INFORMATION FOR PREGNANT MOTHERS

**Calcium** - 1200 mg per day. You will need to supplement if you are allergic to milk products and may be found in Prenatal Vitamin’s or diet.

**Iron** - Prenatal vitamins over the counter.

**Weight Gain** - 20-30 pounds.

TESTING:

 **1st Visit**- Pap Smear, Urine Culture, Gyn Probe and Ultrasound.

**15-21 Weeks**- Routine prenatal lab (CBC, Rubella, Hepatitis, blood type, HIV+MSAFP)

 **24-28 Weeks**- Diabetes Test

 **36 Weeks**- Beta Strep Test

**It is recommended that you receive a flu shot, especially in peak flu season times (September to March), and a Tdap Vaccine between 27-36 weeks.**

 **Sex** - Permitted anytime unless you have bleeding, ruptured membranes, or are in premature labor.

**Smoking** - Please try to abstain during your entire pregnancy due to increased risk of miscarriage, premature labor, placental abruption, and still birth.

**L&D** - When you are having contractions every 5 minutes for one hour, if your membranes rupture or you have heavy bleeding, go directly to Conway Regional Medical Center (Emergency Room if less than 20 weeks, to Labor and Delivery otherwise). The hospital will notify me when you arrive (or notify one of my partners if I am unavailable). If you are not sure you are in labor call the office during office hours or go to Labor & Delivery for a labor check. This is especially important if labor is premature.

**Phone Calls** - Always feel free to call the office if you have any questions or problems between visits. You may reach the on-call physician through the medical exchange at 329-1199 if you have an urgent problem when the office is closed.

**SAFE MEDICATIONS IN PREGNANCY**

**Allergy/Cold Symptoms** **Heartburn / Acid Reflux**

Benadryl (Diphenhydramine) Maalox

Chloraseptic throat spray Milk of Magnesia

Claritin (Loratadine) Mylanta

Cough drops Pepcid

Mucinex & Mucinex DM Prevacid

Robitussin & Robitussin DM Prilosec

Saline nasal spray Rolaids, Tums, Zantac

Vicks Vapor rub

Zyrtec (Cetirizine **Hemorrhoids**

\*\* NO Zyrtec D and avoid medication with Anusol or Anusol HC

Phenylephrine & Pseudoephedrine Preparation H or Tucks Pads

**Constipation** **Nausea**

Colace, Senakot Dramamine, Vitamin B6

Dulcolax (oral or suppositories) Ginger root, Preggie Pop Drops

Fibercon, Metamucil, Milk of Magnesia

**Diarrhea** **Sleep Aids**

Kaopectate or Immodium Unisom, Tylenol PM or Benadryl

**Gas** **Yeast Infections**

Gax-X Phazyme (Simethicone) Monistat

**Pain** Caffeine less than 200mg per day

Tylenol (Acetaminophen) All sunscreens and hair dye are OK

\*\*no more than 2000mg in 24 hours All insect repellants are ok including DEET

Can use a maternity belt for back pain or a \*\*Please call and check with your provider

Heating pad on low for 20 minutes at a time prior to adding any herbal supplements

Always feel free to call the office if you have problems between visits. It you have non-urgent questions; you may send a message through your patient portal. You may contact the on-call physician through the medical exchange at 501-329-1199 if you have an urgent problem when the office is closed.