



Conway Obstetrics & Gynecology Clinic, P.A.
Conway, Arkansas 72034

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.

MEDICATION:

Nausea - Vitamin B-6, Rx of Phenegran or Zofran, Ginger Tea

Headaches, minor aches and pains - Acetaminophen (Tylenol or Extra Strength Tylenol). For back pain or round ligament pain you can use a maternity belt and heating pad on low heat.

Varicose veins or lower extremity edema - Compression hose.

Constipation - Metamucil, Milk of Magnesia or a stool softener such as Citrucel, Docusate Sodium (over the counter), Miralax (OTC).

Diarrhea - Gatorade, Imodium Multi-Symptom.

Colds, Allergies and Cough - Sudafed, Tylenol Cold & Sinus, Robitussin DM, Cough Drops, Benadryl, Zyrtec, Claritin, Chloraseptic Spray.

Heartburn - Tums, Maalox, Mylanta, Previcid, Prilosec.

Insomnia - Benadryl or Tylenol PM

Yeast - Monistat 7 day course (OTC)-in **1st or 2nd trimesters only**.

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), however the flu mist is NOT recommended. It is also recommended you receive a Tdap Vaccine between 27-36 weeks. Both the flu shot and the Tdap Vaccine may be received at your PCP office or Health Department.

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 increase 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 get in touch with the on-call physician through the medical exchange at 329-1199 if you have an urgent problem when the office is closed.

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