

<p>COLD/COUGH/SINUS/ALLERGY</p> <ul style="list-style-type: none"> • Mucinex(Guaifenesin) • Robitussin DM • Benadryl (Diphenhydramine) • Zyrtec (Cetirizine) • Claritin (Loratadine) • Allegra (Fexofenadine) • Chlor-Trimeton • Cough Drops • Saline Nasal Spray • Humidifier or vaporizer as needed • If no improvement in 3 days, please call the office. <p>SORE THROAT</p> <ul style="list-style-type: none"> • Warm salt water gargles (1tsp. per 8 oz. water) • Chloraseptic spray • Throat lozenges, peppermint, Luden's throat drops • If lasts longer than two days or is accompanied by a fever over 101 degrees, please call the office. 	<p>DIARRHEA</p> <ul style="list-style-type: none"> • Clear liquids • Bland diet or BRAT diet (banana, rice, applesauce, and toast) for 24 h <p>NAUSEA AND VOMITING</p> <ul style="list-style-type: none"> • Bland diet or BRAT diet (banana, rice, applesauce, and toast) for 24 h • Small frequent meals • Dry crackers first thing in the morning • Ginger snaps • Ginger ale • Vitamin B6 up to 100 daily (25mg tablets 4 times a day) • Peppermints • Meclizine • Benadryl • Dramamine • Emetrol liquid • Unisom • No dairy or caffeine • If no improvement in 24 hours, call the office. 	<p>SAFE THINGS TO DO DURING PREGNANCY</p> <ul style="list-style-type: none"> • Flu vaccine • Sex (unless signs of preterm labor) • Painting or cleaning in well ventilated area • Manicure or Pedicure • Hair color or perms • Massage therapy • Chiropractor • Acupuncture <p>THINGS TO AVOID DURING PREGNANCY</p> <ul style="list-style-type: none"> • Tanning beds • Hot tubs or saunas • Extreme heat • Fast food (high calorie and salt) • Fried foods or foods high in fat • Non-steroidal anti-inflammatory medicines such as Motrin (ibuprofen), Aleve (Naproxen), Advil and Aspirin • Lifting, pulling, or pushing >25 lbs
<p>HEADACHE AND MINOR PAIN</p> <ul style="list-style-type: none"> • Tylenol (Acetaminophen): do not exceed 3000 mg in 24 hours • Heating Pad • Warm Bath 	<p>FOOD AND PREGNANCY</p> <ul style="list-style-type: none"> • No undercooked meats (no medium or medium rare steaks, no raw sushi) • Deli meats must be heated until steaming • Up to 12 oz of fish per week (no fish high in mercury such as shark, sword fish, tile fish and mackerel) • Tuna can make up to 6 oz of weekly fish intake • No smoked seafood • No paté • No raw eggs • No unpasteurized cheeses or milk (soft imported cheese) • Less than 300mg of caffeine daily • No alcohol • Wash fruits and veggies thoroughly • Nutrasweet, Splenda, etc., safe in moderation (2-3 beverages a day) 	<p>NOSE BLEEDS</p> <p>Lie down and pinch nostrils for several minutes. Apply ice pack behind neck. If recurrent or last >30 min, call office.</p>
<p>HEARTBURN/INDEGESTION</p> <ul style="list-style-type: none"> • Gas-X • Maalox Plus • Mylanta • Tums or Rolaids • Prilosec OTC • Zantac • Pepcid • Tagamet • Diet modifications: avoid spicy or fried foods, heavy meals, and eating late at night • Sleep with head elevated 	<p>GOOD THINGS TO DO DURING PREGNANCY</p> <ul style="list-style-type: none"> • Exercise 3-5 x weekly, no contact sports, drink plenty of fluids • Stop exercise if dizzy/short of breath • Calcium 1500mg daily for bone protection • Eat a well-balanced diet-of fruits, veggies, & lean meat • Rest at least 1hr during day • Sleep at least 8hr per night in any comfortable position- even on back 	<p>DRY SKIN/RASH</p> <ul style="list-style-type: none"> • Lubriderm or Eucerin lotion • Calamine lotion • Aveeno Oatmeal Bath • Hydrocortisone 1% cream • Benadryl <p>If lasts longer than 3 days, call office.</p>
<p>YEAST INFECTION</p> <ul style="list-style-type: none"> • Monostat • Gynelotrimin 	<p>HEMORRHOIDS</p> <ul style="list-style-type: none"> • Preparation H • Anusol • Stool Softeners • Miralax • Increase fluids and fiber intake. • Follow diet and fluid suggestions to avoid constipation. 	<p>DIFFICULTY SLEEPING</p> <ul style="list-style-type: none"> • Exercise in the morning; avoid exercise in the evening • Warm bath • Warm milk before bed • Hot chamomile tea • Tylenol Pm • Benadryl
<p>CONSTIPATION</p> <ul style="list-style-type: none"> • Increase fluids • At least 5 servings of fruits and vegetables daily. • *use stool softeners first* • Metamucil (fiber) • Citrucel (fiber) • Colace (stool softener) • Surfak (stool softener) • Dialose (stool softener and laxative) • Milk of Magnesia (laxative) • Miralax (laxative) • Glycerine suppositories (rectal laxative) • Fleets Enema (rectal laxative) 	<p>NAUSEA REMEDY</p> <p>Unisom 25 mg tablet (not gel caps) Vitamin B6 25 mg tablet Breakfast- ½ unisom tablet & 1 B6 tablet Lunch-- ½ unisom tablet & 1 B6 tablet Dinner- - ½ unisom tablet & 1 B6 tablet Bedtime- 1 full unisom tablet & 1 B6</p>	<p>LEG CRAMPS</p> <ul style="list-style-type: none"> • Eat foods high in calcium, potassium, and protein. • Increase fluids like Gatorade (replaces electrolytes) • Wear support hose • Massage area; apply heating pad as needed in 30 min. increments
		<p>FLUID RETENTION</p> <ul style="list-style-type: none"> • Elevate legs above hips and head. Tilt to the left for one hour, twice daily • Wear support hose, not knee highs or thigh highs • Drink 8 glasses of water daily • Eat adequate amounts of protein daily • Keep sodium intake between 2000mg-2200mg per day.