

Frequent Problems Associated With Pregnancy

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Listed below are some problems that can occur during your pregnancy along with several simple “self-helps”. If you have any questions please call the office at (830) 379-1500.

BACKACHE: Rest and warm (NOT hot) baths. Use correct posture and try to avoid heavy lifting. Sleep on a firm bed. Wear shoes with low heels.

COLDS, FLU & MINOR ACHES & PAINS: Sudafed, pseudoephedrine, Benadryl or Tylenol Cold & Flu.

CONSTIPATION: Increase your intake of fruits, juices, bran and water (6-8 glasses above normal intake). Colace, Peri-Colace, Milk of Magnesia, Metamucil, Fiber Con, or Benefiber.

COUGH: Robitussin (all types).

DIARRHEA: Stick to a clear liquid diet like bouillon, Jello, 7 Up, Gatorade, etc. for 48 hours. Imodium or Kaopectate.

DIZZINESS, FAINTING, & LIGHTHEADEDNESS: Avoid sudden changes in posture. After lying down, get up slowly, rolling to side, then pushing to sitting.

FEVER: Drink fluids. Call the office if your temperature is greater than 100.4 degrees Fahrenheit.

GROIN PAIN: Round ligament pain is sharp, sudden pain in the groin area is caused by the uterus growing to accommodate the baby. Move carefully and avoid sudden movements. Turn over carefully when you are in bed and getting up. Get off of your feet. There are abdominal support belts that may help as well.

HEADACHE: If you have no relief with Tylenol or have visual disturbances, call the office. Tylenol (all strengths) or Acetaminophen (generic).

HEMORRHOIDS: Avoid constipation by increasing the amount of fluids and roughage in your diet. Anusol-HC, Preparation H or Sitz baths.

INDIGESTION & HEARTBURN: Avoid spicy foods. Eat smaller, more frequent meals. Tums as needed. Maalox, Mylanta, Zantac, Pepcid, Tagament.

LEG CRAMPS: Wear support pantyhose and low healed shoes. Elevating feet and warm (NOT hot) baths may help. Increase milk intake. Caltrate, Citracel, or Os-Cal.

NAUSEA: Try eating something dry upon awakening such as toast or crackers. Instead of eating three large meals, try eating six smaller spaced evenly throughout your day. Eat

your meals dry and wait 45 minutes before drinking fluids. If you feel that your nausea is out of control, call the clinic. Emetrol or Nestrex.

SEXUAL INTERCOURSE: Continue as long as comfortable unless you have spotting or your bag of water ruptures.

SINUS DRAINAGE: Humidify your home or bedroom and increase your fluid intake. May take Sudafed if no problems with high blood pressure. Tylenol Sinus.

SORE THROAT: Increase fluids. Call if your temperature is greater than 100.4 degrees Fahrenheit. Chloraseptic Spray or Lozenges.

SPOTTING: Go to bed if possible. Avoid intercourse, tampons or douching and observe. If cramping or bleeding as heavy as a period occurs, call the clinic.

SWELLING (Edema): This is a problem that most pregnant women have at some time during their pregnancy. Support pantyhose, elevating feet, and resting on your left side may offer some relief. Don't wear rings if your hands are swollen. "Water pills" are not recommended during pregnancy. Drink fluids – especially water – and lower salt intake.

VAGINAL DISCHARGE: You will normally have more discharge when you are pregnant, but if signs of infection occur, such as itching or foul odor, call the nurse. Do not douche.

VARICOSE VEINS or "SPIDER" VEINS: Elevate feet as often as possible and wear support pantyhose. These may go away after the pregnancy. No thigh high or knee high hose.

IT IS TIME TO GO TO THE HOSPITAL WHEN: (Call the office if during office hours – the doctor may wish to see you).

- You suspect that your "water" is leaking.
- Persistent or heavy bleeding.
- Your contractions are 5 minutes apart for more than 1 hour.