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**OBSTETRIC QUESTIONS –**  
**Options for treatment for the following:**

Mild Upper respiratory infection/cold

- A. Increased fluid intake, increased rest and increased humidity in the home
- B. Saline gargle and saline nasal drops as needed
- C. Medication:
  - Nasal decongestants and antihistamines, such as:
    - Chlortrimeton (Chlorpheniramine) 4mg 1 tablet three or four times a day for 3 days
    - Sudafed 60mg 1-2 tablets every 4-6 hours as needed for 3 days
    - Benadryl (Diphenhydramine) 25-50mg 1 tablet three times a day
  - Throat lozenges or Chloraseptic spray as needed
  - Extra strength Tylenol or Tylenol Cold 1 or 2 tablets as needed
  - Guaifenesin syrup as needed; Other over-the-counter options: Actifed, Dristan, Robitussin DM, Vicks Cough Syrup, Halls
  - Avoid SA (sustained release) or 'multi-symptom' drugs

Constipation

- A. Improves with walking and other mild regular exercises
- B. Increase fluid intake, especially fruit juices such as prune juice
- C. Increase dietary fiber, such as raw fruits and vegetables and bran cereals
- D. Medication only if all else fails:
  - Colace 100mg nightly for 7 days as needed
  - Metamucil or Citrucil 1 tablespoon in liquid twice a day as needed
  - Milk of Magnesia 2 tablespoon at night as needed

Diarrhea

- Increase fluid intake
- After the 12<sup>th</sup> week of pregnancy: Kaopectate or Imodium

Heartburn/indigestion

- A. Eat five or six small meals a day instead of three large ones.
- B. Sit up while eating. Wait an hour after eating before lying down and do not eat before going to bed.
- C. Medication only if all else fails:
  - Tums, Maalox, Mylanta, Gavison, Roloids

Hemorrhoids

- A. Avoid constipation, prolonged sitting/standing
- B. Local comfort measures (cold compresses, witch hazel, anusol/glycerin suppositories, Tucks pads)
- C. Anusol HC or preparation H
- D. Checkup if increasing pain

Backache

- A. Use a bed board and/or firm mattress; Good body posture, such as not slouching
- B. Local heat or ice on the lower back
- C. Extra strength Tylenol 1 or 2 tablets as needed
- D. Do NOT use Aspirin, Motrin, Advil, Aleve, or other anti-inflammatory medications

Allergies/Rashes

- A. Benadryl 50mg tab
- B. Hydrocortisone cream or ointment, Caladryl lotion or cream, or Benedryl cream
- C. Oatmeal bath (Aveeno)

Varicose Veins

- A. Loose clothing and low-heeled shoes; Avoid heavy lifting or bending at the waist
- B. Frequent rests with feet elevated, Support hose or thigh high TED stockings
- C. Regular exercise such as walking

Cont./

### Insomnia

- A. Comfort measures (warm bath/shower, warm drink, backrub)
- B. Benedryl or Tylenol PM for occasional use

### Leg cramps

- A. Report if local redness or swelling in one leg only
- B. Calcium carbonate 250mg with vitamin D one tablet three times a day
- C. Increase milk or milk products to one quart per day
- D. Foot exercises; Avoid long periods of standing

### Vitamins

A standard Prenatal vitamin supplies the Vitamins, Minerals and Iron which is needed. In general, pregnant women need (from food and/or pills): 400-800 mcg Folic Acid, 30mg Iron, 600Units Vitamin D, 1000mg Calcium. Compared to eating fish there is no evidence that taking a supplement for Omega-3 Fatty acids is beneficial, but it not harmful either. Eating foods that promote absorption of Iron and are high in Vitamin C is a good idea, such as strawberries or broccoli. Extra Calcium or Vitamin D is not required unless there is a deficiency.

### Foods

It is best to have a healthy, well-balanced diet. In general, you should increase your calorie intake by a small amount (350-450 Calories per day).

Fish: Avoid large fish such as shark, swordfish, king mackerel, marlin, and tilefish, as they are high in mercury. Also avoid freshwater fish caught locally, better to have canned or farm-raised fish. Shellfish, if cooked properly, is not considered harmful. Sushi is usually not a problem.

Fish high in DHA, which is good for the babies' development, are: salmon, trout, snapper, herring, sardines and atlantic mackerel. Try to have 2-3 servings per week of fully cooked fish or canned tuna if possible.

Others foods: Avoid uncooked meats and poultry, as well unpasteurized dairy food. Also avoid soft cheeses or deli meats and hot dogs that may be contaminated with bacteria, unless they are reheated to steaming. Wash all fruits and vegetables before eating.

Caffeine: Moderation is best, and 1-2 caffeinated beverage a day is okay (less than 300mg/day), but limit anymore.

Artificial sweetener: Aspartame (Equal, Nutrasweet), Sucralose (Splenda), Stevioside (Stevia) are considered safe, but best to limit to 2-3 servings/day. Evidence on Saccharin (Sweet'n Low) is uncertain and best to avoid it during pregnancy.

Peanuts and peanut butter: if you have a family history of peanut allergies, best to avoid it.

Herbs: Little research is available.

Avoid: Arnica, Black seed/Kalanji, Blue cohosh, Feverfew, Salvia, Divinorum, Valerian; Others: Passion flower; Yohimbine.

Occasional use only: Chamomile; Kudza; Nutmeg.

Probably okay: Echinacea; Evening primrose oil; Ginseng; Ginkgo biloba; Peppermint; Raspberry leaf; Safflower; St.John's wort.

Alcohol: There is no known safe limit and therefore you should avoid alcohol altogether in pregnancy. High intake does result in malformations and developmental delay in the baby, including Fetal Alcohol Syndrome.

Marijuana: There is limited information but there is concern about the babies' brain development if exposed, so it is best to avoid.

### Other issues

Hair dye and perm – No specific proof of harm but best to wait till after first trimester (after first 12 weeks).

Hot tubs – You should not be soaking in water heated to 100 degrees or higher.

Painting – it is best to avoid painting and excessive exposure to paint fumes.

Travel - best time to travel is mid-pregnancy (14–28 weeks of pregnancy). Occasional travel in an airplane is almost always safe during pregnancy. Most airlines allow pregnant women to fly until about a month before their due dates. Compression stockings and periodic walking are good ideas.

You should wear your seat belt every time you ride in a car or truck, even if it has an air bag. Always try and remain mobile, getting up at least every 30 minutes if possible.

Sleeping position - There may be some benefit to sleeping on your left side when pregnant, but it is not well proven.

Exercise - Get at least 30 minutes of moderate exercise on most day unless there is a medical contraindication. Avoid higher risk activities such as scuba diving, contact sports, downhill skiing, and horseback riding. Also avoid activities that require motionless standing or lying down, or activities that require fine motor control and put you in danger if you are unbalanced. Yoga is fine, but not hot yoga.