

WOMEN'S INTEGRATED HEALTH CARE

FAQs

Frequently Asked Questions About Pregnancy

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baby's movement decreased

Is it safe to travel during my pregnancy? – Travel is generally allowed during a normal pregnancy until 36 weeks gestation. The best time to travel is between weeks 14 and 28. Usually early pregnancy discomforts have subsided by then and it's still easy to move about. It's always a good idea to inform us of long distance travel plans so we may assist you with tips, vaccines, records, etc.

How much water should I be drinking on a daily basis? – You should drink 3 – 4 liters of water per day.

How can I be sure I am eating a healthy diet? – A healthy balanced diet is very important during pregnancy. At your next appointment with the doctor, you may ask for a food dynamid. A good basic diet while pregnant includes 2 – 4 servings from the milk and dairy group, 2 – 3 servings from the meat group; 3 – 5 servings of fruit and 6 – 11 servings whole grains and fiber.

I'm experiencing cold/flu-like symptoms, what do I do? – Increase fluids (especially water). You may take Sudafed, (may also be taken for congestion when taken as directed on the package), Tylenol Cold, Benadryl Allergy Cold 25 – 50 mg, Sudafed PE to relieve cold symptoms. For sore throat, throat sprays and throat lozenges, such as Hall's. Saline gargles (one tsp. salt in ½ cup warm water every four hours. For cough you may try Robitussin DM. Take your temperature – call us if it is greater than 100.4. Regular or extra strength Tylenol may be used for headache (NO aspirin or ibuprofen).

What can I do to relieve nausea and vomiting? – Eat smaller, more frequent meals (six small meals and snack per day). Drink fluids between meals, not with meals. Eat slowly and rest after meals. It is best to rest sitting in an upright position for about an hour after eating. Dry toast, soda crackers may relieve periods of nausea. If continued vomiting occurs, do not eat or drink anything until the vomiting has stopped. As you feel better, try some small amounts of clear liquids (broth, Jell-O, apple, grape or cranberry juice and/or popsicles. **Call the doctor if you are: unable to keep anything down for more than two days, fainting, vomiting blood, experience rib pain, become jaundice (skin is greenish or yellow) or your weight drops more than five pounds within a week.**

What if I am exposed to Chickenpox? – Most adults are immune to chicken pox, either from having the disease or by forming immunity from a mild exposure. If you have had the virus in the past, you and your baby are protected. If you are not sure, ask your doctor to check your immunity with a blood test. If the test shows positive immunity, you are both protected. If it shows no immunity, an injection of a medicine called “Varicella Immune Globulin – GZIG” may be given to prevent chicken pox. In order for the vaccine to be effective, the injection must be given within 72 hours of exposure.

Is it normal for swelling to occur? – A certain amount of swelling (edema) is normal during pregnancy. Elevating legs usually makes the swelling less by the next morning. Let your doctor or nurse know if you have swelling in your hands or face, this may be a sign of another problem. Should you experience swelling try the following: elevate legs whenever possible; rest in bed on your **left side**; lie down with legs raised on a small footstool or several pillows; avoid wearing stockings or socks that have a tight band of elastic; if you must sit a lot on the job, stand up and move around from time to time; avoid standing still for long periods of time.

What can I do or take for headaches? – Headaches are common during pregnancy. You should contact your doctor if your headache does not go away, returns very often, is very severe, causes blurry vision or spots in front of your eyes, or is accompanied by nausea. You may use Tylenol (acetaminophen) two regular strength or one extra-strength tablet.

What can I do to relieve constipation? – It is not uncommon to experience constipation in pregnancy. Here are some suggestions that may help: drink plenty of liquids (at least 6 – 8 glasses of water each day, including 1-2 glasses of fruit juice, such as prune juice); eat high-fiber food, such as raw fruits and vegetables and bran cereals; exercise daily (walking is a good form of exercise).

Are hemorrhoids common during pregnancy? – Very often, pregnant women who are constipated also have hemorrhoids. Hemorrhoids are varicose (or swollen) veins of the rectum. They are often painful. Straining during bowel movements and having very hard stools may make hemorrhoids worse and can sometimes cause them to protrude from the rectum. Do not take drugstore cures while you are pregnant without first checking with your doctor or nurse. Avoid getting constipated, eat a high-fiber diet; drink plenty of liquids.

What can I do or take to relieve/prevent heartburn? – Indigestion is commonly called heartburn, but it does not mean that there is anything wrong with your heart. Heartburn occurs when digested food from your stomach, which contains acid, is pushed up into your esophagus. To help relieve or prevent heartburn, try the following: eat 5 – 6 small meals per day instead of 2 – 3 larger ones; avoid foods that cause gas,

such as spicy or greasy foods; wait 2 hours after eating before exercising; take antacids, such as Maalox or Tums.

Are yeast infections common during pregnancy? – It is not uncommon to develop a yeast infection during pregnancy. If you develop symptoms (white discharge, itching or burning), it is safe for you to use over-the-counter products, such as Monistat. However; if you are early in your pregnancy (before 12 weeks), it is important that the cream be used externally only. After 12 weeks, it is safe to use the applicator internally.

What should I do if I am spotting/bleeding? – What should I do if I begin spotting/bleeding? All vaginal bleeding or spotting should be reported to the office. You should call and speak with the OB nurse if you are experiencing these symptoms.

What should I do if I think I am having contractions? – If you begin contracting, drink 2 large glasses of water (1 liter) and rest. If contractions occur 6 or more times per hour after adequate hydration and rest, you should go to triage to be evaluated.

What should I do if I begin leaking fluid/water (water broke)? – If you are leaking fluid and feel that you have ruptured, you should be seen in triage.

What should I do if my baby's movement decreases? – Haven't been feeling the baby move or movement has decreased? After you have initially experienced movement by your baby, you should feel a minimum of 10 movements per hour. If at any point you are unsure of your baby's movement, you can perform a fetal kick count at home. To do this count, have a snack and then go sit in a quiet place. For exactly 1 hour, make note of any movement you feel, again remembering that you should feel 10 movements per hour.

Is it safe to continue to have sexual intercourse during pregnancy?
Some women worry about having intercourse during pregnancy. They may be afraid it will cause miscarriage. For a healthy woman with a normal pregnancy, intercourse is safe into the last weeks of pregnancy. For your comfort, you and your partner may want to try different positions. Your doctor or midwife