



Pregnancy Reference Guide

APPROVED MEDICATIONS DURING PREGNANCY & BREASTFEEDING

These medications have been approved by obstetrician and are generally safe for pregnant and nursing mothers

Allergy:	Benadryl, Claritin, Zyrtec. Allergy shots may be continued, however, please consult with your allergist
Colds:	Actified, Afrin Nasal Spray (use no longer than 3 consecutive days), Benadryl, Benadryl cough syrup, Chloraseptic Spray, Contac, Dimetapp, Netti Pott, Mucinex, Robitussin DM, Throat lozenges Tylenol Cold/Sinus, Vicks 44
Constipation:	Citrucel, Colace (Docusate Sodium), Dulcolax, Fibercon (half dose), Glycerin Rectal Suppositories, Metamucil Peri-Colace, Milk of Magnesia, Peridium, Prune Juice
Diarrhea:	BRAT Diet (bananas, rice, applesauce and toast), Gatorade, Imodium, Kaopectate
Headache & Body Pain:	Acetaminophen or Tylenol (regular or extra strength), Excedrin (Aspirin Free)
Heartburn & Upset Stomach:	Tums, Roloids, Maalox, Gelusil, Mylanta, Tagamet, Zantac, Pepcid, Gavison
Hemorrhoids:	Anusol Rectal Suppositories or Cream, Nupercainal Ointment, Preparation-H Suppositories or Cream, Sitz Baths, Tucks
Nausea & Vomiting:	Chewing gum, Peppermint, Emetrol as directed, Ginger Ale or Tea, Dramamine 50mg four times daily, Unisom 1/2 tablet every 6 hours as needed (may cause drowsiness), Vitamin b6 50 mg twice daily
Vaginal Yeast Infection:	Femstat, Gyne-Lotrimin, Monistat 3 or 7 Vaginal Cream

MEDICATIONS TO AVOID

ADVIL
ALEVE
ASPIRIN

CLARITIN D
IBUPROFEN
MOTRIN

ORUDIS
PEPTO-BISMOL

Frequently Asked Questions

What foods should i avoid during pregnancy?

Pregnant woman are more susceptible to food borne illnesses because their immune system is naturally weakened. It is essential to follow the basics of safe food handling and consumption. It is suggested to avoid the following foods:



Ready to eat meats, poultry, seafood and dairy products:

Ready to eat foods contain harmful bacterium called Listeria. Listeria has the ability to cross the placenta and may infect the baby leading to miscarriage, infection, or blood poisoning, which may be life threatening. If you choose to eat the following foods, ensure you reheat the meat thoroughly to kill any remaining bacteria: lunch meat, hot dogs, soft cheeses (feta, brie, camebert) smoked seafood, un-pasteurized milk. Certain types of fish contain high levels of mercury and should be avoided: Swordfish, tilefish, king mackerel, shark.



Raw or undercooked foods:

Meat: Raw or under cooked beef and poultry should be avoided because of the risk of contamination with Toxoplasmosis Gondii, a parasite that can cause mental retardation, hearing loss, and blindness in your baby. It is estimated toxoplasmosis infects between 400 and 4,000 fetuses in the U.S. each year (CDC).

Seafood: The majority of seafood borne illness is caused by under cooked shellfish which includes oysters, clams, and mussels. Cooking helps prevent algae-related infections that are associated with red tides. Raw shellfish pose concern for everybody and should be avoided altogether during pregnancy.

Fruits & Vegetables: Raw fruits and vegetables are not only safe to eat, but are recommended to eat during pregnancy. However, it is essential to make sure they are washed to avoid potential exposure to Toxoplasmosis.

Eggs: Raw eggs or any foods containing raw egg should be avoided because of the potential exposure to salmonella. Some homemade Caesar dressings, mayonnaise, homemade ice cream or custards, and hollandaise sauces may be made with raw eggs.



Caffeinated Beverages

Some research shows large amounts of caffeine are associated with miscarriage, premature birth, low birth weight, and withdrawal symptoms in infants. Caffeine is a diuretic, which means it helps eliminate fluid from the body. This can result in water and calcium loss. It is important you are drinking plenty of water and hydrating fluids rather than caffeinated beverages. But the safest thing to do is to stay away from caffeine altogether!



Alcohol

There is **NO** amount of alcohol that is known to be safe during pregnancy and therefore should be avoided completely until after you've given birth. Prenatal exposure to alcohol can interfere with the healthy development of your baby. Depending on the amount, timing, and pattern of use, alcohol consumption during pregnancy can lead to fetal alcohol syndrome or other developmental disorders.



Should I start taking prenatal vitamins before i see my doctor?

If you are having no problems with nausea, you may begin taking prenatal vitamins at any time. Prenatal vitamins may aggravate nausea in some patients. Wait until seeing your doctor and they will instruct you when to begin your vitamin regimen.



I'm having nausea, vomiting, and the thought of food disgusts me. What should i do?

The early nausea and vomiting in pregnancy are caused by elevated hormones circulating through your system. Some women have more severe nausea than others. If you are primarily queasy with no vomiting, we recommend small frequent meals through out the day, no prenatal vitamins, and Vitmain B6, 50mg, four times daily. If you have persistent vomiting and are unable to keep liquids down, you should notify our office right away.



Why am i so tired all the time?

Early pregnancy creates general fatigue by usage of 300 calories of energy per day in the development of the fetus. Be assured that usually after a period of time, you will begin to feel higher levels of energy. But during this time, be sure to take an extra helping of fruit or vegetables to provide additional nutrients for you and your developing baby. Also, be easy on yourself! Your body is working extra hard right now for you and baby.



What type of diet should i be following while i'm pregnant?

An average pregnancy diet includes 2,000-2,200 calories a day. The emphasis is on food groups and increasing certain areas of each. Average daily allowances should include: six servings of proteins (meat, eggs, fish, poultry); four to five servings of milk products like dairy and cheese.

FMLA & Disability

What is the difference between FMLA and short-term disability?

FMLA (Family and Medical Leave Act) is a 12 week unpaid leave from work, protecting your job while you are away. it is generally available at companies of 50 or more employees, mandated by federal law. Short term disability refers to a medically necessary leave with a physician recommendation that you do not work. It can be a paid leave depending on the company you work for and whether they offer this type of protection for the patient. Your employer determines the length and the amount of payment allowed during this time. Your doctor only determines the reason for your short term disability.

How much time out of work and i allowed following my delivery?

National standards allow 6 weeks for a vaginal delivery and 8 weeks for a C-section birth. Although rare, if you develop a complication following any delivery in which the physician feels you will need to be off work for a longer period of time, this is assessed on a case by case basis between patient and provider.

How do I get the correct forms and fill them out?

Our office will be more than happy to assist you with any questions you have in regards to filling out your paperwork properly. Typically, your employer will provide you with the necessary forms to receive short term disability or FMLA leave.