Hemorrhoids are a common symptom during pregnancy due to the weight of your uterus and growing baby. We recommend increasing water in your diet. You may also use Preparation H, Colace, or Tucks pads for comfort. If the symptoms worsen, please call the office for further instructions.