

North Carolina Women's Hospital
**Common Problems in Pregnancy and
 Recommended Treatments**

If you are receiving your prenatal care at UNC Hospitals and need to talk with someone during regular clinic hours, call (919) 966-6823. If the clinic is closed and you are being cared for in the resident clinic, call (919) 966-3422. If the clinic is closed and you are being cared for in our UOG clinic; call 1- 877-841-7849.

**If you are not receiving your prenatal care at UNC Hospitals:
 call your local clinic at phone# _____ .**

Fever (temperature of 100° or above)	Take <i>Tylenol</i> ®*, <i>Extra-Strength Tylenol</i> ®*, or any aspirin-free pain reliever (acetaminophen). Avoid aspirin products, which could cause bleeding problems for mother and baby. Also <u>avoid ibuprofen products</u> , such as Advil, Motrin or Aleve unless your doctor or nurse specifically recommends these drugs. If you temperature is over 101°, call our clinic.
Indigestion or Heartburn	Take <i>Mylanta</i> ®*, <i>Maalox</i> ®*, <i>Roloids</i> ®*, or <i>Tums</i> ®*. The recommended dose is 1-2 teaspoons or tablets (chewed) between meals and at bedtime, not to exceed 10 tablets or teaspoons in 24 hours. Avoid fatty, fried and highly seasoned foods, such as fried chicken, ham or chili. Eat 5-6 small meals a day instead of 3 big meals.
Nausea or Vomiting—also see the handout “Nausea and Vomiting of Early Pregnancy” for some helpful ideas.	Take sips of juice, coca-cola, gingerale, or a Gatorade-like product at least 4 times an hour. If you are unable to keep fluids in your stomach for 8 hours, call the clinic or hospital. Eat only small amounts of food at frequent intervals once your stomach starts settling.
Constipation	Increase intake of water and high-fiber foods, such as bran cereals, oatmeal, leafy green vegetables, fruits, fruit juices, and prunes. If problem does not improve, take <i>Colace</i> ®* 100mg or <i>Metamucil</i> * (1 packet or rounded teaspoon mixed with juice every morning or at bedtime). Do not use laxatives.
Hemorrhoids	Use <i>Anusol</i> ®* suppository, <i>Tucks</i> ®* or <i>Dermaplast</i> ®*. Sit in warm water for 30 minutes twice per day. Air-dry, sleep without underpants. To avoid getting constipated, drink 8-10 glasses of water a day. Refer to the recommendations under #4.
Cough	For cough, take <i>Robitussin</i> ®* (plain or DM). Drink plenty of water and fruit juices. If cough persists or gets worse after 2-3 days, call our clinic.

Cold, Nasal Congestion, Head Cold	You may safely take <i>Actifed</i> ®* tablets unless you have high blood pressure or some other chronic disease. <i>Actifed</i> ®* can cause drowsiness; talk to your nurse or doctor if this is a concern. Increase fluid intake (plenty of water and fruit juices). Steaming liquids, like hot cider or herbal teas, may be especially helpful. Avoid nasal sprays unless you receive specific instruction from your doctor or nurse.
Vaginal Discharge and/or Vaginal Bleeding	Wear cotton underpants or those with cotton-lined crotch. Avoid tight fitting clothing. Avoid pantyhose and tight jeans. Sit in tub of warm water with 1 cup of baking soda added, 2 times per day. Sleep without underpants. <i>Monistat</i> ®* may be used if you believe you have a yeast infection; if you are unsure, call the clinic.
Painful Urination	Let the clinic know at once if you have burning or pain with urination. This could be the symptom of a serious infection.
Diarrhea	Drink only clear liquids, Gatorade, coke or gingerale, and eat jello for 24 hours. As diarrhea improves, gradually add foods to the diet, waiting to add milk until last. Take <i>Kaopectate</i> ®* or <i>Donnagel PG</i> ®* according to directions, but call if problem does not resolve within a day.
Nosebleeds	Apply ice pack to nose. During winter, increase moisture in air with humidifier or pan of water on heating stove and use saline nasal spray. The pharmacist can help you with this.
Leg Swelling	Elevate legs above waist. Wear support hose and well fitting shoes. Rest for 30 minutes on the left side. If you notice tender, red, swellings, seek care at once.
Toothache	Take <i>Tylenol</i> ®* or any aspirin-free pain reliever (acetaminophen) for minor occasional toothache. <u>Avoid ibuprofen products</u> , such as <i>Advil</i> ®, <i>Motrin</i> ®, or <i>Aleve</i> ® unless your doctor or nurse specifically recommends these drugs. Contact a dentist as soon as possible for further treatment. If the dentist requires an authorizing statement, please call the OB Clinic.
Sore Throat	Gargle with warm salt-water solution (one teaspoon salt to one quart water) or use <i>Chloroseptic</i> ®* spray. If your temperature is over 101°, call the clinic.

* A cheaper product sold under the drug store brand name may be used instead. Ask the pharmacist.

- If problems persist or worsen after recommended treatment, please call to speak to a provider using the numbers provided on the front of this sheet.
- Refer to the prenatal book you were given when you started prenatal care to learn more about common discomforts of pregnancy and the warning signs of serious problems.

Approved by UNC Women's Hospital Patient Education Steering Committee on 01/23/05.