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Prenatal Checklist

You may take these over the counter (non-prescription) medications:

1. Tylenol (Acetaminophen) for headaches, fever or for other aches and pains.
2. Chlor-Trimeton (Chlorpheniramine) 2mg or 4mg every 4 hours as needed, or Vick's Vapor Rub (external use only) for cold symptoms. NO SUDAFED (PSEUDOEPHEDRINE).
3. Claritin (Loratadine) 10mg or Benadryl (Diphenhydramine) 25mg for allergies. Zyrtec is okay too.
4. Saline nasal spray for nasal congestion or stuffiness. You may use Afrin (Oxymetrazoline) nasal spray if the saline does not work.
5. Mucinex (Guaifenesin) for cold and cough symptoms. You may use Robitussin Plain (Dextromethrophan) ONLY IF Guaifenesin fails.
6. Cepacol throat lozenges or spray for sore throat.
7. Emetrol, ginger chews, pops, B-natal TheraPops, Unisom (doxylamine) and Vitamin B6 for nausea and vomiting. (See Nausea and Vomiting Sheet)
8. Imodium for diarrhea. ****NO PEPTOBISMOL OR KAOPECTATE****
9. Metamucil or FiberTabs for constipation, plus lots of water. You may try Docusate sodium if increased fiber does not help.
10. Maalox, Tums, Mylanta, or Gaviscon for heartburn. ONLY IF THE ANTACIDS DO NOT WORK, you may try Pepcid. ****NO PEPTOBISMOL****
11. For a yeast infection, Monistat 7 can be used.
12. For hemorrhoids, you may use Preparation H, Tucks medicated wipes and Dermoplast spray.

You may lift up to 50 pounds as long as the pregnancy remains uncomplicated.

****PURCHASE A THERMOMETER**** and take your temperature BEFORE you call the office if you are not feeling well or are in pain. Notify our office if your fever is 100.4 or greater two times, more than 6 hours apart.

Eat 6 small meals a day instead of 3 full meals. Do not overload your stomach. Be sure to include plenty of fresh fruits and vegetables as well as whole grains in your daily meals.

Drink plenty of fluids, such as milk and juices, but **ESPECIALLY WATER**. A total of 8-10 glasses a day is recommended. Refrain from pop, caffeine and **ALCOHOL**.

****IF YOU SMOKE, QUIT!!****