



southern
new hampshire
health

Foundation OB/GYN



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Pregnancy Handbook

Common Illnesses and Suggested Remedies

Use this packet as a guide to remedies for common illnesses that occur in pregnancy. Please refer to your Safe Medication List regarding over-the-counter medications that may be used in conjunction with these remedies. Remember, it is best to try all courses of action before referring to medications, especially during the first 12 weeks of pregnancy when your baby's organs are developing.

Cold Symptoms

Colds may be more common and more prolonged during pregnancy. Always call our office for a fever greater than 101 degrees Fahrenheit.

- Increase humidity in the air with a cool mist vaporizer or humidifier. A vaporizer is invaluable for treating baby's stuffy nose too, so you might as well buy one now.
- Drink lots of extra fluids; juices, broth, decaffeinated beverages, ice pops etc.
- Chicken soup has been scientifically shown to decrease congestion.
- Rest as much as possible.
- Relieve nasal stuffiness with saline drops or Ocean Spray: a weak salt solution you can buy at the pharmacy, or by adding ¼ teaspoon of salt to 1 cup of boiled water. You can apply with a nose dropper or inhale directly to help loosen nasal secretions. Use as needed.
- For cough symptoms: mix 1 teaspoon of honey with lemon juice diluted with a small amount of water, or suck on hard candy or cough drops (please call if you are coughing up green or yellow sputum).
- For sore throat symptoms: frequent salt water gargles (1/2 teaspoon salt in cup of warm water).
- Make an appointment with PCP to have culture taken if it is not better in two days, getting worse or if you have fever over 101 degrees Fahrenheit.

Fever

- Increase fluids
- Lower your temperature gradually, taking a lukewarm, not cold, shower or bath.
- Dress in loose, comfortable clothing and cover lightly if necessary.
- Keep room well-ventilated, but avoid drafts.
- Rest
- Take 2x 325 mg Acetaminophen (Tylenol) every 4 hours. No Ibuprofen (Motrin/Advil).



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- If fever of 101 degrees Fahrenheit, or if fever does not respond to these measures or continues for more than 10-12 hours, call us.

Aches and Pains

- Massage the area.
- Relax in the shower or bath.
- Apply heat such as heating pad or a hot water bottle, to sore muscles. Use an ice pack for 15 minutes per hour for muscle spasms.
- Rest, use pillows for support.
- Tell us about frequent or persistent aches and pains.

Nausea

- Vitamin B6, 25 mg TID, or Preggo Pops (available at Baby's R Us and Buy Buy Baby)
- Eating small frequent meals.
- Avoid simple sugars and carbohydrates; add complex carbohydrates, protein and some fat and dairy products.
- Avoid sweets.
- Unisom Nighttime Sleep Aid, ½ tablets every 8 hours as needed.
- If unable to keep anything solid down for 2 days, call us.

Vomiting and Diarrhea

- Rest!
- Do not eat or drink anything for a couple of hours to give your stomach a rest.
- Start out with sips of water or ice chips.
- Gradually begin drinking small amounts of clear liquids; broth, flat cola or ginger ale, weak tea, Jell-O, popsicles, Gatorade.
- Gradually take large amounts of fluids, then add ripe bananas, rice, apple sauce and toast. Continue for 24 hours.
- Avoid milk and fatty foods for 48 hours.
- If vomiting or diarrhea persists over 24 hours, call us.

Indigestion/Heartburn

- Eat 5-6 small meals spaced throughout the day
- Avoid greasy, fried, spicy, acidic foods.
- Avoid coffee, tea, chocolate, carbonated beverages.
- Avoid reclining after eating, or eating immediately before bed.



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- Avoid tight-fitting clothes.
- Eat slowly in a relaxed atmosphere.
- Try antacids like Tums, Rolaids or Maalox.

Constipation

- Increase fluids, especially 6-8 glasses of water daily.
- Exercise daily, a brisk 30 minute walk is excellent.
- Treat by adding bran foods, whole grains, fibrous fruits and veggies, dried fruits and prune juice.
- Add bulking agent, like Metamucil, Citrucel or Fibercon. Use 2-3 times daily.
- If constipation persists, call the office.

Hemorrhoids

- Avoid constipation, or straining. If constipation occurs please follow recommendations listed above.
- Cold compresses or ice packs can help with discomfort.
- Elevate feet and hips.
- Preparation H may be used up to 4 times per day.
- Mix solution of 50% Epsom salt, and water. Place in freezer and make ice cold compresses. Apply for 20 minutes at a time, then rinse. Use every 2-3 hours.
- If hemorrhoids persist call the office.

Leg Cramps

- Take two or more short rest periods throughout the day where you can lay on your left side.
- At night sleep on your left side and avoid lying flat for long periods of time.
- Point your heels and not your toes when stretching your legs.
- Stretch the cramping muscle, do not rub.
- Evaluate daily consumption of milk, we recommend a quart of milk or the equivalent in milk products.
- Avoid foods high in phosphorus like soda and processed snacks.
- Increase potassium sources, like bananas, fruit, tomato juice and potatoes.
- If none of the above work, try supplementing calcium with Tums (Calcium Carbonate) once daily.