

Common Discomforts of Pregnancy

These conditions are common to have during pregnancy.
Follow this recommended guide to get you better.

Allergies: Benadryl, Claritin and Zyrtec

Backache: Warm tub bath
Tylenol regular or extra strength (ES), 2 tablets every 4-6
Maternity abdominal support
Pelvic rocking
Ice to area and rest

Bleeding Gums: Regular dental cleanings
Floss, brush daily, use soft toothbrush
Warm salt water rinses

Breast discomfort/Sore breasts: Wear well-fitting bra

Cold/Flu: Tylenol, regular or extra strength (ES) for aches and pains
Robitussin DM, Mucinex, or Delsym for cough
Sudafed, Claritin, Actifed, or Zyrtec for congestion
Chloraseptic spray, throat lozenges for

Constipation: Drink 8-10 glasses of water daily.
Eat high fiber foods and vegetables, such as bran, prunes and beans
Metamucil, Colace, Fiberall, Benefiber, Citrucel or Konsyl, use as
directed.
DO NOT USE AN ENEMA

Diarrhea: Kaopectate, Imodium as directed
BRAT diet (bananas, rice, applesauce, tea, toast)

Fatigue: Eat well balanced diet
Take your prenatal vitamins and iron if recommended
Rest often

Headache: Tylenol regular strength or ES as directed. Not to exceed 8 in 24 hrs
Cool cloth to head, rest in darkened room
Stay well hydrated and eat regular meals

Heartburn/Gas: Eat small, frequent meals. Avoid fried, greasy foods
Do not lie down right after eating
You may take-Maalox, Mylanta, Tums, Zantac, Prilosec, Pepcid
and Rolaids
Gas X or Mylicon for gas.

Hemorrhoids: Eat high fiber foods, fresh fruits, and vegetables
Do not strain when having a bowel movement
You may rotate ice packs and warm sitz bath
Prevent constipation (see constipation)
You may use Anusol, TUCKS pads, Prep H

Insomnia: Drink warm milk or chamomile tea before bedtime and take a
warm tub bath
Limit caffeine intake
Discuss with provider about over the counter medications for
sleep

Leg Cramps: Elevate legs when resting, stretch calves
Stay well hydrated
Magnesium rich foods-whole grains, dried fruit, beans and nuts
Potassium rich foods- bananas
Oscal as directed

Nasal Stuffiness/Nose bleeds: Ocean nasal drops

Nausea and Vomiting: Clear liquids/juices-water, Gatorade, ginger ale, Jell-O
and broth
Vitamin B6, Ginger (1000mg daily)
Ginger Tea, Emetrol

Round Ligament pain: Tylenol as directed.
Warm tub bath,
Rest and abdominal support

Swelling: Elevate your legs. Rest on your side
Wear maternity support hose
Drink 8-10 glasses of water a day

Shortness of Breath: This can be normal. Eat small portions, but do not over eat
Stop smoking

Urinary Frequency: Decrease caffeine.
Decrease fluids 2-4 hours before going to bed

Vaginal Discharge: This can be normal during pregnancy
Wear cotton underwear
Wipe front to back after BM and urinating
Notify your doctor if you have an odor, burning, itching,
fever or back pain

Varicose Veins: Wear maternity support hose
Do not cross legs or wear tight knee high socks

If you do not have any relief after following these recommendations,
please contact our office at 678-775-0600.