

## Frequently Asked Questions

### Should I take a prenatal vitamin?

- Except for iron, folic acid, and possibly calcium, a well-rounded diet should supply all the nutrients you need during your pregnancy. A multivitamin or mineral supplement may be required to get enough of these nutrients. Take prenatal vitamins as directed. Large doses of anything, even a good thing, can be harmful. Don't take more than the recommended daily amount (RDA) for any vitamin or mineral - especially vitamin A. Very high levels of vitamin A have been linked with birth defects. Your prenatal multivitamin should contain no more than 5,000 IU of vitamin A.
- If your prenatal vitamin makes you sick, try taking it at a different time of day, or with a meal. Try over the counter vitamins with at least 400 micrograms of folic acid in the m. If you are still unable to tolerate the vitamins because of nausea, please call us during office hours and we will prescribe a vitamin with folic acid that may also help with your nausea

### What can I do (take) for ...?

- Morning sickness (may be all day)
  - Try small, frequent feedings especially high carbohydrate snacks. It is important to keep yourself hydrated. Even if you are having trouble keeping foods down, constantly sip fluids. You may add vitamin B6 with or without Unisom (doxylamine). You can try ginger capsules and sea bands. If you are unable to keep food or fluids down for greater than 24 hours please call the office
- Cold or sinus congestion
  - Saline only nasal spray, Vicks Vapor Rub, and Tylenol. Antihistamines and decongestants are on the medication page. If your symptoms continue please see your primary care doctor for evaluation
- Sore throat or cough
  - Over the counter cough drops, plain Robitussin Cough DM and Tylenol
- Headache or muscle ache
  - Tylenol, heating pad, warm bath (no longer than 15-20 minutes)
- Constipation
  - Increase fiber and water intake. Increase fruit and vegetable intake and try raisins or prunes. May take Metamucil, Fibercon, Psyllium, Benefiber or Colace (stool softener). Next try small doses of laxatives such as Senokot, Dulcolax, Miralax, or milk of magnesia

- Indigestion/heartburn
  - Eat small frequent meals. Avoid eating large meals before bedtime. Avoid spicy/fried foods. May try Mylanta, Maalox, Tums, and Roloids. Zantac, Tagamet, or Pepcid AC once or twice a day according to package instructions
- Diarrhea
  - Avoid spicy, fried foods. Drink plenty of clear liquids. May take Imodium AD, Metamucil or Kaopectate according to package instructions
- Yeast infection
  - Monistat, Gyne-Lotrimin or Mycelex 7 (all over the counter). Try sitz baths and keeping all soaps/detergents with dyes or perfumes off the vulvar/vaginal area
- Hemorrhoids
  - Avoid constipation. You can use Preparation H, Anusol, Anusol HC, tucks pads or witch hazel

What can I do for leg cramps?

- Decrease carbonated drinks. Increase potassium by drinking orange juice, eating bananas. Also add a Magnesium supplement 400 mg daily as well as calcium 500mg daily

What about swollen ankles and legs?

- It is common for pregnant women to retain fluid. Most women will find that their feet and ankles will be most swollen at the end of the day and their hand and face will be more swollen in the morning when they get out of bed. Try elevating your feet and lying on your left side as much as possible. Increase fluid consumption and decrease salt intake to try to flush the salts out of your body. You can also use compression stockings. If you have a sudden increase in the amount of swelling that does not go away with elevation and rest overnight please call the office

What if I had some bleeding after my exam?

- It is common to have some bleeding after a pap smear or pelvic exam early in pregnancy. It is also common to have spotting or a mucus bloody discharge after a cervical check late in pregnancy. If it is a significant amount, associated with significant cramping please call the office

Can I have sex?

- There is no risk of harm to the baby or you with sexual activity during pregnancy unless your water is broken or you have a complication that your doctor has explained means you should refrain from intercourse. A

small amount of spotting is ok after intercourse, but, if it is a bright red, or continues please call the office during office hours. If it is a significant amount or associated with pain please call the office any time.

I haven't felt the baby move?

- Many women do not feel baby movement until approximately 20 weeks gestation and will not feel it on a regular daily basis until after 26 weeks. However, after that time, you should feel your baby move multiple times every day. If the movement seems much less than what you are used to as being normal, we recommend that you lie on your left side and drink a sweet, cold drink. Place your hand on the uterus and count the movements that you feel over the next hour. You should feel the baby move at least six times. If you are more than 26 weeks or unable to get the recommended movements as described, please call the office number and even after normal office hours this will connect you with the answering service.

Should I get a flu shot?

- We highly recommend every pregnant patient receives the flu vaccination. This is safe in pregnancy and can protect you from a longer and more dangerous infection with the flu virus. If you have questions regarding these recommendations please discuss with your provider or refer to the CDC or ACOG websites under resources.

I haven't heard about the results of my blood tests.

- We generally do not call if the results are normal. All results are available to you on your patient portal. If you need to enroll in the patient portal or have questions please call the office during normal business hours. If you are enrolled you can log in from a computer or download the Healow Mom or Healow app to review your results. You may also call the office for results as well during normal business hours.

Can I paint the nursery?

- There are no harmful effects that are known from paint fumes. If you do paint, we recommend that you use a low VOC paint as well as open windows and make sure you have good ventilation. If you feel ill or lightheaded please take a long break and get fresh air.

Can I exercise?

- It is fine to exercise during pregnancy and we encourage it. However, we recommend that you exercise while paying attention to your body's cues for fatigue. There is no specific recommendation against abdominal muscle exercising as long as you are not uncomfortable. Do not do any high impact or jarring exercises. After 12 weeks we

recommend that you avoid physical activities where there is a chance for significant injury such as skiing, football or roller derby. After 20 weeks we recommend that you avoid physical activities where loss of balance could result in injury such as bicycle riding and climbing ladders.

Can I travel?

- Travel at any time during pregnancy does not pose a risk to the pregnancy; however, you need to be prepared to obtain care where ever you are should a problem arise. We recommend no travel outside of 2 hours from the hospital after 36 weeks. Please stand or walk every 90 minutes while traveling to avoid blood clots in the legs. If you would like, we may print your pregnancy record to take with you in the event that something would occur.

What should I do when I pass my mucus plug?

- Mucus and discharge is common in pregnancy and although some women do pass the mucus plug and can identify this it is more often just an increase in discharge. Please monitor for bleeding or contractions and if you are having any signs of preterm labor before 37 weeks or labor after 37 weeks please call the office number.

What does it feel like to have my water break and what should I do if I think this has happened?

- If your water breaks, you will have a continuous or frequent leakage. It might be a small or a large amount. If you are unsure, change your underwear and if a large or small amount of fluid continues to trickle out please let us know by calling the office number so we can evaluate you. The fluid generally has no odor and will be either clear with possibly small white flecks or a green/brown color.

Can I lie on my back?

- Lying flat on your back in the third trimester (after 28 weeks) may decrease the circulation of blood to your heart and uterus and make you feel light-headed. For this reason, we encourage you not to lie flat on your back for long periods of time. However, as long as you are not feeling light-headed there is no harm in lying on your back for short periods of time and there is no harm if you wake up and find that you have rolled on to your back in your sleep.

Can I dye my hair?

- There are no known adverse effects. Make sure there is good ventilation.

Do I go to labor and delivery or to the normal emergency room?

- In case of an emergency please call the office first to speak with the doctor on call. If you are unable to get ahold of the doctor on call or if you feel you must go immediately we recommend that you go to the regular emergency room entrance if you are less than 20 weeks. If you are more than 20 weeks pregnant please go to the 4th floor (if you are going to Kettering Medical Center) and check in with Labor and Delivery.

**In the event of labor, or an after-hours emergency, please call the office number which will connect you with our answering service. If you do not receive a call back from the on-call doctor in 15 minutes please call again. If you are having an emergency during normal office hours please connect with your front desk staff to reach the medical staff immediately. If you are having a non-urgent issue you are welcome to send a message over the patient portal. **\*\*Please remember, these are not addressed on nights or weekends and allow 24 business hours for response and portal messages are NOT for emergencies\*\*****